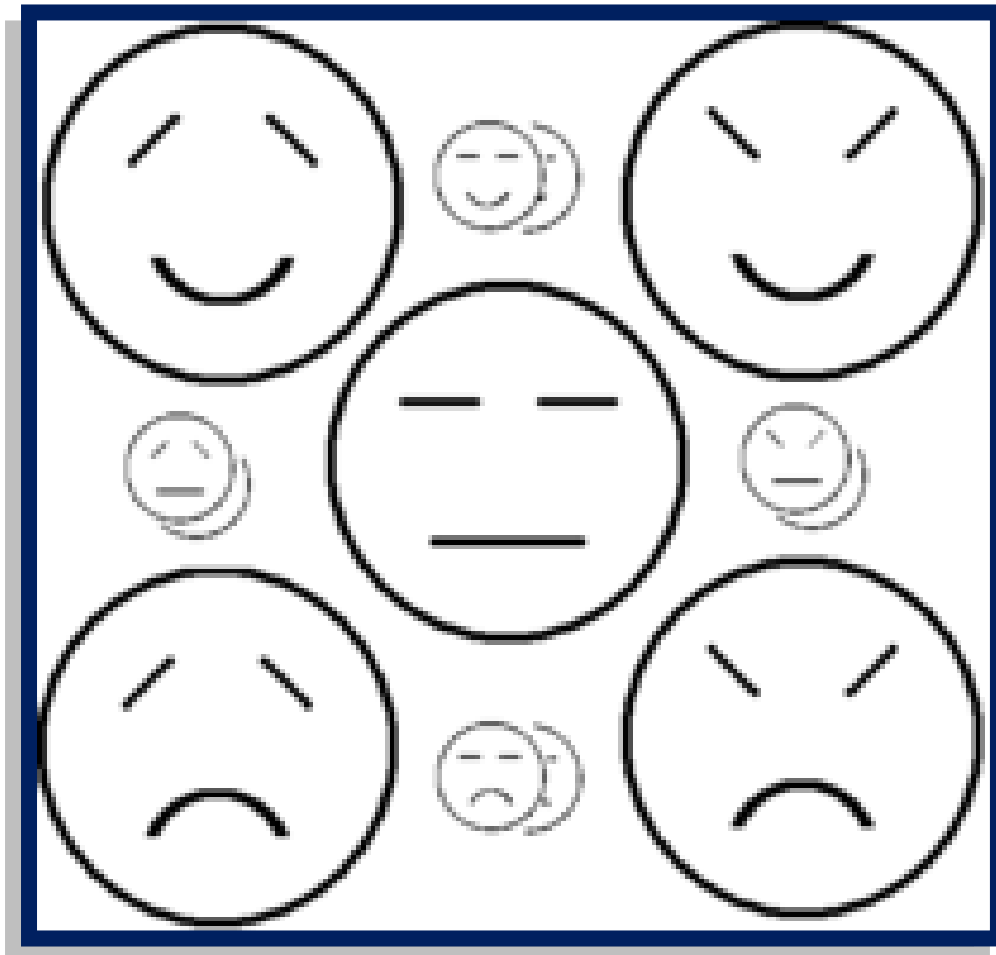


# *Personality Identifier:*

*the four temperaments*





According to some psychologists, bible scholars and theologians there are four basic temperaments that determine our personality types. Research reveals that this study goes far back as many as a thousand years.

When we are able to identify who we really are and our temperamental tendencies, we are better able to regulate ourselves. Being aware of our personal tendencies allows us to create self-control and self-discipline within ourselves to avoid unnecessary pitfalls within our lives. If someone is aware that they are more prone to succumbing depression, that person can lean on God to help them control negative emotions and harmful thoughts that would encourage that depression. Knowing our own personality type better assists us in our relationships with others. Everyone that we do not get along with cannot be deemed 'evil' sometimes it's as simple as a clash in personality types. What if that person is someone that you cannot avoid, like your boss? Understanding your personality type and your bosses personality type will give you the information that you need to properly manage that relationship. There is nothing worse than going into work every day to work for a boss that you do not get along with. But when you can navigate others by identifying their personality type you are more likely to have a better relationship with that person. Aside from boosting our relationships, understanding your personality type can better your ministry, your family relations (especially if you are a parent) and even your business.

Although there are four basic temperaments, many of us are a combination of two. The following are examples of the combinations: Mel-Chlor, Chlor-San, San-Phleg, Phleg-Mel, Mel-San, Chlor-Phleg; as well as the reverse of the latter: Chlor-Mel, San-Chlor, Phleg-San, Mel-Phleg, San-Mel, and Phleg-Chlor. The order of temperaments is determined based on which temperament was the "dominant" temperament within an individual.

## SANGUINE

The first temperament type is called *sanguine*. This is the most emotional type. The *Sanguine* is the popular person who wants to fun out of every situation and always wants to be the life of the party. Sanguines love to talk and carry a lot of influence.

The *Sanguines* are the easiest to spot because they make grand entrances, love attention, attract people with their magnetism, exude charisma, and tell funny stories. What they want to hear from you is how attractive they are, how you like their hair, make-up, clothes, dangling rhinestone earrings or anything else they have put on to ensure that you notice them. They live for the externals and want you to get excited over their style, sense of humor or new red sports car.

Sanguines are popular, talkative and the “center of attention” at all times, no matter the setting. They are warm, caring, and enjoying—it's easy for something to warm their heart and then have an outburst of response. Although at times, they may speak before they think they are sincere and loving. Never at a loss for words, this extrovert is everybody's friend but this person will also be the first one to forget you.

The Sanguine lives for the moment, and tends to go with the flow easily. They are quickly distracted, therefore not very reliable. But she's so lovable that her friends tend to pass off her weaker tendencies, saying, “That's just the way Sandy is.”

A person with a sanguine temperament is affectionate, loving, cheerful, optimistic, hopeful, and confident. Because of their bubbly personality, they often appear phony and comes on too strong. They are apt to dominate the conversation or talk too much about themselves. In their enthusiasm, they may exaggerate the truth, waste time, and forget obligations.

The Sanguine has more natural inner-beauty qualities than the other temperaments. They can work on calmness and on controlling their tongue. This trait can be assisted by using

God's Word, particularly in Colossians 4:6, *"Let your speech be always with grace, seasoned with salt, that you may know how you ought to answer every man."*

Sanguines are frequently not disciplined, and this is, of course, very difficult for the third personality type called *melancholy* to understand. Sanguines wear their "heart on their sleeve", but they very easily "forgive and forget". As quickly as a Sanguine will discover a new hobby or pursuit, that love of it can be lost when it ceases to be engaging or fun.

An example of a sanguine in the bible is the Apostle Peter. Another example is King Saul. Both were quite unstable in their emotions. That is why even why Jesus changed his name from Simon meaning "reed" to Peter meaning "stone". We saw how Peter changed dramatically when he was filled with the Holy Spirit (see Acts 2 and 3). He became a Christ-confident, stable, reliable and faithful man of God and one of the greatest apostles that ever lived. This is what happens when we allow the Spirit of God and God's word to shape our emotional life.

## CHOLERIC

The second temperament or personality type is called *choleric*. The Choleric is the powerful person who wants to take control of every situation and make decisions for others. Choleric's love to work and they possess dominance. They are identified as the Powerful Person and are easy to spot because they walk with authority and appears to be in charge of everything. Such people don't want to waste much time on trivial activity with no obvious results or converse with people who have nothing to say of significance.

They are frequently telling other people what to do and pointing out the "dummies" of life. They accomplish more than any of the other personality types, can quickly assess what needs to be done, and are usually right. They don't need to be affirmed on their looks, but they love praise for their accomplishments; their speed in problem solving; their constant goal setting, their loyalty to God, church, mother, business, or country; and their sense of fair play.

If you are a Phlegmatic- the fourth personality type; you get worn out just watching these people, but if you want them to be impressed with you, tell them how amazed you are at how much they accomplish in a very short time. They may never have noticed you before but they will suddenly see you as a person of great discernment.

The Choleric is the no-nonsense person—practicality is her way of life. Self-sufficient, active, and hard-working, the Choleric gets it done. "I'll do something, right or wrong," is a phrase that characterizes them. They get the job done, whether the results are perfect or not. Cholerics plan quickly, almost intuitively sizing up what needs to be done, then follows through with the plan. You won't catch them deliberating too long over details. This dogmatic person is a born leader, very keen and capable of responsibility. They will take a stand and stick to it, no matter what—a good and bad aspect of the temperament. As they will not be influenced by what others think and is also the least sensitive or sympathizing of the other four temperaments. You learn to steer clear of the Choleric if you want a shoulder to cry on—they'll

just diagnose your problem and give you a solution. Yet, when you come to understand their personality, they are fun to be around and very capable.

The choleric person is an extrovert. They are sure of their ability to handle any situation and can motivate others to action. Their personality perhaps has more weaknesses than strengths. For instance, they are quick tempered and easily angered. Choleric temperaments are irritated easily. The Choleric will have to work at developing the inner beauty of a calm spirit. The person who identifies with this personality type can find in God's Word the best way to grow, in Philippians 2:13, which says, "*For it is God which works in you both to will and to do of his good pleasure.*" The words of James chapter one verse nineteen may also be helpful: "*...Be swift to hear, slow to speak, slow to wrath.*" An example of the choleric in the bible is the Apostle Paul. But when he encountered Christ, he became a very broken and changed man.

## MELANCHOLY

The third temperament is called *melancholy*, who is also known as the perfect person who wants everything done in order and done properly and who appreciates art and music. Melancholies love to analyze and are cautious.

The Melancholy Perfect Person is usually neatly put together and intellectual looking person. These people are usually quiet, reserved, and a little ill-at-ease in social situations where they don't know everyone. They would rather talk quietly with one person in depth than banter with a group. They consider compliments on clothes and external niceties to be trivial and want to hear about the inner virtues of integrity, wisdom, and spiritual values.

Often times melancholies marry Sanguines who can't find their way inside these deep virtues and who keep telling them how cute they look. When we don't understand these differences, we are giving out the very treasures that everyone wants but the melancholies. The Melancholy is very sensitive and easily hurt and tends to take what others say in humor as personal and hurtful. Since Sanguines and Choleric say whatever comes to their minds without weighing their words, they often deflate the Melancholy who is waiting for someone to approach them and say, "I understand you." And really mean it.

The Melancholy is the analytical, systematic person, who labors over details. An extreme introvert, they are constantly analyzing themselves, and others. Though sometimes they can be at the height of happiness, they are more prone to the dark, gloomy and depressed moods, during which they are extremely withdrawn. Not given much to large crowds—they usually detest group gatherings and doesn't seek to make new acquaintances. They have a few friends, to whom they are extremely faithful. Self-sacrifice is a great pleasure for a Melancholy, and they feel things rather intensely, though you wouldn't always know it. They are the studious, "brainiac" type, and facts roll easily off their tongue. They can hide much away their brain and would rather read or study than interact with others.

Gloominess, irritability, and depression characterize the Melancholy. They often times can be sad and unhappy. A melancholic personality type is very frequently gifted with intellect and talent. They are self-disciplined and usually finishes every project they start. The Holy Spirit may have more work to do in the Melancholy because of the need to develop qualities of their inner beauty. The Melancholy will find help in such verses as Colossians 3:15 and 16: "*And let the peace of God rule in your hearts...Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.*" Colossians 3:2 will also help, "*And set your minds and keep them set on what is above (the higher things), not on the things that are on the earth*".

An example of melancholy in the bible is Moses. When he met God in the burning bush, his life changed, and he became a very meek man. Because of the change within Moses God was truly able to place Moses in his divine destiny, to be a deliverer of God's people.

## PHLEGMATIC

The fourth personality type is called *phlegmatic*. The Phlegmatic is the peaceful person who wants to stay out of trouble, keep life on an even plane and get along with everybody. Phlegmatics like to rest and show steadiness. I have met many in my life and it is amazing how quickly we can learn to spot these people therefore giving us the ability to approach them correctly. The Phlegmatic Peaceful Person is amiable, easy to get along with and relaxed. These people fit into any situation, can blend in with the wallpaper and modify their personality to get along without conflict. They laugh with those who laugh and cry with those who cry. Everyone loves the low-key nature of the inoffensive phlegmatic, and though they are not loud like the Sanguine, they do have a witty sense of humor. They often lean while standing and sit in comfortable recliner chairs if at all possible.

They don't need a lot of praise like the Sanguine, nor do they want to be in charge like the Choleric or get too deeply involved like the Melancholy. They do appreciate being noticed every once in a while, being included in conversations that they themselves won't push into on their own. Being told that they are of value and their opinion is respected means much to them. Since they often marry Choleric, whose idea of value is wrapped up in how much is accomplished in a given day, they do not get appreciated much for their quiet and gentle spirit. They, in turn, find it difficult to praise the constant projects of the Choleric because it wears them out just thinking of them.

The phlegmatic is a super introvert. It is difficult to rouse them to action. At times they can be selfish and stubborn but most of the time they are easy to get along with and cheerful. Phlegmatic people are conservative and usually neat, efficient, and dependable. The Phlegmatic is the easy-going, happy-go-lucky person. They are enjoyable to be around, is always happy and gets many pleasures from life, yet he is quite laid-back and doesn't get too excited about much. Phlegmatic's would rather take the blame, whether it's their fault or not,

than stir up controversy or pick a fight. On the job, they do not seek out the power or the limelight, but rather they work steadily, patiently, and methodically. They are reliable, patient, and methodical in their dealings, and can either work alone or with the most difficult personalities.

They naturally have a dry sense of humor and their wittiness keeps their companions laughing constantly. Phlegmatic's don't get ruffled about much and is the same, consistent, caring person each time you see them. They tend not to get too involved in things, and would rather sit back and watch the action. A phlegmatic is gracious and kind to all—they love every one and they all love him back.

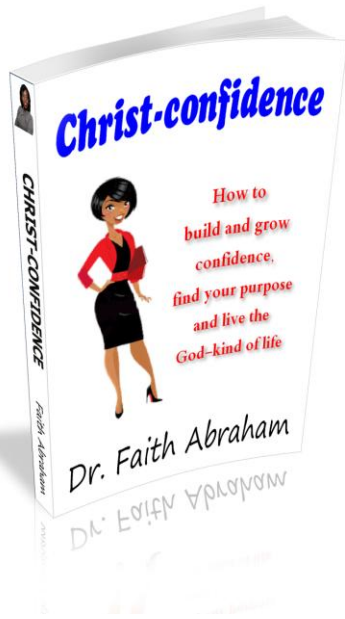
The phlegmatic has some natural inner beauty. Compassion for others is an area they may need to improve. Romans 12:10 says, "*Be kindly affectionate one to another...in honor preferring one another.*" An example of a phlegmatic in the bible is Abraham. After he listened to Sarah about having a baby with her servant Hagar, he did not have a problem with allowing Hagar and Ishmael to live with he and Sarah. Hagar's attitude began to change toward Sarah and their relationship become very toxic. Sarah pleaded with Abraham to send Hagar and Ishmael out but Abraham contested. After receiving more pressure from Sarah to send them out Abraham had to pray to God and ask Him what would be the best solution for him [Abraham]. It was only until God told Abraham it was okay to send them out that he obeyed and sent Hagar and Ishmael out of their camp.

## SPIRIT CONTROLLED TEMPERMENTS

Spirit-controlled Temperaments show the temperaments when “modified”—how our natural personality look when it is Spirit-controlled. The change is amazing. The Spirit-filled Sanguine will show strength of character in the self-control that is much needed in their life. The Spirit-filled Choleric will be dynamic in their love, peace, gentleness, and goodness. The Spirit-filled Melancholy will have a joy and peace which will revolutionize their outlook on life. And the Spirit-filled Phlegmatic will become less stubborn, fearful, and indifferent, while becoming more open, self-controlled, and much more motivated, to make a great, personable leader for Christ.

After finding our own temperaments, we can become discouraged about our shortcomings, but we shouldn't be; the Holy Spirit-filled temperament does not have weaknesses; instead it has great strength—the fruit of the Spirit which is love!(Galatians 5:22-23) No matter what your natural temperament may be, the Spirit gives us strength for every weakness! As a matter of fact the bible says that Christ is made **strong** in our weakness. The perfect characteristics of each temperament were shown in Jesus Christ—He is our example, the One we should look to as the perfect Spirit-filled temperament.

Though our natural temperament won't be changed, when we're filled with the Holy Spirit, our strengths will be increased and our weaknesses will fade away! We rely on the Holy Spirit for everything in the Christian life. When we learn to be filled with Christ, we'll live like Him and that's when our temperament will be Spirit-controlled, more like Jesus. That's our whole goal in life—to be more like the Master, so others can see Him through us!



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## ABOUT THE AUTHOR

Dr. Faith C. Abraham is a renowned author, prolific speaker, co-pastor and entrepreneur. Aside from her unpretentious beauty, down-to-earth personality coupled with girlish wit, she is a woman of perseverance and tenacity. Faith is a vibrant woman of God with a desire to see people walking in their God-given purpose. God has elevated her from a life that was full of childhood turmoil, low self-esteem and feelings of emptiness. One of her passions is to empower lives and share with the world how she overcame trials in her personal life through her walk with God and how others can do the same. For more information about the author go to <http://www.faithabraham.com> or [click here](#).

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