

Temperament Strengths

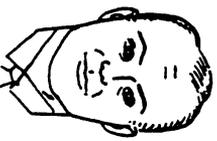
The Sanguine

No one enjoys life more than Sparky Sanguine! He never seems to lose his childlike curiosity for the things that surround him. Since his emotions are so receptive to his environment, even the unpleasant things of life can be forgotten by a change of environment. It is a rare occasion when he does not awaken in a lively mood, and he will often be found whistling or singing his way through life, if his circumstances are reasonably conducive to happy thoughts. Boredom is not a part of his make-up, for he can easily turn to something that fascinates him.



ENJOYING

The natural trait of Mr. Sanguine that produces both his hearty and optimistic disposition is defined by Dr. Halleby: "The Sanguine person has a God-given ability to live in the present." He easily forgets the past so his mind is never befogged by the memory of heartaches or disappointments. Neither is he frustrated and fearful by the apprehension of future difficulties, for he does not give the future that much thought. The Sanguine person lives for the present, consequently he is prone to be very optimistic. He has the capacity to be fascinated by little things as well as big, consequently life is enjoyable today. He is always optimistic that tomorrow, whatever tomorrow holds, will be as good as today,



OPTIMISTIC

or even better. A little thought and planning on his part today might insure that tomorrow will be even better, but that does not seem to be a part of his natural thought pattern.

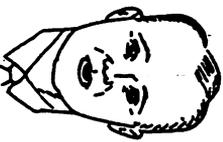
He is easily inspired to engage in new plans and projects and his boundless enthusiasm often carries others along with him. If yesterday's project has failed, he is optimistic that the project he is working on today will definitely succeed.

The outgoing, handshaking, backslapping customs of the cheerful Sanguine stem basically from his genuine love for people. He enjoys being around others, sharing in their joys and sorrows, and he likes to make new friends. It distresses him to see someone who does not enjoy himself at a party and will frequently go out of his way to include this type of person in a group. His love for people is almost invariably returned.



FRIENDLY

One of the greatest assets of Mr. Sanguine is that he has a tender, compassionate heart. No one responds more genuinely to the needs of others than the Sanguine. He literally is able to share the emotional experiences, both good and bad, of others. He, by nature, finds it easiest to obey the Scriptural injunction, "Rejoice with those that do rejoice, and weep with those that weep." As a medical doctor, Mr. Sanguine's outstanding characteristic is his "good bedside manner."



COMPASSIONATE

The sincerity of Mr. Sanguine is often misunderstood by others. They are deceived by his sudden changes of emotion. They fail to understand that he is genuinely responding to the emotions of others. No one can love you more nor forget you faster than Mr. Sanguine. He has the pleasant capacity to live in the present; consequently, he enjoys life. The world is enriched by these cheerful, responsive people. When motivated and disciplined by God, they can be great servants of Jesus Christ.

The Choleric

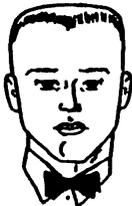
Mr. Choleric is usually a self-disciplined individual with a strong tendency towards self-determination. He is very confident in his own ability and very aggressive. He is a man of "continual motion," but unlike the Sanguine, this activity is well planned and meaningful.



**STRONG
WILL POWER**

Once having embarked upon a project he has a tenacious ability that keeps him doggedly driving in one direction. Of him it could rightly be said, "This one thing I do." His singleness of purpose often results in accomplishment. He may think his methods or plans are better than others but in reality his success is the result of determination, and stick-to-it-tiveness rather than superiority of planning.

The Choleric temperament is given over almost exclusively to the practical aspects of life. Everything to him is considered in the light of its utilitarian purpose and he is happiest when engaged in some worthwhile project. He has a keen mind for organization, but finds detail work distressing. He can quickly appraise a situation and diagnose the most practical solution. As a doctor, he is ideal to serve on an ambulance squad where time is at a premium in cases of emergency treatment. Many of his decisions are reached by intuition more than analytical reasoning.



PRACTICAL



LEADER

Mr. Choleric has strong leadership tendencies. His forceful will tends to dominate a group, he is a good judge of people, and is quick and bold in emergencies. He not only will readily accept leadership when it is placed on him, but will often be the first to volunteer for it. He is typically known as the "take-over guy." If he does not become too arrogant or bossy others respond well to his practical direction.



OPTIMISTIC

Mr. Choleric's outlook on life, based on his natural feeling of self-confidence, is almost always one of optimism. He is adventuresome to the point of even leaving a secure position for the challenge of the unknown. He has a pioneering spirit. When he appraises a situation, he does not see the pitfalls or potential problems, but merely keeps his eye on the goal. He has the unshakeable confidence that no matter what difficulties arise, he will be able to solve them. Adversity does not discourage him, instead it whets his appetite and makes him even more determined to achieve his objective.

The Melancholy



SENSITIVE

Mr. Melancholy has by far the richest and most sensitive nature of all the temperaments. He is genius-prone, that is, a higher percentage of geniuses are Melancholy than any other type. He particularly excels in the fine arts with a vast appreciation for life's true values. He is emotionally responsive but, unlike the Sanguine, is motivated to reflective thinking through his emotions. Mr. Melancholy is particularly adept at creative thinking and at high emotional peaks will often launch into an invention or creative production that is worthwhile and wholesome.



PERFECTIONIST

Mr. Melancholy has strong perfectionist tendencies. His standard of excellence exceeds others' and his requirements of acceptability in any field are often higher than either he or anyone else can maintain. This tendency leads him to much introspection, and he often relives events and decisions made in the past, thinking how much better he would do it if given another opportunity.

The analytical abilities of the Melancholy, combined with his perfectionist tendencies, make him a "hound for detail." Whenever a project is suggested by a Choleric or Sanguine temperament, Mr. Melancholy can analyze it in a few moments and pick out every potential problem they will encounter. He often appears to be against things by his constant reference to potential problems. But they are real to him.

This analytical ability well qualifies him for such fields as mathematics, theoretical science, diagnostic medicine, architecture, philosophy, writing and other exacting vocations.

Those blessed with the Melancholy temperament do not have to strive to be faithful; with them it is natural. A Melancholy person usually does not attract a large number of friends as does the Sanguine, but he will keep those he attracts and would literally "lay down his life for his friends."

A Melancholy person can always be depended upon to finish his job in the prescribed time or to carry his end of the load.

Mr. Melancholy rarely seeks to be in the limelight, but prefers to do the behind-the-scenes task. He often chooses a very sacrificial vocation for life, for he has an unusual desire to give himself to the betterment of his fellow men.

Mr. Melancholy has the wonderful capacity of knowing his limitations and so rarely takes on more than he can do.

He is prone to be reserved and rarely volunteers his opinion or ideas. When

asked, however, he almost always has an opinion and when it is offered, his answer indicates that he has analyzed the situation quite deeply and offers an opinion well worth hearing. He does not waste words like the Sanguine, but is usually very precise in stating exactly what he means.

The Phlegmatic

The unexcited good humor of the Phlegmatic keeps him from being intensely involved with life and things so that he can often see humor in the most mundane experiences. His dry sense of humor evokes peals of laughter from others. He seems to have a superb inborn sense of timing in the art of humor and a stimulating imagination.

He is highly qualified by nature to be a counselor. His slow, easy-going manner makes it easy for him to listen, whereas the Sanguine and Choleric temperaments find it difficult to sit still long enough to hear the heartaches of others. He also has the ability to keep from identifying himself with the person, therefore he can be objective. He does not blurt out his advice, but gives thoughtful counsel well worth hearing.

Mr. Phlegmatic is dependability itself. Not only can he be depended upon to always be his cheerful, good-natured self, but he can be depended upon to fulfill his obligations and time schedules. Like the Melancholy, he is a very faithful friend and although he does not get too involved with others, he rarely proves disloyal.

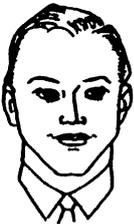
Mr. Phlegmatic is also practical and efficient. He conserves his own energy by thinking, thus he early develops his capabilities to analyze a situation. Since he is not emotionally stimulated to make sudden decisions, he has a tendency to find the practical way to accomplish an objective with the least amount of effort.



ANALYTICAL



FAITHFUL FRIEND



SELF-SACRIFICING



WITTY



DEPENDABLE



PRACTICAL

He works well under pressure. In fact, he often does his best work under circumstances that would cause other temperaments to "crack."



EFFICIENT

His work always bears the hallmark of neatness and efficiency. Although he is not a perfectionist, he does have exceptionally high standards of accuracy and precision. The neatness of his desk top in the midst of a great project is always a source of amazement to the more active temperaments. But he has just found that putting everything in its exact spot is much easier and less time consuming in

the long run, therefore, he is a man of orderly habits.

Summary

The variety of strengths provided by the four temperament types keeps the world functioning properly. No one temperament is more desirable than another. Each one has its vital strengths and makes its worthwhile contribution to life.

Someone facetiously pointed out this sequence of events involving the four temperaments: "The hard-driving Choleric produces the inventions of the genius-prone Melancholy, which are sold by the personable Sanguine and enjoyed by the easy-going Phlegmatic."

The strengths of the four temperaments make each of them attractive, and we can be grateful that we all possess some of these strengths. But there is more to the story! As important as are the temperament strengths, even more important, for our purposes, are their weaknesses. It is our intent in the next chapter to contrast the strengths of the temperaments with their weaknesses. Our purpose in so doing is that you diagnose your own weaknesses and develop a planned program for overcoming them.

Don't be afraid to be objective about yourself and face your weaknesses. Many people have decided what basic tem-

perament they are at this point in the study then changed their mind when confronted with their unpleasant weaknesses. Strengths carry corresponding weaknesses, so face them realistically, then let God do something to change them.

Weaknesses of Temperaments

The Sanguine

When studied carefully, the boundless activity of the Sanguine temperament proves to be little more than restless movement. He is often impractical and disorganized. His emotional nature can get him instantly excited and, before really analyzing the entire picture, will have him running off "half-cocked" in the wrong direction. He does not often make a good student because of this spirit of restlessness. This carries over into his spiritual life, where he finds it difficult to concentrate on reading the Word of God. His lifelong pattern of restless activity in the long run usually proves unproductive. The Sanguine person seldom lives up to his potential. Frequently his life is spent running from one tangent to another, and unless disciplined, is not lastingly productive.



RESTLESS



WEAK-WILLED

Mr. Sanguine usually gets by on the power of his dynamic personality. But that dynamic personality is often a facade that covers a weak character. His greatest basic problem is that he is weak-willed and undisciplined. If Mr. Sanguine would discipline himself, there would be no limit to his potential in life.

He is a great one to start things and never finish them. If approached to take

a Sunday School class or position in the church, his instant response is "yes." Thinking the matter through in the light of his time, abilities, and other responsibilities is not a part of his make-up. He loves to please. He does not know his limitations, and although he functions well as a "front man" for a group, without the stimulus of the group he finds it very difficult to methodically do the necessary preparatory work.

Without meaning to do so, he easily forgets his resolutions, appointments, and obligations. He cannot be depended upon to keep a time schedule or meet deadlines.

Perhaps the most dangerous result of his weak will is seen in the fact that he is prone to modify his moral principles to his surroundings and contemporaries. He is not a man of resolution or loyalty.



EGOTISTICAL

be occupied with things of interest to himself and think others are equally interested in them.



EMOTIONALLY UNSTABLE

The emotional instability of Mr. Sanguine can be seen in Dr. Hallesby's statement, "He is never far from tears." This is true, in spite of the fact that he is the "enjoying temperament." He discourages easily and can drift into a pattern of excusing his weaknesses or feeling sorry for himself.

His warm nature can produce spontaneous anger, and in a sudden outburst he can "fly off the handle." However, after he has exploded he will forget all about it. He is the type of person that fits the cliché often heard, "He never gets ulcers, he just gives them to everyone else." This emotional instability makes him feel