

# The Four Temperaments

## The difference between temperament and personality

**Temperament** refers to behavioral style, the 'how' of behavior.

**Personality** describes 'what' a person does or 'why' they do things.

When looking at temperament and personality, they are related to each other and are developed at a very early age. These two traits have to be developed from very early childhood as it stays with us our whole lives.

How can temperament be defined? It refers to the different aspects of an individual's personality like extroversion or introversion. Temperament is regarded as innate or inborn and is not learned.

So how to define personality? Personality is what arises within an individual. Personality, which remains throughout an individual's life, is made up of certain characteristic patterns like behavior, feelings, and thoughts. Some of the fundamental characteristics related to personality are: consistency, psychological and physiological impact on behaviors and actions, and multiple expressions.

Temperament is a basic inherited style whereas personality is acquired on top of the temperament. Temperament can also be said to be the emotional activity of a person. It is always better to study one's own temperament as it helps in understanding our strengths and weaknesses. Though temperament is said to be a natural instinct, it can also be nurtured as one grows. The parents have a great role in nurturing the temperament of a child just like a personality is being developed.

The personality of an individual can be acquired in years. Factors such as education, socialization, various pressures in life, and other various aspects affect the personality of an individual.

Some of the characteristics related to temperament include: activity (relaxed or moving around), regularity (sleeping habits), initial reaction (withdrawal or approach), adaptability (adjustments to changes), intensity (reactions), mood (happiness or sadness), distractibility (concentration), persistence (losing interest in some activity), and sensitivity (stimulation).

Summary:

1. Temperament refers to the different aspects of an individual's personality like extroversion or introversion. It is regarded as innate or inborn and is not learned.
2. Personality is what arises within an individual. Personality, which remains throughout an individual's life, is made up of certain characteristic patterns like: behavior, feelings, and thoughts.
3. Temperament is a basic inherited style whereas personality is acquired on top of the temperament.
4. The personality of an individual can be acquired in years. Factors such as education, socialization, various pressures in life, and other various aspects affect the personality of an individual.
5. Some of the fundamental characteristics related to personality are: consistency, psychological and physiological impact on behaviors and actions, and multiple expressions.

# PHLEGMATIC

## Emotional Characteristics

- Calm and dependable.
- Good-natured and wash to get along with.
- Cheerful and pleasant even if doesn't have much to say.
- Kind-hearted.
- Peace-loving.



- Lacks confidence in self
- Pessimistic and fearful.
- Worrier.
- Rarely laughs aloud.
- Passive and indifferent.
- Compromising.
- Self-righteous.

## Relationship to Others

- Pleasant to be with.
- Has many friends.
- Dry, witty sense of humor.
- Softening and conciliating effect upon others.
- Constant and faithful.
- Diplomatic and peacemaker.
- Good listener.
- Faithful friend.
- Gives advice on when asked.



- Doesn't allow self to get involved.
- Selfish and stingy.
- Studies people with indifference.
- Unenthusiastic.
- Stubborn.
- Indifferent about others.
- Teases other who annoys him/her.
- Not too openly cordial.
- Attitude of superiority.

## Work and Other Activities

- Works well under pressure.
- Practical, easy way of working.
- Conservative.
- Neat and proficient.
- Plans work before beginning.
- Stabilizing influence.
- Dependable worker.



- Calm, serene, uninvolved spectator in life.
- Slow and lazy.
- Reluctant leader
- Lack of motivation.
- Indecisive
- Overprotects self from involvement.
- Discourages creativity of others.
- Opposes change of any kind.

## Great Needs

- To overcome passivity and become involved.
- To learn to give self to others



- To recognize fearfulness as a problem and learn to trust in God with concern.

# SANGUINE

## Emotional Characteristics

- Warm and lively.
- Charisma.
- Talkative—never at a loss for words
- Carefree—never worries about the future or frets about the past.
- Great storyteller.
- Lives in present.
- Conversation has an infectious quality.
- Unusual capacity for enjoyment



- Cries easily.
- Emotionally unpredictable.
- Restless
- Spontaneous anger
- Exaggerates the truth.
- Appears phony
- Lacks self-control.
- Emotional decisions.
- Impulsive buyer.
- Naïve and childlike.
- Comes on too strong.
- Impetuous

## Relationship to Others

- Makes friends easily.
- Responsive to people.
- Enjoyable and optimistic.
- Always friendly and smiling to others.
- Easy to apologize.
- Tender and sympathetic.
- Converses with genuine warmth.
- Shares other people's joys and sorrows.



- Dominates conversations.
- Not attentive
- Weak-willed and little conviction.
- Seeks credit and approval.
- Enjoys people and then forgets them.
- Makes excuses for negligence.
- Talks too often about self.
- Forgets promises and obligations.

## Work and Other Activities

- Makes good first impression.
- Not bored because living in the present.
- Gifted in caring for the sick.
- Easily engages in new plans or projects.
- Breeds enthusiasm.



- Disorganized.
- Undependable; late.
- Undisciplined.
- Wastes time talking when should be working.
- Many unfinished projects.
- Easily distracted.
- Falls short of goal.

## Great Needs

- To be more reliable and dependable.
- To develop a greater self-disciplined life.



- To cultivate genuine humility.
- To think before speaking.

# MELANCHOLY

## Emotional Characteristics

- Loves music and art.
- Rich, sensitive nature.
- Analytical ability.
- Emotionally responsive.
- Deep, reflective thinker.
- Great appreciation for aesthetics.
- Empathy for others.



- Moody and gloomy.
- Pessimistic; frequently looking on the negative.
- Likes to suffer; martyr.
- Hypochondriac.
- Introspective to the point of being harmful.
- Depression.
- Proud.

## Relationship to Others

- Dependable friend.
- Self-sacrificing friend.
- Faithful and loyal friend.
- Makes friends cautiously.
- Deep feeling for friends.
- Keepers of memories.
- Builders of family tradition.
- Responsive listener.
- Deeply stirred by others' pain.



- Critical of other's imperfections.
- Searches for perfection and judges everything according to own ideas.
- Fearful of what others think.
- Suspicious of others.
- Can erupt into violent anger after prolonged animosity.
- Often deeply hurt by others.
- Will carry a grudge and be revengeful.
- Dislike those opposition.

## Work and Other Activities

- Strong perfectionist tendencies.
- Likes detail work.
- Self-disciplined; finishes what he/she undertakes.
- fitted for creative, intellectual work.
- Conscientious and thorough.
- Gifted; genius-prone.
- Knows own limitations.



- Indecisive.
- Theoretical and impractical.
- Tires easily
- Hesitant to start a new project.
- Too much analysis; leads to discouragement.
- Gets moody over creations.

## Great Needs

- To overcome critical spirit.
- To be delivered from self-absorption.
- To become occupied in loving service for others.
- To develop a thanksgiving spirit.



- to live a balanced life that includes adequate rest, exercise and a good diet.
- To consistently spend time in study, meditation and prayer.

# CHOLERIC

## Emotional Characteristics

- Confident in decision-making.
- Strong-willed.
- Determined.
- Optimistic.
- Self-sufficient.
- Fearless and bold.



- Anger problem which may become violent.
- Insensitive to needs of others.
- Unemotional and cold.
- Little appreciation for aesthetics.
- Unsympathetic and harsh.
- Disgusted by tears.

## Relationship to Others

- Does not expect anyone else to do something he/she can't do.
- Not easily discouraged.
- Strong leader.
- good judge of people.
- Motivator of others.
- Exhorter.
- Rarely daunted by circumstances.



- Lack of compassion.
- Makes decisions for others.
- Can be cruel, blunt and sarcastic.
- Tends to dominate group.
- Arrogant and bossy.
- Uses people for own benefit.
- Unforgiving and revengeful.
- Prone to prejudice, bigotry.
- Haughty and domineering.

## Work and Other Activities

- Good organizer and promoter.
- Decisive.
- Quick and bold in emergencies.
- Keen, quick mind.
- Great capacity for action.
- Does not vacillate.
- Very practical.
- Stimulates others to work.
- Thrives on opposition.
- Sets goals and reaches them.
- Agenda-oriented.



- Overly self-confident.
- Crafty.
- Bored by details, non-analytical.
- Opinionated.
- forces others to agree to plan or work.
- Tiresome and hard to please.
- Only time for own plans or projects.
- Dose not communicate his/her agenda to others.
- Frustrated when agenda cannot be completed.

## Great Needs

- To become sensitive to the needs of others.
- To confess angry spirit and seek forgiveness of God and others.
- To be forgiving and tolerant of others.



- To develop inner strength and beauty by quiet hours spent reading the Bible and praying.
- To be more communicated about ideas and plans with colleagues and companions.