

PERSONALITY DESCRIPTIONS

ABSOLUTE AUTUMN CHOLERIC

Autumns are choleric and tend to have tempers. They have strong personalities. They tend to be very open with their opinions of others. They can get irritated with people who aren't efficient at getting things done, like they prefer to be. They take leadership roles in groups, often by self appointment. They are said to be bossy. They are quite self disciplined.



ABSOLUTE AUTUMN – Red hair does not always mean you are Autumn, but copper red (or metallic brown) hair does. We also find some Autumns who have a neutral *beige* hair coloring. Most Autumns share a very warm under toned complexion, especially when they get “worked up ” Angular face, squared jaw with beautiful cheekbones. Eyes may be brown, olive green, steel blue, with bits of rust, gold or brown. (Skin around the eyes will be orange in Autumns).

Note: *Eye color and pattern can show your secondary and hair color is random enough that it should not be an overall determinant.*

Common Autumn Type Personality Traits

• Positive

- Makes quick decisions
- Dependable
- Energetic
- Willing to work
- Loyal
- True to a cause
- Confident
- Plans ahead

• Negative

- Disagreeable
- Wants to do it their way
- Stubborn
- Easily irritated
- Hurts other's feelings
- Takes over in group situations

Four temperaments is a proto-psychological theory that suggests that there are four fundamental personality types, sanguine (pleasure-seeking and sociable), choleric (ambitious and leader-like), melancholic (analytical and quiet), and phlegmatic (relaxed and peaceful). Most formulations include the possibility of mixtures of the types.

Resources: Kentner, Scaman, Catholic Match, Hello Quizzy, pastoral-counseling-center.org