

# HOW TO GET ALONG WITH OTHERS

## OUTLINE

## INTRODUCTION

### I. RELATIONSHIP STRENGTHS

- A. Sanguines
- B. Choleric
- C. Melancholies
- D. Phlegmatics

### II. RELATIONSHIP NEEDS

#### A. Sanguine

1. *Recognize their difficulty in accomplishing tasks*
2. *Realize that they talk without thinking first*
3. *Realize that they like variety and flexibility*
4. *Help them to keep from accepting more than they can do*
5. *Don't expect them to remember appointments or be on time*
6. *Praise them for everything they accomplish*
7. *Remember they are circumstantial people*
8. *Accept that they make fun out of what would be embarrassing to others*
9. *Enjoy their child-likeness*
10. *Remember:*

#### B. Choleric

1. *Recognize they are born leaders*
2. *Insist on two-way communication*
3. *Know they don't mean to hurt*
4. *Try to divide areas of responsibility*
5. *Realize they are not compassionate*
6. *Realize that they are not comfortable when they are not in control*
7. *Remember:*

#### C. Melancholy

1. *Know that they are very sensitive and get hurt easily*
2. *Realize they are programmed with a pessimistic attitude*
3. *Learn to deal with depression*
4. *Compliment them sincerely and lovingly*
5. *Accept that they like it quiet sometimes*
6. *Try to keep a reasonable schedule*
7. *Realize that neatness is a necessity*
8. *Help them not to become slaves to the family (a special note for men with Melancholy wives)*

9. *Remember:*

D Phlegmatic.

- 1 *Realize they need direct motivation.*
- 2 *Help them set goals and make rewards.*
3. *Don't expect enthusiasm*
4. *Realize that putting things off is their form of quiet control*
5. *Force them to make decisions*
6. *Don't heap all the blame on them*
7. *Encourage them to accept responsibilities*
8. *Remember:*

## **CONCLUSION**

## **PRACTICAL ASSIGNMENT**