UNDERSTANDING YOURSELF AND OTHERS

outline

INTRODUCTION

I. The Four Temperaments

A. Sanguine

B. Choleric

C. Melancholic

D. Phlegmatic

II. Temperament Strengths

A. Sanguine strengths

*1. Talkative storyteller*

*2. Life of the party*

*3. Memory for color*

*4. Optimistic and enthusiastic*

*5. Creative and colorful*

*6. Friendly*

*7. Compassionate*

B. Choleric strengths

*1. Strong willed and decisive*

*2. Practical*

*3. Born leader*

*4. Optimistic*

*5. Organizes well*

*6. Thrives on opposition*

*7. Excels in emergencies*

C. Melancholy Strengths

*1. Sensitive*

*2. Perfectionist*

*3. Deep, thoughtful, analytical*

*4. Analytical and detail conscious*

*5. Orderly and organized*

*6. Faithful friend*

*7. Serious and purposeful*

D. Phlegmatic Strengths

*1. Witty*

*2. Calm, cool, collected*

*3. Easy to get along with and easygoing*

*4. Happily reconciled to life*

*5. Has administrative ability*

*6. Dependable*

*7. Peacemaker*

E Summary

III. Temperament Weaknesses

A. Sanguine weaknesses

*1. Restless*

*2. Weak-willed*

*3. Egotistical*

*4. Emotionally unstable*

*5. Lustful*

B. Choleric Weaknesses

*1. Unsympathetic*

*2. Hot-tempered*

*3. Cruel*

*4. Impetuous*

*5. Self-sufficient*

C. Melancholy weaknesses

*1. Self-centered*

*2. Pessimistic*

*3. Critical*

*4. Moody*

*5. Revengeful*

D. Phlegmatic weaknesses

*1. Slow and lazy*

*2. Tease*

*3. Stubborn*

*4. Indecisive*

E. Summary

PRACTICAL ASSIGNMENT