

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