



Check the boxes below that describe your *habitual* tendencies, the *pattern* of reaction evident from childhood, with regard to each of the following qualities. Do not select qualities that you would like to have or that you are required to have on the job. Choose those qualities that most often apply to you, that your spouse or best friends would say you have, the qualities you most often gravitate toward in times of ease or resort to in times of stress, and even those less positive tendencies you are trying to avoid.

1. I react quickly when presented with an idea, a person, or a situation
2. I react slowly when presented with an idea, a person, or a situation
3. I react strongly (in intensity) when presented with an idea, a person, or a situation
4. I do not react intensely when presented with an idea, a person, or a situation
5. I want to take immediate action on an idea, in a situation, or with a person
6. When presented with an idea, a person, or a situation, I remain calm and wait to react
7. I do not react initially, but my reaction grows steadily in intensity

The Temperament God Gave You

8. Impressions last a long time
9. Impressions last a short time (duration of reaction)
10. Accepting
11. Adventurous
12. "Worry wart"
13. Introspective
14. Easily provoked
15. If provoked, will retaliate
16. Serious
17. Appreciate flattery
18. Inclined to flatter
19. Careful
20. Inward
21. Introverted
22. Eye for detail
23. Distractible
24. Prone to reflection
25. Determined
26. Trusting
27. Grudging
28. Detached
29. Love company
30. Enjoy people

Temperament Indicator

31. Doubtful
32. People-oriented
33. Annoyed by disorder
34. Abhor injustice
35. Fair
36. Easily angered
37. Enthusiastic
38. Extraverted
39. Loner
40. Skeptical
41. Center of attention
42. Revengeful
43. Exaggerate easily
44. Self-professed leader
45. Servant-leader
46. Charismatic
47. Envious
48. Jealous
49. Happy
50. Optimistic
51. Prone to illness
52. Easily discouraged
53. Bullheaded

The Temperament God Gave You

- 54. Rational
- 55. Diplomatic
- 56. Tend to blurt things out
- 57. Suspicious
- 58. Peaceful
- 59. Creative
- 60. Take charge
- 61. Patient
- 62. Second-guessing
- 63. Love peace and quiet
- 64. Dutiful
- 65. Hate conflict
- 66. Love to debate
- 67. Argumentative
- 68. Sentimental
- 69. Crowd-pleaser
- 70. Slow to warm up
- 71. Make friends easily
- 72. Reticent
- 73. Logical
- 74. Pondering
- 75. Love silence
- 76. Fashionable

Temperament Indicator

77. Enjoy parties
78. Prefer to be alone
79. Artistic
80. Poetic
81. Thinker
82. Talkative
83. Abhor sentimentality
84. Not empathetic
85. Rule-oriented
86. Persevering
87. Flirtatious
88. Reserved
89. Easily slip into gossip
90. Always right
91. Looks are important
92. Idea person
93. Lack follow-through
94. Love variety
95. Affectionate
96. Not affectively demonstrative
97. Indifferent
98. Wavering
99. Hard to please

The Temperament God Gave You

100. Sober and practical
101. Moody
102. Composed
103. Deliberate
104. Prankster
105. Obstinate
106. Pessimistic
107. Tolerant
108. Courageous
109. Timid
110. “Forgive and forget”
111. “Let’s wait and see”
112. Hotheaded
113. Prefer to follow
114. Rash
115. Intense
116. Quick-tempered
117. Frank
118. Impatient
119. Even-keeled
120. Flighty
121. Glass half-full
122. Glass half-empty

Temperament Indicator

- 123. Bulldozer
- 124. “Strike while the iron is hot”
- 125. Loose cannon
- 126. Polite
- 127. Easily aroused to debate
- 128. Inwardly peaceful
- 129. Good-natured
- 130. Interruptive
- 131. In tune with others’ feelings
- 132. Strong-willed
- 133. Contrary
- 134. Fearless
- 135. Ambitious
- 136. Cheerful
- 137. Self-composed
- 138. Action-oriented
- 139. Comfortable being a part of a group
- 140. Prefer to take charge of a group
- 141. Dislike groups
- 142. Joiner
- 143. Quick and decisive
- 144. Robust
- 145. Cordial

The Temperament God Gave You

- 146. Enjoy change
- 147. Prefer routine
- 148. Open and sociable
- 149. Curious
- 150. Critical
- 151. Focus on problems
- 152. Impulsive
- 153. Methodical
- 154. Bold
- 155. Take initiative
- 156. Insistent upon own plan
- 157. Self-confident
- 158. Self-reliant
- 159. Sensitive
- 160. Easily hurt
- 161. Tendency to skim surface
- 162. Adaptive
- 163. Reclusive
- 164. Self-conscious
- 165. Overcautious
- 166. Tends to discouragement
- 167. Exclusive
- 168. Private

Temperament Indicator

- 169. Mediator
- 170. Indecisive
- 171. Constant
- 172. Competitive
- 173. Self-sacrificing
- 174. Respectful
- 175. Adaptable
- 176. Analytical
- 177. Persistent
- 178. Playful
- 179. Laugh easily
- 180. Spontaneous
- 181. Hesitant
- 182. Scheduled
- 183. Outspoken
- 184. Orderly
- 185. Obliging
- 186. Faithful
- 187. Idealistic
- 188. Inoffensive
- 189. Dry wit
- 190. Deep
- 191. Mover

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- 192. Motivator
- 193. Attentive to others
- 194. Bossy
- 195. Well-behaved
- 196. Willful
- 197. Perfectionist
- 198. Peacekeeper
- 199. Dispassionate
- 200. Controlling
- 201. Calm under fire
- 202. Spiritual
- 203. Love excitement
- 204. Thoughtful
- 205. Procrastinating
- 206. Docile
- 207. Headstrong
- 208. Require rest
- 209. Demand acknowledgment
- 210. Need encouragement
- 211. Need motivating
- 212. Need friends
- 213. Focused and intense
- 214. Need fun

Temperament Indicator

- 215. Enjoy structure, procedures
- 216. Need uplifting
- 217. Non-confrontative
- 218. Confrontative
- 219. Pragmatic
- 220. Mercurial
- 221. Wary of new situations
- 222. Singularly focused
- 223. Like to shop and eat out
- 224. Driven
- 225. Will subjugate own desires to please others
- 226. Process-oriented
- 227. Goal-oriented
- 228. Comfortable in present moment
- 229. Future oriented
- 230. A social butterfly
- 231. Jokester
- 232. Homebody

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SCORING

Now circle below the numbers you checked, and add up the total number of circles for each temperament. The highest total should indicate your primary temperament, and the next highest will be a strong indicator of your secondary temperament.

Choleric: 1, 3, 5, 8, 11, 14, 15, 25, 30, 36, 37, 38, 42, 43, 44, 50, 53, 54, 56, 60, 66, 67, 73, 81, 83, 84, 86, 90, 92, 96, 105, 108, 112, 115, 116, 117, 118, 121, 123, 124, 125, 127, 130, 132, 133, 134, 135, 138, 140, 143, 144, 154, 155, 156, 157, 158, 167, 168, 172, 176, 177, 183, 191, 192, 194, 196, 200, 207, 209, 213, 218, 219, 222, 224, 227

Sanguine: 1, 3, 5, 9, 10, 11, 14, 17, 18, 23, 26, 29, 30, 32, 36, 37, 38, 41, 43, 46, 47, 48, 49, 50, 56, 59, 68, 69, 71, 76, 77, 79, 80, 82, 87, 89, 91, 92, 93, 94, 95, 104, 107, 110, 112, 113, 114, 116, 117, 118, 120, 121, 129, 131, 136, 138, 139, 142, 144, 145, 146, 148, 149, 152, 157, 159, 160, 161, 175, 178, 179, 180, 203, 206, 212, 214, 220, 223, 226, 228, 230, 231

Melancholic: 2, 7, 8, 12, 13, 16, 19, 20, 21, 22, 24, 27, 28, 31, 33, 34, 39, 40, 42, 48, 51, 52, 54, 57, 62, 63, 70, 72, 73, 74, 75, 78, 79, 80, 81, 88, 98, 99, 101, 106, 109, 111, 122, 131, 133, 141, 150, 151, 153, 159, 163, 165, 166, 170, 173, 176, 181, 182, 184, 186, 187, 190, 193, 197, 202, 204, 208, 210, 215, 216, 221, 222, 227

Phlegmatic: 2, 4, 6, 9, 10, 21, 26, 28, 30, 31, 35, 39, 45, 52, 55, 58, 61, 63, 64, 65, 68, 70, 72, 75, 78, 85, 88, 97, 98, 100, 102, 103, 106, 107, 110, 111, 113, 119, 122, 126, 128, 129, 131, 137, 139, 147, 153, 160, 162, 166, 169, 171, 173, 174, 175, 185, 186, 188, 189, 195, 198, 199, 201, 204, 205, 206, 210, 211, 215, 217, 219, 221, 225, 226, 228, 232

Temperament Indicator

QUALITIES OF THE FOUR TEMPERAMENTS

Choleric

Quick to react, intense reaction of long duration; leader; initiator; logical; pragmatic, person of action, forthright; pushes plans through; doesn't display emotions easily, except anger; not given to anxiety; impetuous; eager to express himself; loves debate; can be defensive and prideful; persevering; self-confident; self-reliant; not a follower; driven to achieve goals; private; inclined to retaliation; extraverted; take-charge; argumentative; abhors sentimentality; logical; goal-oriented; decisive; intense; quick-tempered; optimistic; interruptive; needs acknowledgment; wants to be right; a doer; headstrong; competitive; looks for the positive; impatient; productive; makes decisions based on principles/ideas.

Melancholic

Slow to react, with intense reaction growing over time and of long duration; thoughtful; spiritual; deep; poetic; introverted; overly cautious; perfectionist; thinker; critical; doesn't prioritize well; tends to discouragement and self-pity; worries over possible misfortune; can be a hypochondriac; easily hurt; slow and sometimes indecisive; pessimistic; moody; goal-oriented; detached from environment; few friends; exclusive; likes to be alone; second-guesses; introspective; holds grudges; abhors injustice; is motivated by problems; looks at the down side; idealistic; self-sacrificing; sensitive; makes decisions based on principles/ideas.

Sanguine

Quick to react; reactions of short duration; relationship-oriented; doesn't hold grudges; life of the party; funny; loves to be with

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people; optimistic; likes groups; talkative; popular; docile; follower; seldom embarrassed; loves variety; attuned to environment; likes clothes; can be faddish; enjoys shopping and eating out; high energy; quick to forgive; welcomes change; frank; talkative; sociable; less interested in follow-through; can be superficial; cordial; makes friends easily; self-assured; carefree; eager; likes to talk in front of groups; enthusiastic; prone to vanity; artistic and creative; spontaneous; sometimes forgetful; process-oriented; restless; makes decisions based on relationships/feelings; needs help in persevering; social butterfly.

Phlegmatic

Slow to react; doesn't react intensely; reactions of short duration; quiet; diplomatic; peaceful; makes decisions based on relationships/feelings; sensitive to others; dependable; procedural; dispassionate; dry wit; follower; introverted; calm under pressure; dutiful; likes structure; requires motivating; hates conflict; enjoys peace and quiet; well-liked by most everyone; peacemaker; reserved; homebody; constant; polite; prefers routine; process-oriented; patient; tolerant; not easily provoked, but feelings can be easily hurt; well-behaved; respectful; would rather please others than do what he wants; orderly; can be sluggish or indifferent, unmotivated; low-key.