

# TEMPERAMENT STRENGTHS AND WEAKNESSES

## POPULAR SANGUINE

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### Strengths:

Appealing personality  
Talkative, storyteller  
Good sense of humor  
Memory for color  
Physically hold on to listener  
Emotional and demonstrative  
Enthusiastic and expressive  
Cheerful and bubbly  
Curious  
Good on stage  
Wide-eyed and innocent  
Lives in the present  
Changeable disposition  
Sincere at heart  
Always a child

Volunteers for jobs  
Thinks up new activities  
Looks great on the surface  
Creative and colorful  
Has energy and enthusiasm  
Starts in a flashy way  
Inspires others to join  
Charms other to work  
Makes friends easily  
Loves people  
Thrives on compliments

Seems exciting  
Envied by others  
Doesn't hold grudges  
Apologizes quickly  
Likes spontaneous activities

### Weaknesses:

Compulsive talker  
Exaggerates and elaborates  
Dwells on trivia  
Can't remember names  
Scares others off  
Too happy for some  
Has restless energy  
Egotistical  
Blusters and complains  
Naïve, gets taken in  
Controlled by circumstances  
Gets angry easily  
Seems phony to some

Never grows up  
Would rather talk  
Forgets obligations  
Doesn't follow through  
Confidence fades fast  
Undisciplined  
Priorities out of order  
Decides by feelings  
Easily distracted  
Wastes time talking  
Hates to be alone

Wants to be popular  
Looks for credit  
Dominates conversations  
Interrupts and doesn't listen  
Answers for others  
Fickle and forgetful  
Makes excuses  
Repeats stories



# TEMPERAMENT STRENGTHS AND WEAKNESSES

## POWERFUL CHOLERIC

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### Strengths:

Born leader	Sees the whole picture
Dynamic and active	Organizes well
Compulsive need for change	Seeks practical solutions
Must correct wrongs	Moves quickly to action
Strong-willed and decisive	Delegates work
Unemotional	Insists on production
Not easily discouraged	Makes the goal
Independent and self-sufficient	Stimulates activity
Exudes confidence	Thrives on opposition
Can run anything	Has little need for friends
Goal oriented	



Will work for group activity  
Will lead and organize  
Is usually right  
Excels in emergencies

### Weaknesses:

Bossy	Little tolerance for mistakes	Tends to use people
Impatient	Doesn't analyze details	Dominates others
Quick tempered	Bored by trivia	Decides for others
Can't relax	May make rash decisions	Knows everything
Too impetuous	May be rude or tactless	Can do everything better
Doesn't shy from controversy	Manipulates people	Is too independent
Enjoys arguments	Demanding of others	Possessive of friends and mate
Won't give up when losing	End justifies the means	Can't say, "I'm sorry"
Comes on too strong	Work may become his/her idol	May be right, but unpopular
Inflexible	Demands loyalty in the ranks	
Is not complimentary		
Dislikes tears and emotions		
Is unsympathetic		



# TEMPERAMENT STRENGTHS AND WEAKNESSES

## PEACEFUL PHLEGMATIC

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### Strengths:

Low-key personality  
Easygoing and relaxed  
Calm, cool and collected  
Patient, well-balanced  
Consistent life  
Quiet, but witty  
Sympathetic and kind  
Keeps emotions hidden  
Happily reconciled to life  
All-purpose person  
Competent and steady  
Peaceful and agreeable  
Has administrative ability

Mediates problems  
Avoids conflicts  
Good under pressure  
Finds the easy way  
Easy to get along with  
Pleasant and enjoyable  
Inoffensive  
Good listener



Dry sense of humor  
Enjoys watching people  
Has many friends  
Has compassion and concern

### Weaknesses:

Unenthusiastic  
Fearful and worried  
Indecisive  
Avoids responsibility  
Quiet will of iron  
Selfish  
Too shy and reticent  
Too compromising  
Self-righteous  
Not goal-oriented  
Lacks self-motivation  
Hard to get moving

Resents being pushed  
Lazy and careless  
Discourages others  
Would rather watch  
No sense of urgency  
Dampens enthusiasm  
Stays uninvolved

Is not exciting  
Indifferent to plans  
Judges others  
Sarcastic and teasing  
Resists change



# TEMPERAMENT STRENGTHS AND WEAKNESSES

## PERFECT MELANCHOLY

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### Strengths:

Deep and thoughtful  
Analytical  
Serious and purposeful  
Talented and creative  
Artistic or musical  
Philosophical and poetic  
Appreciative of beauty  
Sensitive to others  
Self-sacrificing  
Conscientious  
Idealistic  
Schedule-oriented  
Perfectionist, high standards  
Detail-conscious  
Persistent and thorough

Orderly and organized  
Neat and tidy, economical  
Sees the problems  
Finds creative solutions  
Needs to finish what he starts  
Likes charts, graphs, figures, lists  
Makes friends cautiously  
Content to stay in the background  
Avoids causing attention  
Faithful and devoted



Will listen to complaints  
Can solve others' problems  
Deep concern for other people  
Moved to tears with compassion  
Seeks ideal mate

### Weaknesses:

Remembers the negatives  
Moody and depressed  
Enjoys being hurt  
Has false humility  
Off in another world  
Low self-image  
Has selective hearing  
Self-centered  
Too introspective  
Guilt feelings  
Persecution complex  
Tends to hypochondria

Not people-oriented  
Depressed over imperfections  
Chooses difficult work  
Hesitant to start projects  
Spends too much time planning  
Prefers analysis to work  
Self-deprecating  
Hard to please  
Standards often too high  
Deep need for approval  
Lives through others  
Insecure socially

Withdrawn and remote  
Critical of others  
Holds back affection  
Dislikes those in opposition  
Suspicious of people  
Antagonistic and vengeful  
Unforgiving  
Full of contradictions  
Skeptical

