

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

TEMPERAMENTS OVERVIEW

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

PSALM 139 V 14

Each person will have a unique combination of all 4 temperaments with one or two tending to be predominant.

Kathleen Edelman has taken the ancient temperaments and combined them with colours.

Sanguine=Yellow, Phlegmatic=Green, Choleric=Red and Melancholic=Blue

SANGUINES

SPEAK

The Language of People & Fun



Extrovert



People-Oriented


TEMPERAMENT	STRENGTHS	WEAKNESSES
SANGUINES	Joyful, Encouraging, Affectionate, Popular, Expressive	Compulsive talker, Loud, Hates to be alone, Interrupts, Scatterbrained

- If you have **Yellow** temperament - which strength describes you the most?
- Which weakness shows up the most for you?


PHLEGMATICS

SPEAK

The Language of Calm & Harmony



Introvert



People-Oriented

TEMPERAMENT	STRENGTHS	WEAKNESSES
PHLEGMATICS	Kind, Diplomatic, Even-tempered, Patient, Tolerant	Unenthusiastic, Indecisive, Can be lazy, Resists change, Stubborn

- If you have **Green** temperament - which strength describes you the most?
- Which weakness shows up the most for you?

CHOLERIC

SPEAK

The Language of People & Control



Extrovert



Task-Oriented

TEMPERAMENT

CHOLERIC

STRENGTHS

Decisive, Delegates well,
Self-directed, Confident,
Driven

WEAKNESSES

Bossy, Impatient,
Quick tempered, Arrogant,
Dislikes tears/emotions

- If you have **Red** temperament - which strength describes you the most?
- Which weakness shows up the most for you?

MELANCHOLIC

SPEAK

The Language of Perfection & Order



Introvert



Task-Oriented

TEMPERAMENT

MELANCHOLIC

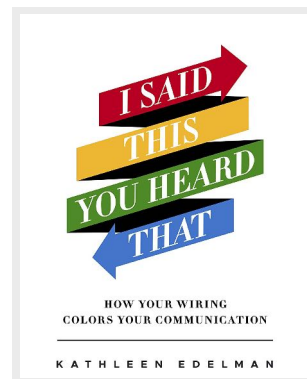
STRENGTHS

Analytical, Empathetic,
Perfectionist, Cautious,
Enjoys solitude

WEAKNESSES

Moody, Critical, Withdrawn,
Skeptical, Insecure socially

- If you have **Blue** temperament - which strength describes you the most?
- Which weakness shows up the most for you?



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