



# UNDERSTANDING THE WAY GOD WIRED YOU



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*founder*

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# THE TEMPERAMENTS

## POPULAR SANGUINE

Basic Desire: *Have Fun*

Emotional Needs:  
**Attention**  
**Affection**  
**Approval**  
**Acceptance**

Controls By: *Charm*

## POWERFUL CHOLERIC

Basic Desire: *Have Control*

Emotional Needs:  
**Loyalty**  
**Sense of Control**  
**Appreciation**  
**Credit for Work**

Controls By: *Anger*

## PEACEFUL PHLEGMATIC

Basic Desire: *Have Peace*

Emotional Needs:  
**Peace and Quiet**  
**Feeling of worth**  
**Lack of stress**  
**Respect**

Controls By: *Procrastination*

## PERFECT MELANCHOLY

Basic Desire: *Have Perfection*

Emotional Needs:  
**Sensitivity**  
**Support**  
**Space**  
**Silence**

Controls By: *Moods*

## TEMPERAMENT STRENGTHS AND WEAKNESSES

### POPULAR SANGUINE

<b>POPULAR SANGUINE</b>			
<b>STRENGTHS</b>	<p>Appealing personality Talkative, storyteller Good sense of humor Memory for color Physically hold on to listener Emotional and demonstrative Enthusiastic and expressive Cheerful and bubbly Curious Good on stage Wide-eyed and innocent Lives in the present Changeable disposition Sincere at heart Always a child</p>	<p>Compulsive talker Exaggerates and elaborates Dwells on trivia Can't remember names Scares others off Too happy for some Has restless energy Egotistical Blusters and complains Naïve, gets taken in Has loud voice and laugh Controlled by circumstances Gets angry easily Seems phony to some Never grows up</p>	<b>WEAKNESSES</b>
	<p>Volunteers for jobs Thinks up new activities Looks great on the surface Creative and colorful Has energy and enthusiasm Starts in a flashy way Inspires others to join Charms other to work</p>	<p>Would rather talk Forgets obligations Doesn't follow through Confidence fades fast Undisciplined Priorities out of order Decides by feelings Easily distracted Wastes time talking</p>	
	<p>Makes friends easily Loves people Thrives on compliments Seems exciting Envied by others Doesn't hold grudges Apologizes quickly Likes spontaneous activities</p>	<p>Hates to be alone Wants to be popular Looks for credit Dominates conversations Interrupts and doesn't listen Answers for others Fickle and forgetful Makes excuses Repeats stories</p>	

# TEMPERAMENT STRENGTHS AND WEAKNESSES

## POWERFUL CHOLERIC

POWERFUL CHOLERIC			
<b>STRENGTHS</b>	<p>Born leader            Dynamic and active            Compulsive need for change            Must correct wrongs            Strong-willed and decisive            Unemotional            Not easily discouraged            Independent and self-sufficient            Exudes confidence            Can run anything</p>	<p>Bossy            Impatient            Quick tempered            Can't relax            Too impetuous            Doesn't shy from controversy            Enjoys arguments            Won't give up when losing            Comes on too strong            Inflexible            Is not complimentary            Dislikes tears and emotions            Is unsympathetic</p>	<b>WEAKNESSES</b>
	<p>Goal oriented            Sees the whole picture            Organizes well            Seeks practical solutions            Moves quickly to action            Delegates work            Insists on production            Makes the goal            Stimulates activity            Thrives on opposition</p>	<p>Little tolerance for mistakes            Doesn't analyze details            Bored by trivia            May make rash decisions            May be rude or tactless            Manipulates people            Demanding of others            End justifies the means            Work may become his or her idol            Demands loyalty in the ranks</p>	
	<p>Has little need for friends            Will work for group activity            Will lead and organize            Is usually right            Excels in emergencies</p>	<p>Tends to use people            Dominates others            Decides for others            Knows everything            Can do everything better            Is too independent            Possessives of friends and mate            Can't say, "I'm sorry"            May be right, but unpopular</p>	

## TEMPERAMENT STRENGTHS AND WEAKNESSES

### PEACEFUL PHLEGMATIC

PEACEFUL PHLEGMATIC			
<b>STRENGTHS</b>	<p>Low-key personality            Easygoing and relaxed            Calm, Cool and collected            Patient, well-balanced            Consistent life            Quiet, but witty            Sympathetic and kind            Keeps emotions hidden            Happily reconciled to life            All-purpose person</p>	<p>Unenthusiastic            Fearful and worried            Indecisive            Avoids responsibility            Quiet will of iron            Selfish            Too shy and reticent            Too compromising            Self-righteous</p>	<b>WEAKNESSES</b>
	<p>Competent and steady            Peaceful and agreeable            Has administrative ability            Mediates problems            Avoids conflicts            Good under pressure            Finds the easy way</p>	<p>Not goal-oriented            Lacks self-motivation            Hard to get moving            Resents being pushed            Lazy and careless            Discourages others            Would rather watch            No sense of urgency</p>	
	<p>Easy to get along with            Pleasant and enjoyable            Inoffensive            Good listener            Dry sense of humor            Enjoys watching people            Has many friends            Has compassion and concern</p>	<p>Dampens enthusiasm            Stays uninvolved            Is not exciting            Indifferent to plans            Judges others            Sarcastic and teasing            Resists change</p>	

# TEMPERAMENT STRENGTHS AND WEAKNESSES

## PERFECT MELANCHOLY

PERFECT MELANCHOLY		
<b>STRENGTHS</b>	<ul style="list-style-type: none"> <li>Deep and thoughtful</li> <li>Analytical</li> <li>Serious and purposeful</li> <li>Talented and creative</li> <li>Artistic or musical</li> <li>Philosophical and poetic</li> <li>Appreciative of beauty</li> <li>Sensitive to others</li> <li>Self-sacrificing</li> <li>Conscientious</li> <li>Idealistic</li> </ul>	<ul style="list-style-type: none"> <li>Remembers the negatives</li> <li>Moody and depressed</li> <li>Enjoys being hurt</li> <li>Has false humility</li> <li>Off in another world</li> <li>Low self-image</li> <li>Has selective hearing</li> <li>Self-centered</li> <li>Too introspective</li> <li>Guilt feelings</li> <li>Persecution complex</li> <li>Tends to hypochondria</li> </ul>
	<ul style="list-style-type: none"> <li>Schedule-oriented</li> <li>Perfectionist, high standards</li> <li>Detail-conscious</li> <li>Persistent and thorough</li> <li>Orderly and organized</li> <li>Neat and tidy, economical</li> <li>Sees the problems</li> <li>Finds creative solutions</li> <li>Needs to finish what he starts</li> <li>Likes charts, graphs, figures, lists</li> </ul>	<ul style="list-style-type: none"> <li>Not people-oriented</li> <li>Depressed over imperfections</li> <li>Chooses difficult work</li> <li>Hesitant to start projects</li> <li>Spends too much time planning</li> <li>Prefers analysis to work</li> <li>Self-deprecating</li> <li>Hard to please</li> <li>Standards often too high</li> <li>Deep need for approval</li> <li>Lives through others</li> </ul>
	<ul style="list-style-type: none"> <li>Makes friends cautiously</li> <li>Content to stay in the background</li> <li>Avoids causing attention</li> <li>Faithful and devoted</li> <li>Will listen to complaints</li> <li>Can solve others problems</li> <li>Deep concern for other people</li> <li>Moved to tears with compassion</li> <li>Seeks ideal mate</li> </ul>	<ul style="list-style-type: none"> <li>Insecure socially</li> <li>Withdrawn and remote</li> <li>Critical of others</li> <li>Holds back affection</li> <li>Dislikes those in opposition</li> <li>Suspicious of people</li> <li>Antagonistic and vengeful</li> <li>Unforgiving</li> <li>Full of contradictions</li> <li>Skeptical</li> </ul>
		<b>WEAKNESSES</b>