

## Personality Breakdown

### Personality Type – Sanguine

#### Personality Strengths

<b>The Sanguine Emotions</b>	<b>The Sanguine at Work</b>	<b>The Sanguine as a Parent</b>	<b>The Sanguine as a Friend</b>
Appealing personality	Volunteers for jobs	Makes home fun	Makes friends easily
Talkative, storyteller	Thinks up new activities	Is liked by children's friends	Loves people
Life of the party	Looks great on the surface	Turns disaster into humor	Thrives on compliments
Good sense of humor	Creative and colorful	Is the circus master	Seems exciting
Memory for color	Has energy and enthusiasm		Envied by others
Physically holds on to listener	Starts in a flashy way		Doesn't hold grudges
Emotional and demonstrative	Inspires others to join		Apologizes quickly
Enthusiastic and expressive	Charms others to work		Prevents dull moments
Cheerful and bubbling over			Likes spontaneous activities
Curious			
Good on stage			
Wide-eyed and innocent			
Lives in the present			
Changeable disposition			
Sincere at heart			
Always a child			



# Personality Breakdown

## Personality Type – Sanguine

### Personality Weaknesses

<b>The Sanguine Emotions</b>	<b>The Sanguine at Work</b>	<b>The Sanguine as a Parent</b>	<b>The Sanguine as a Friend</b>
Compulsive talker	Would rather talk	Keeps home in a frenzy	Hates to be alone
Exaggerates and elaborates	Forgets obligations	Forgets children's appointments	Needs to be center stage
Dwells on trivia	Doesn't follow through	Disorganized	Wants to be popular
Can't remember names	Confidence fades fast	Doesn't listen to the whole story	Looks for credit
Scares others off	Undisciplined		Dominates conversations
Too happy for some	Priorities out of order		Interrupts and doesn't listen
Has restless energy	Decides by feeling		Answers for others
Egotistical	Easily distracted		Fickle and forgetful
Blusters and complains	Wastes time talking		Makes excuses
Naive, gets taken in			Repeats stories
Has a loud voice and laugh			
Controlled by circumstance			
Gets angry easily			
Seems phony to some			
Never grows up			



## Personality Breakdown

### Personality Type – Choleric

#### Personality Strengths

<b>The Choleric Emotions</b>	<b>The Choleric at Work</b>	<b>The Choleric as a Parent</b>	<b>The Choleric as a Friend</b>
Born leader	Goal oriented	Exerts sound leadership	Has little need for friends
Dynamic and active	Sees the whole picture	Establishes goals	Will work for group activity
Compulsive need for change	Organizes well	Motivates family to action	Will lead and organize
Must correct wrongs	Seeks practical solutions	Knows the right answer	Is usually right
Strong-willed and decisive	Moves quickly to action	Organizes household	Excels in emergencies
Unemotional	Delegates work		
Not easily discouraged	Insists on production		
Independent and self-sufficient	Makes the goal		
Exudes confidence	Stimulates activity		
Can run anything	Thrives on opposition		



## Personality Breakdown

### Personality Type - Choleric

#### Personality Weaknesses

<b>The Choleric Emotions</b>	<b>The Choleric at Work</b>	<b>The Choleric as a Parent</b>	<b>The Choleric as a Friend</b>
Bossy	Little tolerance for mistakes	Tends to overdominate	Tends to use people
Impatient	Doesn't analyze details	Too busy for family	Dominates others
Quick-tempered	Bored by trivia	Gives answers to quickly	Decides for others
Can't relax	May make rash decisions	impatient with poor performance	Knows everything
Too impetuous	May be rude or tackless	Won't let children relax	Can do everything better
Enjoys controversy and arguments	Manipulates people	May send them into depression	Is too independent
Won't give up when losing	Demanding of others		Possessive of friends and mate
Comes on too strong	End justifies the means		Can't say, "I'm sorry"
Inflexible	Work may become his/her god		May be right, but unpopular
Dislikes tears and emotions	Demands loyalty in the ranks		
Is unsympathetic			

## Personality Breakdown

### Personality Type – Melancholy

#### Personality Strengths

<b>The Melancholy Emotions</b>	<b>The Melancholy at Work</b>	<b>The Melancholy as a Parent</b>	<b>The Melancholy as a Friend</b>
Deep and thoughtful	Schedule oriented	Sets high standards	Makes friends cautiously
Analytical	Perfectionist, high standards	Wants everything done right	Content to stay in the background
Serious and purposeful	Detail conscious	Keeps home in good order	Avoids causing attention
Genius prone	Persistent and thorough	Picks up after children	Faithful and devoted
Talented and creative	Orderly and organized	Sacrifices own will for others	Will listen to complaints
Artistic or musical	Neat and tidy	Encourages scholarship and talent	Can solve other's problems
Philosophical and poetic	Economical		Deep concern for other people
Appreciative of beauty	Sees the problems		Moved to tears with compassion
Sensitive to others	Finds creative solutions		Seeks ideal mate
Self-sacrificing	Needs to finish what he/she starts		
Conscientious	Likes charts, graphs, figures, lists		
Idealistic			

## Personality Breakdown

### Personality Type – Melancholy

#### Personality Weaknesses

<b>The Melancholy Emotions</b>	<b>The Melancholy at Work</b>	<b>The Melancholy as a Parent</b>	<b>The Melancholy as a Friend</b>
Remembers the negatives	Not people oriented	Puts goals beyond reach	Lives through others
Moody and depressed	Depressed over imperfections	May discourage children	Insecure socially
Enjoys being hurt	Chooses difficult work	May become too meticulous	Withdrawn and remote
Has false humility	Hesitant to start projects	Becomes martyr	Critical of others
Off in another world	Spends too much time planning	Sulks over disagreements	Holds back affection
Low self-image	Prefers analysis to work	Puts guilt upon children	Dislikes those in opposition
Has selective hearing	Self-deprecation		Suspicious of people
Self-centered	Hard to please		Antagonistic and vengeful
Too introspective	Standards often too high		Unforgiving
Guilt feelings	Deep need for approval		Full of contradictions
Persecution complex			Skeptical of compliments
Tends to hypochondria			



## Personality Breakdown

### Personality Type – Phlegmatic

#### Personality Strengths

<b>The Phlegmatic Emotions</b>	<b>The Phlegmatic at Work</b>	<b>The Phlegmatic as a Parent</b>	<b>The Phlegmatic as a Friend</b>
Low-key personality	Competent and steady	Makes a good parent	Easy to get along with
Easygoing and relaxed	Peaceful and agreeable	Takes time for the children	Pleasant and enjoyable
Calm, cool, and collected	Has administrative ability	Is not in a hurry	Inoffensive
Patient, well balanced	Mediates problems	Can take the good with the bad	Good listener
Consistent life	Avoids conflict	Doesn't get upset easily	Dry sense of humor
Quiet but witty	Good under pressure		Enjoys watching people
Sympathetic and kind	Finds the easy way		Has many Friends
Keeps emotions hidden			Has compassion and concern
Happily reconciled to life			
All-purpose person			



## Personality Breakdown

### Personality Type - Phlegmatic

#### Personality Weaknesses

<b>The Phlegmatic Emotions</b>	<b>The Phlegmatic at Work</b>	<b>The Phlegmatic as a Parent</b>	<b>The Phlegmatic as a Friend</b>
Unenthusiastic	Not goal oriented	Lax on discipline	Dampens enthusiasm
Fearful and worried	Lacks self-motivation	Doesn't organize home	Stays uninvolved
Indecisive	Hard to get moving	Takes life too easy	Is not exciting
Avoids responsibility	Resents being pushed		Indifferent to plans
Quiet will of iron	Lazy and careless		Judges others
Selfish	Discourages others		Sarcastic and teasing
Too shy and reticent	Would rather watch		Resists change
Too compromising			
Self-righteous			