

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