

# 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