

Qualities of the Four Temperaments

CHOLERIC

Values accomplishment.
Getting things done!

Says, "Let's do it MY way!"

Quick to respond and slow to let go.

Upsides: natural leaders, goal-makers, courage

Downsides: opinionated, domineering

Famous Cholerics: Lizzy in Pride and Prejudice, St. Paul the Apostle



SANGUINE

Values variety, adventure

Says, "Let's do it the FUN way!"

Quick to respond, quick to let go

Upsides: natural salespeople, optimists, charismatic leaders, entertainers

Downsides: flighty, even flaky, superficial

Famous Sanguines: Marianne in Sense & Sensibility, St. Peter



MELANCHOLIC

Values truth, ideals, perfection.

Says, "Let's do it the RIGHT way."

Slow to respond and slow to let go

Upsides: thinkers, strategists, humorists, contemplative

Downsides: stubborn beyond belief, overcritical

Famous Melancholics: Darcy in Pride & Prejudice, St. Therese of Lisieux



PHLEGMATIC

Values peace, loyalty

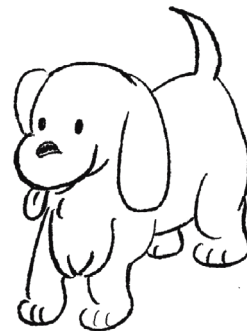
Says, "Let's do it so EVERYONE is happy."

Slow to respond, quick to let go

Upsides: loyal friends, easy-going, supportive, servant leaders

Downsides: lazy, afraid to rock the boat

Famous Phlegmatics: Eleanor in Sense & Sensibility, St. Thomas Aquinas



TEMPERAMENTS IN OUR FAMILY

Name:

Temperament:

Name:

Temperament:

You can learn more at temperamentquiz.com.