Your Personality Plus Profile: Sheet One

Directions — In each of the following rows of four words across, place an X in front of the one and only one word that most often applies to you. Continue through all forty lines; be sure each number is marked. If you are not sure which word “most applies,” ask a spouse or a friend, or think of what your answer would have been when you were a child.

Strengths

1 __ Adventurous __ Adaptable __ Animated __ Analytical
2 __ Persistent __ Playful __ Persuasive __ Peaceful
3 __ Submissive __ Self-sacrificing __ Sociable __ Strong-willed
4 __ Considerate __ Controlled __ Competitive __ Convincing
5 __ Refreshing __ Respectful __ Reserved __ Resourceful
6 __ Satisfied __ Sensitive __ Self-reliant __ Spirited
7 __ Planner __ Patient __ Positive __ Promoter
8 __ Sure __ Spontaneous __ Scheduled __ Shy
9 __ Orderly __ Obliging __ Outspoken __ Optimistic
10 __ Friendly __ Faithful __ Funny __ Forceful
11 __ Daring __ Delightful __ Diplomatic __ Detailed
12 __ Cheerful __ Consistent __ Cultured __ Confident
13 __ Idealistic __ Independent __ Inoffensive __ Inspiring
14 __ Demonstrative __ Decisive __ Dry humor __ Deep
15 __ Mediator __ Musical __ Mover __ Mixes easily
16 __ Thoughtful __ Tenacious __ Talker __ Tolerant
17 __ Listener __ Loyal __ Leader __ Lively
18 __ Contented __ Chief __ Chart maker __ Cute
19 __ Perfectionist __ Pleasant __ Productive __ Popular
20 __ Bouncy __ Bold __ Behaved __ Balanced
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Personality Scoring: Sheet Two

Now transfer all your X’s to the corresponding words on the Personality Scoring sheet, and add up your totals. For example, if you checked *Animated* on the profile, check it on the scoring sheet. (Note: The words are in a different order on the profile and the scoring sheet.)

**Strengths**

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**Totals—Strengths**

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Page 3 Personalities
## Weaknesses

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### Total—Weaknesses

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### Combined Totals

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The personality profile is from *After Every Wedding Comes a Marriage* by Florence Littauer. Copyright 1981, Harvest House Publishers.
You have taken the test. Now you know what temperament or combination you are. Following are the strengths of each summarized. Bet you did not know you had all this going for you. Now that you know your assets—make them work for you.

**Popular Sanguine Personality**

The Extrovert     The Talker     The Optimist

**Strengths**

### Emotions:

- Appealing personality
- Talkative, storyteller
- Life of the party
- Good sense of humor
- Memory for color
- Physically holds on to the listener
- Emotional and demonstrative
- Enthusiastic and expressive
- Cheerful and bubbling over
- Curious
- Good on stage
- Wide-eyed and innocent
- Lives in the present
- Changeable disposition
- Sincere at heart
- Always a child

### As a friend:

- Makes friends easily
- Loves people
- Thrives on compliments
- Seems exciting
- Envied by others
- Doesn't hold grudges
- Apologizes quickly
- Prevents dull moments
- Likes spontaneous activities
- Doesn't like to be alone

### As a parent:

- Makes home fun
- Is liked by children's friends
- Turns disaster into humor
- Is the circus master

### At work:

- Volunteers for jobs
- Thinks up new activities
- Looks great on the surface
- Creative and colorful
- Has energy and enthusiasm
- Starts in a flashy way
- Inspires other to join
- Charms others to work
Perfect Melancholy Personality

The Introvert   The Thinker   The Pessimist

Strengths

Emotions:

- Deep and thoughtful
- Analytical
- Serious and purposeful
- Genius prone
- Talented and creative
- Artistic or musical
- Philosophical and poetic
- Appreciative of beauty
- Sensitive to others
- Self-sacrificing
- Conscientious
- Idealistic

As a friend:

- Makes friends cautiously
- Content to stay in background
- Avoids causing attention
- Faithful and devoted
- Will listen to complaints
- Can solve others’ problems
- Deep concern for other people
- Moved to tears with compassion
- Seeks ideal mate

As a parent:

- Sets high standards
- Wants everything done right
- Keeps home in good order
- Picks up after children’
- Sacrifices own will for others
- Encourages scholarship and talent

At work:

- Schedule oriented
- Perfectionist, high standards
- Detail conscious
- Persistent and thorough
- Orderly and organized
- Neat and tidy
- Economical
- Sees the problems
- Finds creative solutions
- Needs to finish what is started
- Likes charts, graphs, figures and lists
Powerful Choleric Personality

The Extrovert     The Doer     The Optimist

Strengths

Emotions:

- Born leader
- Dynamic and active
- Compulsive need for change
- Must correct wrongs
- Strong willed and decisive
- Unemotional
- Not easily discouraged
- Independent and self-sufficient
- Exudes confidence
- Can run anything

As a parent:

- Exerts sound leadership
- Establishes goals
- Motivates family to action
- Knows the right answer
- Organizes household

At work:

- Goal oriented
- Sees the whole picture
- Organizes well
- Seeks practical solutions
- Moves quickly to action
- Delegates work
- Insists on production
- Makes the goal
- Stimulates activity
- Thrives on opposition

As a friend:

- Has little need for close friends
- Will work for group activity
- Will lead and organize
- Is usually right
- Excels in emergencies
Peaceful Phlegmatic Personality

The Introvert     The Watcher     The Pessimist

Strengths

Emotions:

- Low-key personality
- Easygoing and relaxed
- Calm, cool, and collected
- Patient, well balanced
- Consistent life
- Quiet but witty
- Sympathetic and kind
- Keeps emotions hidden
- Happily reconciled to life
- All-purpose person

As a parent

- Makes a good parent
- Takes time for the children
- Is not in a hurry
- Can take the good with the bad
- Doesn't get upset easily

At work

- Competent and steady
- Peaceful and agreeable
- Has administrative ability
- Mediates problems
- Avoids conflicts
- Good under pressure
- Finds the easy way

As a friend

- Easy to get along with
- Pleasant and enjoyable
- Inoffensive
- Good listener
- Dry sense of humor
- Enjoys watching people
- Has many friends
- Has compassion and concern
Natural Blends
Outgoing
Optimistic
Outspoken

Complimentary Blends

Popular Sanguine
Unemotional
Strong-willed
Artistic
Emotional

Powerful Choleric
decisive
organized
goal oriented

Introverted
Pessimistic
Soft-Spoken

Relationship Oriented
witty
easygoing
not goal oriented

Task Oriented

Peaceful Phlegmatic

Perfect Melancholy

Introverted
Pessimistic
Soft-Spoken

Natural Blends

Page 9 Personalities
What to do about correcting your weaknesses and turning them into strengths.

Sanguine issues:

Popular sanguines talk too much
- Talk half as much as before
- Watch for signs of boredom
- Condense your comments
- Stop exaggerating (remember that *colorful* carried to extreme becomes *lying*)

Popular sanguines are self-centered
- be sensitive to other people's interests
- learn to listen
- be sensitive to other’s needs and listen to what they have to say

Popular sanguines have uncultivated memories
- Pay attention to names
- Write things down
- Don’t forget the kids
- Even though you can rationalize why you have a bad memory, no one wants to hear about it. Pay attention to people's names, write things down, and try to take note of where you left your car and your child.

Sanguines are fickle and forgetful friends
- Read *The Friendship Factor* by Alan McGinnis, Augsburg Press
- Put others needs first
- Popular sanguines, it’s not easy to be a good friend but it is worth the effort. Don't settle for an audience, become a friend.

Sanguines interrupt and answer for others
- Don’t think you must fill all the gaps
- Remember, that one who interrupts and answers for others is rude and inconsiderate and after awhile, unwelcome.

Sanguines are disorganized and immature
- Pull your life together
- Grow up a little
- *Philippians 4:13* is your verse

Melancholy issues:

Melancholies are easily depressed
- Realize no one likes gloomy people
- Don’t look for trouble
- Don’t get hurt so easily
- Look for the positives
- Read *Blow Away the Black Clouds* (Harvest House)
- Remember to accentuate the positives eliminate the negatives.

Melancholies have low self esteem
- Search out the source of your insecurities
- Listen for false humility

Melancholies procrastinate
- Get the right things before you start
• Don’t spend so much time planning

Melancholies put unrealistic demands on others
• Relax your standards some
• Be grateful that you understand your temperament so well
• II Corinthians 13:11

Choleric issues:

They are seen as compulsive workers
• Learn to relax
• Read “When I Relax I feel Guilty”
• Take the pressure off of others
• Plan leisure activities

Cholerics must be in control
• Respond to other peoples’ leadership
• Don’t look down on the “dummies”
• Stop manipulating others

Cholerics do not know how to handle people
• Practice patience
• Keep advice until asked for it
• Tone down your approach to others
• Stop arguing and causing trouble

Cholerics are right but unpopular
• Let someone else be right
• Learn to apologize
• Admit your faults
• Your verse is 1 John 1:9

Phlegmatic issues:

Phlegmatics are not exciting
• Try to get enthused

Phlegmatics resist change
• Try something different and new

Phlegmatics seem to be lazy
• Learn to accept responsibility
• Don’t procrastinate
• Motivate yourself

Phlegmatics have a quiet will of iron
• Communicate your feelings

Phlegmatics seem to be wishy-washy
• Practice making decisions
• Learn to say no
• Proverbs 2:6-9
Finally, how do you deal with others who are …

**Sanguine**

- Recognize their difficulty in accomplishing tasks
- Realize they talk without thinking first
- Realize they like variety and flexibility
- Help to keep them from accepting more than they can do
- Do not expect them to remember appointments or be on time
- Praise them for everything they accomplish
- Remember they are circumstantial people
- Bring them presents; they like new toys
- Accept that they make fun out of what would be embarrassing to most others
- Realize they mean well

**Melancholy**

- Know that they are very sensitive and get hurt easily
- They are programmed to be pessimistic
- Learn to deal with their depression or moodiness
- Compliment them sincerely and lovingly
- Accept that they like to be alone and like it quiet sometimes
- Try to keep a reasonable schedule with them
- Realize that neatness is a necessity
- Do not let them become slaves to the family or other groups

**Choleric**

- Recognize they were born leading
- Insist on two way communication with them
- Know that they do not mean to be hurtful
- Do not push your luck with them
- Try to divide areas of responsibility
- Realize that they are not compassionate or affectionate by nature
- Know that they are usually right and even when they are not, they think they are

**Phlegmatic**

- They need direct motivation
- Help them set goals and make rewards
- Do not expect enthusiasm from them
- Realize that putting things off is their quiet way to control
- Force them to make decisions
- Help them learn to confront and decide
- Do not heap all the blame on them
- Encourage them to accept responsibilities

**Ready, Set, Grow!**

- Understanding your basic temperament does not fence you in to your weaknesses
- Positives exaggerated become weaknesses
- You date strengths and discover you have married weaknesses
- You hire strengths and fire weaknesses
☐ Assess both your strengths and weaknesses
☐ Make a personal plan to work and improve them
☐ Encourage honest opinion from family and friends
☐ Seek the guidance of the Holy Spirit to help you develop the **Fruit of the Spirit** through your personality no matter what it is.

**Your Notes:**

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