

Temperament Strengths and Weaknesses

It is temperament that makes some people art and music enthusiasts while others are sports or industry minded. Temperament sets broad guidelines on everyone's behavior, patterns which will influence a person as long as he lives. Each temperament has its own unique qualities and shortcomings, strengths and challenges. What accounts for these differences?

To use the idea of temperament most effectively, it is important to understand that the temperaments are not simply arbitrary collections of characteristics, but spring from an interaction of the two basic dimensions of human behavior: our communication and our action, our words and our deeds, or, simply,

what we say and what we do.

Isn't it interesting that some people talk about *reality*, while others talk about *ideas*. Some people do *what works*, while others do *what's right*. The bottom line is each person has the choice to develop his natural temperament strengths and overcome his natural temperament weaknesses. To what degree this occurs depends on the individual's motivation. It *is* possible to learn how to control and overcome the natural weaknesses associated with a temperament blend.

"It is of benefit furthermore to recognize one's temperament. Only if one knows it, can he judge correctly himself, his moods, his peculiarities, and his past life. If one knows one's own temperament, he can work out his own perfection with greater assurance, because finally the whole effort toward self-perfection consists in the perfection of his strengths and in the combating of his weaknesses.

Thus the *Choleric* will have to conquer his obstinacy, his anger, and his pride; the *Melancholic*, his lack of courage and his dread of suffering; the *Sanguine*, his talkativeness and his inconsistency; the *Phlegmatic*, his laziness and his lack of energy. The person who knows himself will become more *humble*, realizing that many good traits which he considered to be virtues are merely good dispositions and the natural result of his temperament, rather than acquired virtues.

Consequently the Choleric will judge more humbly of his strong will, his energy, and his fearlessness; the Sanguine of his cheerfulness, of his facility to get along well with difficult persons; the Melancholic will judge more humbly about his sympathy for others, about his love for solitude; the Phlegmatic about his good nature and his repose of mind." [1]

ephesians 5:25

“Temperament is innate in each person; therefore it cannot be exchanged for another temperament. But one can and must cultivate and perfect the good elements of his temperament and combat and eradicate the undesirable ones. Every temperament is in itself good and with each one man can do good and work out his salvation. With God’s strength this is possible. “I can do everything through Christ who gives me strength” (Phil. 4:13). It is, therefore, imprudent and ungrateful to wish to have another temperament. "All the spirits shall praise the Lord" (Ps. 150: 6).” [2]

[1] ./the-four-temperaments-by-rev-conrad-hock/ pg 10

[2] ./the-four-temperaments-by-rev-conrad-hock/ pg 11

ephesians 5:25

Choleric

Strengths

Practical
Quick thinker
Good trouble shooters
Enthusiastic
Will not give up
Great ambition
Fearless and courageous
Passion to win
Thrilled with opposition
Yearns for great things
Intelligent
Does not complain
Born leader
Strong willed
Not easily discouraged
Independent
Exudes confidence
Delegates work well
Makes the goal
Stimulates others
Excels in emergencies
Visionary
Likes pressure
Self-reliant
Energetic
Daring, risk taker
Decisive
Determined
Doer
Direct
Wants results
Likes to achieve
Goal-oriented

Weaknesses

Demanding
Domineering
Easily bored
Easily annoyed
Impatient
Bossy and arrogant
Quick tempered
Can't relax
Too impetuous
Inflexible
Is not complimentary
Unsympathetic
Dislikes emotions
Little tolerance for mistakes
Can be rude or tactless
Sarcastic
Critical
Must be in control
Pride, has inflated ego
Holds a grudge
Revengeful
His plan is always the best
Tends to use people
Decides for others
Can do everything better
Can't say "I'm sorry"
Too independent
Too busy for family
May make rash decisions
Tends to over dominate
Enjoys controversy, arguments
"Knows everything"

ephesians 5:25

Sanguine

Strengths

Appealing personality
Life of the party
Talkative, storyteller
Good sense of humor
Holds on to listeners
Emotional and demonstrative
Enthusiastic and expressive
Cheerful and bubbling over
Loves people
Good on stage
Sincere heart, wants to give
Lives in the present
Motivates others
Makes friends easily
Realist
Great salespeople
Entertaining
Optimistic
Tender and compassionate
Energetic
Likes spontaneous activities
Enviied by others
Apologizes quickly
Doesn't hold grudges
Creative and colorful
Makes home fun
Trusting
Likes to play
Charms others to work
Thrives on compliments
Inspires others to join
Changeable disposition
Turns disaster into humor
Volunteers for jobs
Looks great on the surface

Weaknesses

Compulsive talker
Has loud voice and laugh
Too happy for some
Exaggerates, elaborates
Dwells on trivia
Can't remember names
Egotistical
Has restless energy
Naïve, gets taken in
Gets angry easily
Controlled by circumstances
Seems phony to some
Very loud, boisterous
Disorganized
Sloppy housekeepers
Has trouble listening
Can't relax, always on go
Doesn't follow through
Impulsive
Must be with people
Hates to be alone
Needs to be center stage
Gets angry easily
Makes excuses
Fickle and forgetful
Undisciplined
Cannot say no
Weak willed
Very insecure – lack of self-esteem
Interrupts and doesn't listen
Wants to be popular
Dominates conversations
Repeats stories
Forgets obligations
Answers for others

ephesians 5:25

Phlegmatic

Strengths

Steady, not moved easily
Patient
Free from stress, tend not to worry
Lives balanced life
Meek, most gentle people on planet
In control of themselves
In control of their environment
Comfortable with themselves
Stays focused on project, gets it done
Dry sense of humor
Very witty
Dependable
Practical and efficient, conserves energy
Calm, cool, collected
Brings peace to the workplace
Makes a very good parent
Takes quality time with their children
Family comes first
Strong spiritual leaders
Peaceful and agreeable
Good administrative skills
Good leaders
Good mediators
Tough projects do not worry him
Very good under pressure
Self-sufficient
Has gift of temperance
Gets involved when he feels needed
Has gift of longsuffering
Easy to get along with
Do not offend others
Walks away from arguments
Good listeners
Predictable

Weaknesses

Introvert
Watcher, not doer
Meets requirements, then stops
Must be re-started after project
Unenthusiastic
Can be very stubborn
Not team players
Lazy, gets tired easily
Struggles with motivating themselves
Tormented by fear
Indecisive about the next step
Avoids responsibilities, extra burdens
Hides real feelings, emotions
Can be selfish, want their way
Can be too compromising
Self-righteous, everyone else is wrong
May think they don't need God
Not tidy in their home
Do not discipline well
Not goal oriented
Discourages others
Stay un-involved
Must be nudged to participate
Last one to get involved
Hard to get excited
Tendency to judge others
Teases extroverts - they annoy him
Resists change
Can be sarcastic
Procrastinates
Critical of people who expend energy
Holds grudges
Complacent
Possessive

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Melancholy

Strengths

Deep and thoughtful
Reserved
Analytical
Talented, creative
Artistic, musical
Communes easily with God
Prayer warriors
Perfectionist
Faithful, devoted friend
Appreciates beauty
Sensitive
Self-sacrificing
Conscientious
Idealist
Logical
Peaceful
Agreeable
Good problem solver
Organized
Neat, tidy
Great teacher
Encourages others
Controlled self-discipline
Empathetic to others
Good listeners and counselors
Inventive
Have discernment of Spirit
Happy to be in the background
Fruit of longsuffering
Does not get upset easily
Avoids conflicts
Makes lifelong friends
Open to receiving wisdom
Believes in "letter of the law"
Has controlled self-discipline

Weaknesses

Moody and depressed
Candidate for manic depression
Does not forgive easily
Enjoys being hurt
Low self-image
Has a false humility
Off in another world
Critical of self and others
Self-centered, self examining
Very suspicious
Demands privacy
Too introspective
Feelings of persecution
Hypochondriac
Lingers on past hurts
Broods over things
Absorbed by his thoughts
Hard to get along with, turns people off
Pessimistic, remembers negative
Very proud
Can be impractical
Slow to make a decision
Does not live in the present
Selective hearing
Resentful when not appreciated
Too meticulous for children
Loses confidence in others
Exasperated by disorder
Dwells on guilt
Deep need for approval
Sets very high, hard standards
Hard to please
Hard to meet up to his standards