

THREE TO GET MARRIED

The Temperament God Gave You

Overview:

The classical theory of the four temperaments -- the innate manner in which a person feels and reacts in certain situations — can be a helpful tool in understanding our own patterns of reaction, and those of the ones we love. It's a general guideline to help you better understand yourself and how you may be different from your fiancé. Understanding and respecting your differences is the first step in deepening your love and overcoming conflict. Regardless of what your primary Temperament may be, life challenges all of us to develop beyond our natural tendencies in pursuit of healthy and happy relationships.

The Four Temperaments

- ◆ Choleric
- ◆ Melancholic
- ◆ Phlegmatic
- ◆ Sanguine

Choleric... “The Doer”

Strengths:

Sharp intellect, strength of will, goal-oriented, resolute, confident, passionate, comfortable in command, energetic, productive, quick learner, decisive, ambitious, aspires to greatness, enterprising, persevering, zealous, a dynamic leader, forceful, industrious, enterprising, effective.

Famous Choleric:

Franklin D. Roosevelt, Margaret Thatcher, Oprah Winfrey, Michael Jordan, Bill Gates, St. James, General Patton, St. Paul (also, melancholic), St. Ignatius of Loyola

Weaknesses:

dominating, not empathic, bold, brash, stubborn, opinionated, domineering, contemptuous, prideful, easily incited to anger, impatient with others' slowness and lack of intelligence, holds grudges, pushy, finds it difficult to apologize or admit mistakes, hardness of heart.

Relationship Needs:

sense of control, credit for achievements, loyalty.

CAUTION: Don't try to break their will!

Response time: quick to react, long-lasting, active.

Melancholic... “The Thinker”

Strengths:

analytical, perfectionist, deliberate, idealistic, serious, deep thinker, reflective, religious, discrete, scrupulous, sensitive, sacrificial, quiet, deliberate, reliable, purposeful, orderly, lofty, introverted, dedicated, sensitive to injustice, appreciates silence and solitude, has strong interior life, decorous, noble, cautious, particular.

Famous Melancholics:

Abraham Lincoln, Ernest Hemingway, Ludwig van Beethoven, Vincent van Gogh, Darth Vader
St. John Henry Newman, St. Paul (also Choleric)

Weaknesses:

Slow, moody, brooding, easily discouraged, prone to depression or despondency, irresolute, confused by noise and crowds, fearful, reserved, finds it difficult to make friends, tends to passivity, tends to resentments, holds grudges, lacks confidence, indecisive, second guesses decisions, critical and suspicious of others, makes mountains out of molehills, requires cheering up, aloof, tends to find problems everywhere.

Relationship Needs:

Sensitivity, support, “space”.

CAUTION: Encourage them with patience!

Response time: slow to react, with increasing intensity

Phlegmatic... “The Peace-Maker”

Strengths:

Peaceful, respectful, gentle, steady, non-confrontational, level-headed, deliberate, persevering, practical, calm, dispassionate, detached, thoughtful, not easily offended, keeps head under pressure, non-argumentative, non-grudging, non-demanding, willing to take blame, hidden drive, dry wit, compliant, traditional, patriotic, serene, modest, unflashy, a “servant leader.”

Famous Phlegmatics:

Tim Duncan, Sandy Koufax, Keanu Reeves,
St. John XXIII, St. Thomas Aquinas

Weaknesses:

Slow, indecisive, indifferent, lack of ambition, tends toward laziness, passive, will agree just to avoid confrontation, avoids leadership, avoids pressure, may lack self-worth if they are neglected because they are so non-demanding, will resort to “I don’t care,” or “It doesn’t matter;” indifference.

Relationship Needs: Peace & Harmony, respect & appreciation, motivation.

CAUTION: Don’t dump on them, because they are willing to take it! Hates conflict!

Response time: Slow to react, with short duration.

Sanguine... “The Talker”

Strengths:

optimistic, extroverted, fun-loving, enjoys being with people, talkative, eager to please, compassionate, forgives and forgets, quick learner, always interested in new projects, idea person, creative, non-resentful, candid, obliging, funny, mercurial, vivacious, lively, clever.

Famous Sanguines:

Ronald Reagan, Bill Clinton, Magic Johnson,
Tom Sawyer, Lorelei Gilmore, St. John Paul II, St. Peter.

Weaknesses:

superficial, disorganized, faddish, concerned about what people think, tendency to the external, succumbs to flattery, not good follow through, inordinate love of pleasure, doesn't think things through, jumps to conclusions, interests fade quickly, makes fun of others to gain attention, decisions may be made rashly, flirtatious.

Relationship Needs: attention, affection, fun

Caution:

Don't take away their fun!

Response time:

Quick to react, short-lived duration, active.

Things to Remember...

- ◆ Keep it simple: “Your brain works different from mine and I have to respect that.”
- ◆ This is a general guideline for understanding our differences, respecting them and working within them.
- ◆ DON'T put yourself or others into a box, with a label; this discourages personal growth.
- ◆ We are all called to develop outside our dominant temperament.

Keep Learning!

Books:

Personality Plus: How to Understand Others by Understanding Yourself by Florence Littauer (Revell; Revised and Expanded edition, 1992)

Personality Plus for Couples: Understanding Yourself and the One You Love by Florence Littauer (Revell, 2001)

The Temperament God Gave You by Art & Laraine Bennett (Sophia Institute Press, 2005)

The Temperament God Gave Your Spouse by Art & Laraine Bennett (Sophia Institute Press, 2008)

Discover Your Dominant Temperament

Read each of the following statements and put a check in the column that **BEST** reflects the answer that applies to you. The next page will give you a “key” to help you determine which is your dominant temperament. See if you know yourself!

	USUALLY	OFTEN	SOMETIMES	NOT USUALLY
1. I stick with whatever I begin.				
2. I daydream.				
3. I have many friends and make them easily.				
4. I enjoy being alone.				
5. I get my feelings hurt easily.				
6. I hold on to my own ideas.				
7. I am optimistic.				
8. I am shy, especially in groups.				
9. I like being still and quiet.				
10. I avoid conflict and like to keep the peace.				
11. My moods change quickly.				
12. It takes a lot to excite me.				
13. I take charge of most situations.				
14. I am cheerful.				
15. I work slowly but diligently.				
16. I am pessimistic.				
17. Studying is easy for me.				
18. Difficulties discourage me.				
19. I work harder when there are difficulties.				
20. I am impatient easily.				
21. I am frequently finding new hobbies.				
22. I remain calm.				
23. I tend to procrastinate.				
24. I am analytical and detail oriented				
25. I forgive injuries easily.				
26. I put things off.				
27. I have a lot of energy and am ambitious.				

Total your answers according to the columns below.

“usually” = 3 points
“often” = 2 points
“sometimes” = 1 point
“not usually” = 0 point

<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
3. _____	1. _____	1. _____	2. _____
5. _____	4. _____	6. _____	10. _____
7. _____	8. _____	13. _____	12. _____
11. _____	9. _____	17. _____	15. _____
14. _____	16. _____	19. _____	22. _____
21. _____	18. _____	20. _____	23. _____
25. _____	24. _____	27. _____	26. _____
TOTALS(_____)	(_____)	(_____)	(_____)

The column which has the highest score is your dominant temperament.

A = SANGUINE

B = MELANCHOLIC

C = CHOLERIC

D = PHLEGMATIC