

DO NOT LET ANY UNWHOLESOME TALK COME OUT OF YOUR MOUTHS,
BUT ONLY WHAT IS HELPFUL FOR BUILDING OTHERS UP ACCORDING TO THEIR NEEDS,
THAT IT MAY BENEFIT THOSE WHO LISTEN.

EPHESIANS 4 V 29

THE TEMPERAMENT NEEDS: WEEK 2

THANK YOU FOR MAKING ME SO WONDERFULLY COMPLEX! YOUR WORKMANSHIP IS MARVELLOUS—HOW WELL I KNOW IT.

PSALM 139 V 14

As we learn more about how we're wired up (*our temperaments*) and how we understand words spoken to us, and how the words we speak are understood - we can be intentional about building others up, meeting their needs loving others better!

SANGUINES

SPEAK

The Language of People & Fun



Extrovert People-Oriented

SANGUINES

NEED

Approval
Acceptance
Attention
Affection

SANGUINES BUILD-UP GUIDE

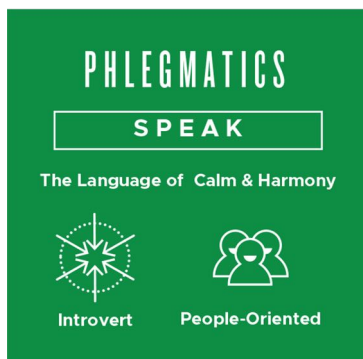


Build them up by...

- ▶ **Giving them your full attention:** *"In five minutes, when I'm finished with this task, I want to hear the whole story."*
- ▶ **Going along with their ideas:** *"Sure! That sounds fun!"*
- ▶ **Helping them connect with friends:** *"Do you want to give ___ a call?"*
- ▶ **Offering physical affection:** *"Want to sit together and watch a movie?"*
- ▶ **Promoting their creativity:** *"What should we do next? You pick."*

Caution! You may tear them down by...

- ▶ **Shaming them:** *"Calm down! Can't you just sit quietly?"*
- ▶ **Being overly negative:** *"Ugh, this is awful."*
- If you have **Yellow/Sanguine** temperament - what is one need you have that may be more pronounced during this season of quarantine?
- How might you express that need to your friends and family and how could they help meet that need?



PHLEGMATICS BUILD-UP GUIDE



Build them up by...

- ▶ **Asking for their opinion:** *“What sounds good to you?”*
- ▶ **Letting them do things at their own pace:** *“Will you take the trash out, please? Anytime before dinner is fine.”*
- ▶ **Encouraging their involvement:** *“We love having you on family walks. Want to come?”*
- ▶ **Protecting their free time:** *“The afternoon is all yours.”*
- ▶ **Handling conflict calmly and quietly:** *“Let’s sit down and talk about what went wrong.”*

Caution! You may tear them down by...

- ▶ **Stressing them with expectations and orders:** *“This has to be done now; we can’t keep wasting time.”*
 - ▶ **Shaming them:** *“Are you just going to lie on the couch all day?”*
- If you have **Green/Phlegmatic** temperament - what is one need you have that may be more pronounced during this season of quarantine?
 - How might you express that need to your friends and family and how could they help meet that need?

CHOLERIC

SPEAK

The Language of People & Control

Extrovert Task-Oriented

CHOLERIC

NEED

Loyalty
Sense of Control
Appreciation
Credit for Work

CHOLERIC BUILD-UP GUIDE



Build them up by...

- ▶ **Giving them something to be in control of:** *“Will you be in charge of ___ for the family?”*
- ▶ **Recognizing their work:** *“Look at all the school assignments you finished already! Wow!”*
- ▶ **Encouraging their independence:** *“Would you like to cook dinner one night this week?”*
- ▶ **Letting them vent:** *“You seem angry. Want to talk about it?”*
- ▶ **Having their back:** *“We’ll do it your way. I know you’ve thought it through.”*

Caution! You may tear them down by...

- ▶ **Making decisions for them:** *“Here’s the plan for today.”*
- ▶ **Arguing with or lecturing them:** *“What makes you think you can... ?”*

- If you have **Red/Choleric** temperament - what is one need you have that may be more pronounced during this season of quarantine?
- How might you express that need to your friends and family and how could they help meet that need?



MELANCHOLICS BUILD-UP GUIDE



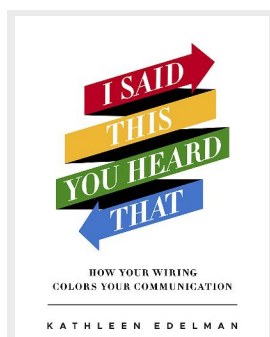
Build them up by...

- ▶ **Being sensitive to their emotions:** *“I can totally see why that made you sad.”*
- ▶ **Encouraging their creativity:** *“Tell me about what you made. It’s awesome!”*
- ▶ **Giving them space and silence:** *“If you want some alone time, I’ll make sure no one bothers you.”*
- ▶ **Helping them feel safe:** *“I’m always here for you.”*
- ▶ **Noticing when they’re overwhelmed:** *“Why don’t we take a break? We can come back to this later.”*

Caution! You may tear them down by...

- ▶ **Changing the routine—especially without notice:** *“We’re going to switch things up today.”*
- ▶ **Overstimulating them:** *“We have schoolwork to do, then lunch, then a walk. And tonight is family game night!”*

- If you have **Blue/Melancholic** temperament - what is one need you have that may be more pronounced during this season of quarantine?
- How might you express that need to your friends and family and how could they help meet that need?



For more detailed learning about temperaments - check out Kathleen Edelman's book ***“I Said This You Heard That”*** available at Amazon