

# FURTHER GROWTH IN YOUR TEMPERAMENT

## CHOLERICS

**Opposite Temperament:** Phlegmatic

**Sins and faults to conquer:** pride, anger, impatience

**Positives:** strong-willed, consistent, energetic for carrying out tasks

**Saints:** St. Paul, St. Ignatius, St. Jerome, St. Frances de Sales, St. Catherine of Siena

**Challenge:** Suggested books, *The Imitation of Christ*, *The Spiritual Combat*, *The Examen Prayer: Ignatian Wisdom for our Lives Today*, *Humility of Heart*, *Fire Within: St. Teresa of Avila*, *St. John of the Cross and the Gospel on Prayer*

## SANGUINES

**Opposite Temperament:** Melancholic

**Sins and faults to conquer:** Sensuality, gluttony, lust

**Positives:** Cheerful, generous, sincere, and sensitive to the suffering of others

**Saints:** St. Teresa of Avila, St. Peter, St. Rose of Lima, St. Francis of Assisi

**Challenge:** Suggested books; *Anima Christi: Soul of Christ*, *Saintly Solutions to Life's Common Problems*, *Way to Happiness: An Inspiring Guide to Peace, Hope and Contentment*, *Reflections on the Psalms*, *Mother Angelica's Private and Pithy Lessons from Scripture*

## PHLEGMATICS

**Opposite Temperament:** Choleric

**Sins and faults to conquer:** Sloth, inability to confront or take initiative, doing wrong in order to please others

**Positives:** Usually tranquil, full of common sense, assiduous, almost immune to anger

**Saints:** St. Thomas Aquinas, Pope St. John XXIII, St. Bernadette, St. Claire of Assisi

**Challenge:** Suggested books: *The Fulfillment of All Desire*, *Abandonment to Divine Providence*, *Divine Intimacy*, *The Joy in Loving: a Guide to Daily Living*, *Interior Castle*

## MELANCHOLICS

**Opposite Temperament:** Sanguine

**Sins and faults to conquer:** Sorrow, fear, aversion, despondency, and despair

**Positives:** Usually compassionate, long-suffering, devout and contemplative

**Saints:** St. Therese of Lisieux, St. John Vianney, St. Bernard of Clairvoux, St. John

**Challenge:** Suggested books: *Introduction to the Devout Life*, *I Believe in Love*, *The Power of Silence*, *Searching for and Maintaining Peace*, *Into Your Hands*, *Father: Abandoning Ourselves to the God Who Loves Us*