

STRENGTHS & WEAKNESSES

of each of the 4 Temperaments

Sanguine

Strengths

- sociable
- charismatic
- outgoing
- confident
- warm-hearted
- pleasant
- lively
- optimistic
- a fun lover
- spontaneous
- a preventer of dull moments
- a quick apologist
- an easy friend maker

Weaknesses

- impulsive
- chronically late
- shamless
- forgetful
- a compulsive talker
- too loud
- sometimes too happy
- distractible
- not interested in following through with tasks that are boring
- self-absorbed
- an exaggerator
- someone who appears unauthentic

Choleric

Strengths

- ambitious
- passionate
- leader-like
- focused
- efficient
- practical
- good at planning
- good at problem solving
- confident
- motivating
- a delegator
- usually right
- great in an emergency

Weaknesses

- aggressive
- domineering
- inflexible
- impatient
- rude and tactless
- argumentative
- unable to relax
- uncomfortable around emotion
- low on empathy
- discouraged by failures
- too busy for people
- intolerant
- a leader who demands loyalty

Phlegmatic

Strengths

- relaxed
- quiet and calm
- content with themselves
- kind
- consistent
- a steady and faithful friend
- accepting
- affectionate
- diplomatic
- peacemaking
- rational
- curious
- observant
- an easy friend maker

Weaknesses

- sometimes shy
- fearful of change
- prone to laziness
- stubborn
- passive-aggressive
- indecisive
- permissive
- not goal oriented
- unenthusiastic
- too compromising
- undisciplined
- sarcastic
- discouraging
- non-participative

Melancholic

Strengths

- thoughtful
- considerate
- cautious
- organized
- an excessive planner
- schedule oriented
- detailed
- highly creative in poetry, art and invention
- independent
- good at preventing problems

Weaknesses

- obsessive
- too cautious
- prone to depression
- prone to moodiness
- perfectionistic
- pessimistic
- difficult to please
- deeply affected by tragedy
- a person with tunnel vision
- sometimes a procrastinator
- discontent with themselves and others
- prone to play the martyr