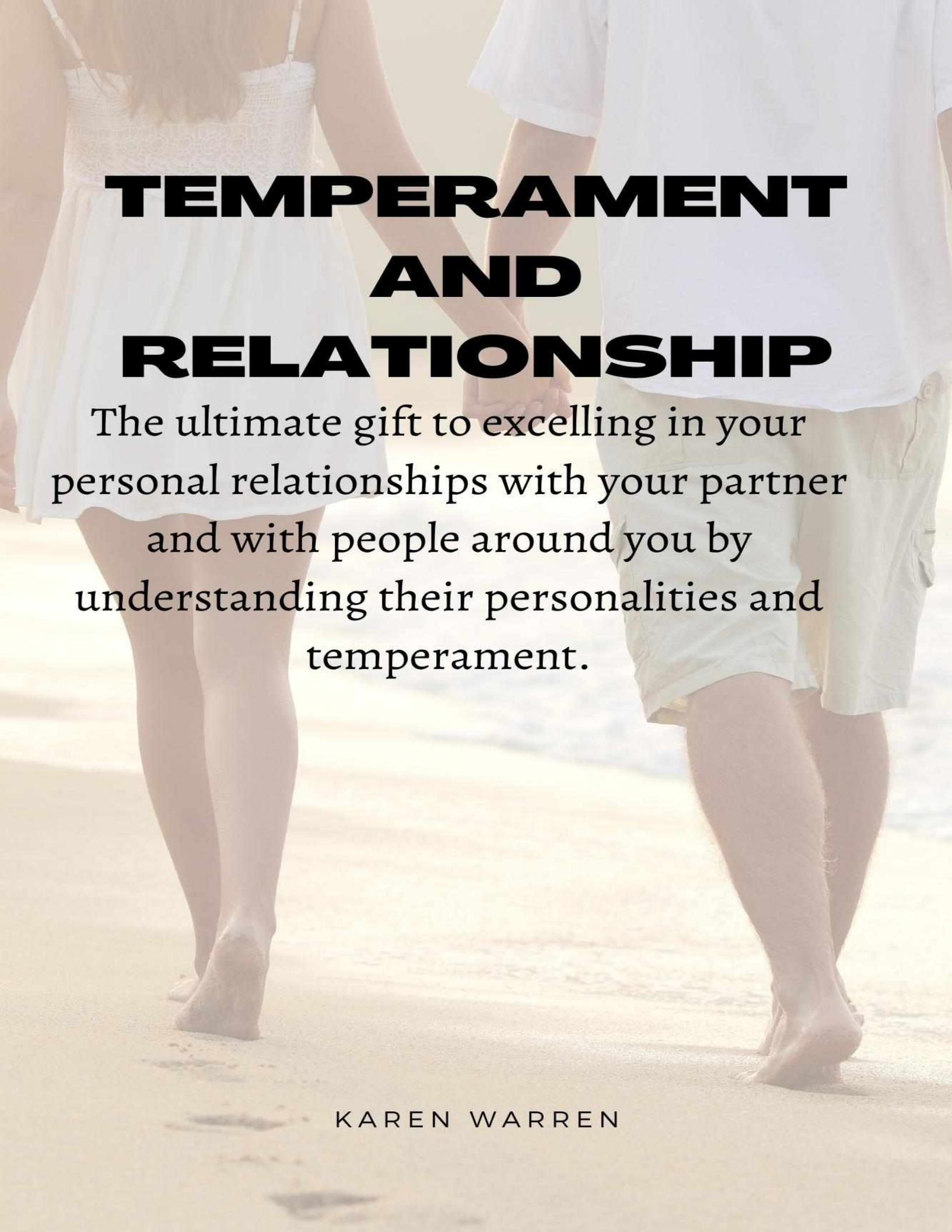


TEMPERAMENT AND RELATIONSHIP

The ultimate gift to excelling in your personal relationships with your partner and with people around you by understanding their personalities and temperament.

KAREN WARREN

TEMPERAMENT AND RELATIONSHIP: The ultimate gift to excelling in your relationship both with your partner and with people around you by understanding their personalities and temperament.

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Table of contents

Chapter 1

Chapter 2

Chapter 3

Chapter 4

INTRODUCTION

Everyone is interested in human behavior. That is why over 80 percent of our nation's 13 million college students voluntarily take psychology studies; they are captivated by what makes individuals tick. And most of all, they are interested in why they believe, feel, react, erupt, and behave the way they do. Nothing addresses such problems better than the notion of the four temperaments. It explains variation in people, their tastes, their creative powers, their strengths, and their weaknesses. It explains why some individuals clash with others and why others are drawn to each other.

TEMPERAMENT—YOU'RE BORN WITH IT

Humanly speaking, nothing has a greater significant impact on your conduct than your hereditary disposition The combination of your parents' genes and chromosomes at conception, which defined your fundamental temperament nine months before you took your first breath, is largely responsible for your behaviors, reactions, emotional responses, and, to one degree or another, practically everything you do. Most individuals are absolutely oblivious of this extremely powerful effect on their conduct. Consequently, instead of cooperating with it and utilizing it, they battle with this inner power and frequently strive to build something of themselves that they were never supposed to be. This not only restricts them personally but impacts their immediate family and also spoils other interpersonal interactions. It is one of the reasons so many people declare, "I don't like myself" or, "I can't find myself." When a person discovers his own basic temperament, he can usually figure out rather easily what vocational opportunities he is best suited for, how to get along with other people, what natural weaknesses to watch out for, what kind of wife he should marry, and how he can improve the effectiveness of his life.

Temperament impacts everything you do, from sleep patterns to study habits to eating style to the way you get along with other people. Humanly speaking, there is no other influence on your life more potent than your temperament or combination of temperaments. That is why it is so crucial to know your temperament and to be able to understand other people's temperaments, not to criticize them, but so you can maximize your potential and assist them to achieve theirs. Sit with me in the therapy room and you

will see what I mean. The sanguine speaks about the weather, friends, and a hundred things before tackling the genuine issue. The choleric gets directly to the point He (or she) wants you to straighten out his spouse so he can have a pleasant home life. The melancholy sighs heavily as he sits down with sorrow, self-pity, and unhappiness imprinted on his face. The phlegmatic seldom gets around to setting an appointment, and when she does it takes most of the first half hour simply to prime her conversational pump. These folks are not the temperament they are because they do these things. Rather, individuals behave the way they do because of their temperaments. Some of our activities are subtle, like likes or preferences, while others entail outlooks and attitudes or even patterns of thinking. There is barely a function in life that is not impacted by temperament. Thus, you had better determine your temperament and continually turn it into the greatest lifestyle for you and your family. Otherwise, your disposition will subconsciously lead you.

Chapter 1

WHAT IS TEMPERAMENT?

Temperament is the mix of features we got from our parents. No one knows where it sits, but I suppose it is somewhere in the intellect or emotional core (commonly referred to as the heart). From that source, it joins with other human characteristics to generate our fundamental makeup. Most of us are more cognizant of its expression than we are of its function. It is a person's temperament that makes him outgoing and extroverted or shy and introverted. Doubtless, you know both kinds of persons who were born to the same parents. Similarly, it is a temperament that makes some individuals art and music enthusiasts while others are sports or industry-minded. In fact, I have encountered brilliant musicians whose siblings were tone-deaf.

Temperament is not the sole effect upon our conduct, of course. Early family life, training, education, and motivation also exercise important effects on our behaviors throughout life. Temperament is, nevertheless, the Number one effect on a person's life, not only because it is the first thing that affects us, but because, like body form, the color of eyes, and other physical features, it leads us through life. An extrovert is an extrovert. He may tone down the manifestation of his extroversion, but he will always be an extrovert. Similarly, although an introvert may be able to emerge from his shell and act more aggressively, he will never be changed into an extrovert. Temperament puts broad restrictions on everyone's behavior patterns that will impact a person as long as he lives. On one side are his strengths, on the other his weaknesses. The key benefit of knowing about the four basic temperaments is to find your most pronounced strengths and weaknesses so that with God's assistance you can overcome your flaws and take advantage of your strengths. In this manner, you may realize your particular destiny to the utmost.

Temperament is carried on via the genes and no doubt was impacted by the Adamic fall. That is why we all identify with the urge to do good yet at the

same time we possess a drive to do evil. This fundamental character that we have all inherited from our parents is termed numerous things in the Bible: “the natural man,” “the flesh,” “the old man,” and “corruptible flesh,” to mention a few. It provides the underlying impulses of our existence as we endeavor to fulfill our desires. To adequately grasp its influence over our actions and reactions, we need to differentiate carefully between temperament, character, and personality.

Temperament is the mix of inborn features that subconsciously determine man’s conduct. These qualities are arranged genetically on the basis of nationality, race, sex, and other hereditary criteria. These qualities are handed on via genes. Some psychologists argue that we inherit more genes from our grandparents than our parents. That might account for the greater likeness of some children to their grandparents than to their parents. The alignment of temperament qualities is just as random as the color of eyes, hair, or size of the body.

Character is the genuine you. The Bible refers to it as “the hidden man of the heart.” It is the consequence of your natural temperament modified by early instruction, education, basic attitudes, beliefs, principles, and motives. It is sometimes referred to as “the soul” of man, which is made up of the mind, emotions, and volition.

Personality is the outer representation of oneself, which may or may not be the same as our character, depending on how genuine we are. Often personality is a nice facade for a disagreeable or weak character. Many individuals go through life acting a role on the basis of what they believe they should be, or how they want others to view them, rather than as they really are. This is a recipe for mental and spiritual instability. It is caused by following the human formula for acceptable behavior, which places the focus on externals. The Bible reminds us, “Man focuses on the external appearance, but God looks on the heart”; and, “Out of the heart arises the concerns of life.” The place to change behavior is within man, not outside.

In essence, temperament is the collection of qualities we were born with; character is our “civilized” temperament, and personality is the “face” we display to others. Since temperament traits are obtained genetically from our ancestors and so are unpredictable, one should bear in mind some of the

factors that determine temperament. Nationality and race undoubtedly play the most essential effect in creating one's inherited temperament.

A person's sex will also alter temperament, notably in the area of emotions. Women are frequently believed to be more emotionally expressive than males. Even the toughest of women will cry at times, yet some men never weep. Temperament qualities, whether controlled or uncontrolled, last throughout life. The older we become, though, the softer and more mellow our harsh and rigid qualities tend to become. Man learns that if he wants to live in peace with his fellow man, it is preferable to emphasize his natural strengths and moderate his faults. Many are effective in developing their character and improving their personality, but comparatively few are able to change their temperament. It is conceivable, though, to adjust your temperament so that you appear like a different person. To accomplish so, however, needs outside support, and that will be discussed completely in a later chapter. But first, we should meet the four temperaments.

Meet the Four Temperaments

The core of the temperament theory, as initially conceptualized by Hippocrates over twenty-four hundred years ago, divides people into four main groups, which he labeled sanguine, choleric, melancholic, and phlegmatic. Each temperament type has both strengths and limitations that constitute a unique part of his composition throughout life. Once a person diagnoses his own basic temperament, he is better prepared to discern what vocational prospects he is most suited for and what natural weaknesses he must work on to protect from short-circuiting his potential and inventiveness.

The following quick overview of the four basic temperaments will expose you to these four distinct types of individuals. No doubt you will find some of your friends in one or another of these groups, and if you look carefully, you may even uncover one that reminds you of yourself.

1. MEET SANGUINE

Sanguine is a pleasant, buoyant, vivacious, and "enjoying" person. Receptive by nature, exterior influences rapidly find their way to his heart, where they trigger an eruption of response. Feelings rather than rational ideas predominate to shape his conclusions. He is so extroverted he is

usually considered a super extrovert. Mr. Sanguine has an unusual capacity for enjoying himself and typically passes on his fun-loving attitude. The instant he enters a room he tends to brighten the spirits of everyone there with his energetic talk. He is a fantastic storyteller and his warm, emotive nature almost lets you relive the incident as he describes it.

Mr. Sanguine never lacks friends. He can actually feel the pleasures and sufferings of the person he encounters and has the capacity to make him feel significant, as though he were a very special friend and he is, as long as he is gazing at you. Then he concentrates his gaze with similar intensity on the next person he meets.

The Apostle Peter in the Bible was much like a Sanguine. Every time Jesus appeared in the Gospels he was talking. A sanguine always enters a room mouth first" His boisterous, blustering, friendly manners make him appear more confident than he actually is, but his energy and charming nature get him over the rough spots of life. People have a way of ignoring his shortcomings by saying, "That's just the way he is."

2. MEET CHOLERIC

Cholerics are hot, swift, energetic, practical, strong-willed, self-sufficient, and highly independent. He tends to be decisive and opinionated, finding it simple to make choices both for himself and other people. Like Sanguine, Cholerics are extroverted but are not nearly so intense.

Mr. Choleric thrives on action. He does not need to be stimulated by his surroundings, but rather inspires his environment with his infinite ideas, plans, objectives, and ambitions. He does not indulge in meaningless activities, because he has a practical, alert intellect, capable of making smart, instant decisions or planning important undertakings. He does not oscillate under the burden of what others believe, but takes a definite opinion on topics and may frequently be spotted crusading against some social injustice or subversive scenario. Cholerics are not terrified by adversity; in fact, they serve to encourage him. His relentless resolve generally leads him to succeed where others have failed.

Mr. Choleric's emotional nature is the least developed part of his temperament. He does not relate readily with others, nor does he naturally exhibit or express sympathy. He is often embarrassed or repulsed by the

cries of others and is usually insensitive to their needs. He exhibits little enthusiasm for music and the great arts unless his secondary temperament traits are those of the melancholic. He invariably seeks utilitarian and productive values in life. Not prone to analysis, but rather to fast, almost intuitive judgment, the choleric tends to gaze at the objective for which he is laboring without recognizing the possible traps and hurdles along the route.

Once he has begun pursuing his objective, he may run roughshod over those who stand in his path. He tends to be domineering and dictatorial and does not hesitate to utilize others to accomplish his aims. He is generally called an opportunist.

3. MEET MELANCHOLY

Melancholies are the richest of all the temperaments. He is an analytical, self-sacrificing, brilliant, meticulous type with a very sensitive emotional character. No one receives greater enjoyment from the fine arts than the gloomy. By nature, he is prone to be an introvert; however because his emotions prevail, he is given to a range of moods. Sometimes they will take him to heights of bliss that drive him to behave more extroverted. However, at other times he will be gloomy and unhappy, and during these occasions, he becomes introverted and may be quite antagonistic.

The Melancholies are highly reliable friends, but unlike the sanguine, he does not make friends readily. He hardly pushes himself forward to meet people, but rather allows them to come to him. He is perhaps the most trustworthy of all the temperaments because his perfectionist and conscientious inclinations do not let him be a shirker or let people down when they are dependent on him. His hesitancy to throw himself forward is sometimes seen as an indication that he doesn't like people. Like the rest of us, he not only likes people but has a great desire to be loved by them but finds it difficult to communicate his actual sentiments.

Disappointing experiences make him wary to trust others at face value; so he is prone to be skeptical when others seek him out or lavish him with attention.

His remarkable analytical skills lead him to accurately diagnose the barriers and hazards of each project he has a part in developing. This is in direct contrast to the choleric, who rarely expects issues or difficulties, but is

convinced he can manage whatever crises may emerge. Such a characteristic often finds the melancholic hesitant to launch any new project or in confrontation with people who aspire to do so. Occasionally, in a mood of emotional ecstasy or inspiration, he may produce some magnificent work of art or brilliance. But these accomplishments are often followed by periods of the great depression.

Melancholies generally finds their greatest significance in life through personal sacrifice. He seems desirous of making himself suffer, and he will often choose a difficult life vocation involving great personal sacrifice. But once it is chosen, he is prone to be very thorough and persistent in his pursuit of it and more than likely will accomplish great good if his natural tendency to gripe throughout the sacrificial process doesn't get him so depressed that he gives up on it altogether. No temperament has so much intrinsic potential when inspired by the Holy Spirit as the melancholic.

4. MEET PHLEGMATIC

The Phlegmatics are the peaceful, easygoing, never-get-upset individual with such a high boiling point that he practically never becomes furious. He is the simplest sort of person to get along with and is by nature the most liked of all the temperaments.

Phlegmatic draws his name from what Hippocrates thought was the bodily fluid that generated that "calm, cool, slow, well-balanced temperament." Life for him is a happy, unexcited, comfortable experience in which he avoids as much involvement as possible. He is so serene and unruffled that he never appears anxious, no matter what circumstances surround him. He is the one disposition type that is constant every time you see him. Beneath his cold, reserved, even timid personality, Mr. Phlegmatic possesses a remarkably powerful mix of abilities. He feels more emotion than appears on the surface and enjoys the great arts and the lovely things of life.

Usually, he avoids violence. The phlegmatic does not lack friends, since he enjoys people and has a natural, dry sense of humor. He is the sort of individual who can have a gathering of people ``in stitches," yet never breaks a grin. Possessing the unique capability for seeing something humorous in others and the things they do, he maintains a positive approach to life. He has a good, retentive intellect and is capable of becoming an excellent imitator.

Phlegmatic prefers to be a spectator in life and tries not to get particularly engaged with the actions of others. In fact, it is usually with considerable reluctance that he is ever inspired to any form of action outside his regular routine. This does not imply, however, that he cannot comprehend the necessity for action and the predicaments of others. He and Choleric may confront the same social injustice, but their responses will be entirely different. The crusading attitude of the choleric will urge him to explain, "Let's get a committee together and campaign to do something about this!" The phlegmatic would likely respond, "These circumstances are dreadful! Why doesn't someone do something about them?" Usually kindhearted and sympathetic, the phlegmatic rarely reveals his genuine sentiments. When once aroused to action, however, his skillful and effective qualities become obvious. He will not volunteer to lead on his own, but when it is forced upon him, he shows to be a very capable leader. He has a conciliating impact on people and is a natural pacemaker.

SUMMARY: WHICH ARE YOU?

There you have it! In only a few paragraphs we have explained the centuries-old notion of the four fundamental temperaments. I say basic because no one is 100 percent sanguine, choleric, melancholy, or phlegmatic. We are all a blend of at least two and maybe three temperaments (more on that intriguing subject later).

However, your main or fundamental temperament is the one that impacts you the most, it should not be too difficult to diagnose. Just ask yourself a few questions while looking at the accompanying drawings.

1. Are you an extrovert? If so, you are predominantly sanguine or choleric.
2. If "yes" to 1, ask yourself, "Do I incline toward becoming a super extrovert?" For example, are you typically the first to speak? If so, you are sanguine.
3. Whether "yes" to 1, ask yourself if you are a good salesman type. If so, you are primarily sanguine.
4. If "yes" to 1, but "no" to 2 and 3, ask, "AmI a 'strong natural leader?'" If so, you are probably choleric.
5. If you replied "no" to 1, that is, you are not an extrovert then ask yourself, "Am I a perfectionist, analytical, and somewhat critical?" If so, you are probably mostly melancholic.

6. Whether you replied “no” to 1, ask yourself if you are recognized by others as “very quiet.” Do you seldom get angry but feel numerous anxieties and worries? If so, you are probably phlegmatic.

This, of course, is an oversimplified exam, and it only considers your primary temperament. But it will benefit you even at this stage to have a solid notion of which temperament you are. As we proceed through the book you may discover further confirmation of what your fundamental temperament is, or you may find that knowing more specifics about the various temperaments will show that your initial option is actually your secondary temperament But it generally occurs only when a person is balanced between his main and secondary temperaments.

Chapter 2

Different Temperament Blends

Now that you have met the four temperaments, you no doubt realize why "people are individuals." Not only are there four distinct kinds of temperaments that cause these disparities, but the combinations, blends, and degrees of temperament multiply the potential differences. In spite of it, however, most individuals display a pattern of behavior that suggests they lean toward one prevailing temperament. No single temperament can be stated to be superior to another. Each one contains strengths and richness, and yet each one is fraught with its own faults and dangers. The primary criticism of the ancients' notion of the four temperaments is that it was oversimplified by thinking that each individual could be described by only one of the temperaments. That is just untrue, as I have stated in my earlier publications on temperament. We are all a combination of at least two temperaments, with one temperament dominating the other.

We will quickly go through twelve potential temperament mixes in an effort to make the temperament theory more applicable and realistic. You'll most likely find it simpler to recognize yourself in one of the mixes than in one of the four fundamentals.

Different Blends

Basically, each individual is capable of having ten traits that are their primary temperament and 10 traits that are their secondary temperament. We will see some of the account for the variations in behavior, biases, and natural abilities of persons with the same predominant temperament but with distinct secondary temperaments. Others of them cancel each other out, some reinforce each other, and some emphasize and compound others. As you learn about the next twelve temperamental mixes, this will become more apparent.

1. A SANCHLOR

The SanChlor will be the greatest extrovert of all the temperamental mixtures since the two temperaments that make up his character are both outgoing. The sanguine's outgoing charm makes him a people-focused, ebullient salesperson type; nevertheless, the choleric portion of his temperament will provide him the required resolve and personality attributes that will shape him into a somewhat more organized and successful person than if he were pure sanguine. He can work in almost any area that involves people, but for it to keep his attention, it must provide diversity, action, and excitement.

Because a SanChlor is such an outward person, his potential flaws are often seen by everyone. He often speaks too much, revealing himself and his flaws to the world. He has strong opinions.

As a result, he speaks out strongly even before being fully informed. No one has more oral issues, to be honest! He is lovely when he is the life of the party, but he can become annoying if he feels threatened or uncomfortable. Anger will be his main emotional issue since it might drive him to action at the smallest provocation. He may not have a very active conscience since he has both the facile forgetting of the sanguine and the obstinate causticity of the choleric.

As a result, he often tries to explain his choices. Like every other temperament, this guy needs regular infusions of the Holy Spirit and the Bible.

One of the most well-known examples of a SanChlor in the New Testament is Simon Peter, who chose to be the apostles' leader. He constantly spoke before anybody else could, indicating that he had oral issues. In the Gospels, he spoke more than all the others together, and the majority of what he said was incorrect. Throughout the Gospels, Jesus is depicted as arrogant, weak-willed, and carnal. But in Acts, he had undergone a remarkable transformation, becoming a man of will, power, and productivity. What distinguished it? He received the Holy Spirit.

2. A SANMEL

Sanmel has extreme fluctuations in their emotions. They are capable of laughing uncontrollably one moment and crying the next. They virtually always cry uncontrollably if they hear a depressing story, see a terrible

event in the life of another person, or hear sad music. They are very sympathetic to others' suffering. They are capable of almost anything, particularly in the fine arts, acting, music, and public speaking. However, SanMels exhibit an unbridled perfectionism that often causes them to become estranged from other people because they voice their opinions. If their ego and arrogance don't make them so annoying that others start to dislike them, they are often people-oriented folks with enough substance to contribute to other people's lives. SanMel's mental life is one of the main disadvantages of this temperament combination. Dreamers by nature, sanguines, and melancholies might have their potential diminished if the melancholy aspect of their natures encourages a pessimistic line of thinking. He is prone to feeling sorry for himself. Additionally, this individual will have difficulty with rage and a propensity for fear more than most others. He has an insecurity issue with both of his temperaments, and he often feels too afraid to use his potential.

He values other people's admiration so much that it will motivate him to consistently deliver at a high level. He has a strong capacity to communicate with God, and if he lives in accordance with the Spirit, he will be a valuable servant of Jesus.

A prime example of the SanMel temperament is King David. He was colorful, passionate, emotional, and weak-willed; he was also very likable, drawing both men and women. He could sing and play the harp, and his Psalms clearly showed that he had a lyrical sensibility. He also made snap judgments. Sadly, like many SanMels, he messed up his life by making a string of expensive and fatal errors before he developed the self-control to fulfill his destiny. Of course, not every San Mel can pick up the pieces of their life and begin over as David did. It is far preferable for them to consistently live in the Spirit and stay clear of such errors.

3. A SANPHLEG

A SanPhleg is the easiest person to like. The affable, laid-back phlegmatic counterbalances the sanguine's domineering and annoying characteristics. SanPhlegs are very joyful individuals whose carefree nature and sense of humor make them sought-after humorous entertainers by others. Along with different types of sales, helping people is what they do on a daily basis. They are the least outgoing of all of the sanguines and are often regulated

by their surroundings and circumstances rather than being self-motivated. SanPhlegs are by nature family-oriented and uphold the love of their kids and everyone else, for that matter. They wouldn't intend to harm anybody.
The SanPhleg's biggest flaws are their lack of discipline and drive. He tends to take life too lightly and prefers to socialize by overworking. One CEO said of another, "He is the nicest man I ever fired," in reference to another. He seldom loses his cool and always looks for the positive side of things. He often cracks jokes when the situation calls for seriousness and enjoys making other people laugh. He is changed into a more determined, focused, and effective person when Jesus Christ is made the center of his love.
About as near as we can get to a New Testament example of the SanPhleg is the first-century preacher Apollos. He was a talented orator who succeeded Paul and other church founders. With his Spirit-filled preaching and teaching, he accomplished the task of kindling the churches. Loved by everybody and devotedly followed by some, this kind and committed guy traveled a lot but didn't discover any new works.

4. A CHLORSAN

The ChlorSan is the opposite of the first extrovert and is the second-strongest extrovert among the temperament blends. This individual lives a life entirely devoted to action. The majority of his efforts are beneficial and intentional, but pays attention to his leisure time; it is so full of activity that it almost seems aggressive. He has enough charm to get along with people and is a good salesperson and promoter. He is undoubtedly the finest motivator of people, loves a challenge, is virtually fearless, and has endless energy. He has just two speeds: wide open and stop, his wife will frequently remark. Mr. ChlorSan is the lawyer who can win over even the most heartless judge and jury in court, the fundraiser who can persuade people to give what they had planned to save, the person who never goes unnoticed, the preacher who combines both practical Bible teaching and church administration, and the politician who persuades his state to change its constitution so he can represent them once more. He is a persuasive debater who makes up for whatever facts or arguments he lacks with bluff or swagger. He is a great communicator as a teacher, especially in the social

sciences; he is seldom interested in math, physics, or the abstract. Whatever his line of work, his mind is always working.

This man's flaws, of which animosity is the main one, are as varied as his abilities. He mixes the choleric's long-burning hatred with the sanguine's fast, explosive wrath (without the forgiving). He is the only personality type that both develops and transmits ulcers to others. He takes pleasure in being brutally honest (some could call it ironically honest), and he is impatient with others who do not share his enthusiasm and energy. He finds it difficult to focus on one item for an extended period of time, thus he often asks others to complete what he has begun. He has strong opinions, prejudices are impulsive, and is determined to accomplish a task that he probably shouldn't have begun in the first place. If he is not under the power of God, he is likely to rationalize everything he does and seldom hesitates to use other people as tools or as pawns in his schemes. The majority of ChlorSans are so preoccupied with their job that they forget about their wives and families, often becoming aggressive if they complain. But once he realizes how crucial it is to provide the support and affection of his loved ones, he may completely change his home. Any serious ChlorSan will find his success and obvious productivity in the cause of Christ to be a powerful example.

5. A CHLORMEL

The choleric/melancholy is a very talented and diligent individual. The choleric's optimism and pragmatism outweigh the melancholy's propensity for moodiness, making them both goal- and detail-oriented. Such a person typically excels academically, has a sharp analytical mind, and is decisive. He grows into a meticulous leader who can always be counted on to deliver exceptional results. Never engage him in an argument unless you are certain of your facts; he will destroy you with his combination of rhetorical aggression and attention to detail.

This individual approaches everything with a fierce sense of force and competition. No matter what sort of company he undertakes, he is a tenacious researcher and typically successful. The finest natural leaders are often those with this disposition. His flaws are just as significant as his talents. He tends to be an autocrat, a sort of ruler who elicits both love and

hatred at the same time. He is often a witty speaker whose sarcasm may ruin others. He is a natural-born crusader with irregular and protracted work habits.

A ChlorMel will struggle with interpersonal relationships, especially those with his family because he harbors a great deal of hostility and resentment toward them. The father of ChlorMel is more likely than any other man to be an overly strict disciplinarian. He mixes the melancholy's perfectionism with the choleric's propensity for being difficult to please. However, when under the guidance of the Holy Spirit, his whole emotional life is revolutionized, and he becomes a superb Christian. I don't have any doubts that the Apostle Paul was a ChlorMel. Because the Bible claims he spent his time persecuting and imprisoning Christians, he was hostile and harsh before he was converted. His irrational bullheadedness manifested itself when he traveled up to Jerusalem against God's will and warning, even after his conversion. His books and ministry provide examples of how a ChlorMel combines analytical-practical thinking with a very driven, selfless disposition. He is a wonderful example of how God can dramatically alter the life of a ChlorMel who is committed to doing God's will.

6. The Chlorphleg

The ChlorPhleg temperament, a contented fusion of the rapid, aggressive, and hot with the calm, cold, and unexcited, is the most subdued of all the extrovert temperaments. Because he is more thoughtful and quiet than the previous extroverts, he is less likely to get into things immediately. Even if he first does not immediately dazzle you, he is very competent in the long term. He is a well-organized individual who balances hard work with preparation. Because he has a clear direction and a plan but is also not too strict with others, people typically love working for and with him. He seldom offends others or makes them feel exploited and is able to assist others in making the most of their abilities. Anything that has to be done may be done better if it is organized, according to ChlorPhleg's motto on the organization. These guys often make terrific dads, wives, and administrators in almost any sector.

Despite his evident strengths, the ChlorPhleg has a number of noticeable drawbacks.

He is said to hold hatred and bitterness, even if he is not as dependent on the sudden rage of certain temperaments. The phlegmatic's pleasant nature helps to temper some of the choleric's sharp sarcasm, so rather than saying things that are scathing and harsh, his jabs are more likely to come across as skillfully veiled comedy. Depending on his attitude, one is never quite sure if he is joking or mocking. No one is more obstinately bullheaded than a ChlorPhleg, and once he has made up his mind, it is exceedingly difficult for him to modify it. For him, expressing regret or acknowledging a mistake is very difficult. As a result, he will be more likely to make amends to individuals he has offended without really owning up to his error. His unsettling inclinations toward phlegm may so stifle his tendency toward the adventure that he never fully lives up to his potential.

We will now discuss temperaments that are mainly introverted.
Each will resemble one we've previously looked at in some ways, but the two temperaments that make up their character will be stronger in the other direction. This variety explains how fascinatingly unique each person is.
1. A MELSAN
Mr. MelSan is typically a highly talented individual who is more than capable of becoming a musician who can win over an audience. When he's in the correct frame of mind, he may sell his own paintings or drawings in addition to producing stunning drawings. He is often seen in the realm of education since he is a capable student and perhaps the finest classroom instructor, especially at the high school and college levels. While the sanguine side of him will help him to interact well with pupils, the melancholy side will unearth obscure information and be meticulous in the utilization of events and detail.
Mr. MelSan exhibits a unique mix of mood swings. He is an emotional being, of that you can be certain. When things are going his way, he exhibits a brilliantly joyful disposition. However, if things go wrong or he is rejected, humiliated, or hurt, he enters a state of mind that causes his less sanguine disposition to sink into the ensuing sea of self-pity. Although he is readily moved to tears and has a keen sense of everything, he may be harsh and unreasonable with others. He is frequently idealistic and unrealistic, and he has a tendency to be stiff and unable to collaborate until things go his

way. He often exhibits traits of a timid, insecure guy who has a negative self-image, which needlessly confines him.
John the Baptist, Elijah, Jeremiah, and other prophets were all MelSans. They had an amazing ability to communicate with God, were selfless people-helpers with the charisma to draw a crowd, inclined to be legalistic in their teachings and exhortations to repentance, had a flare for the theatrical, and voluntarily gave their lives in defense of their beliefs.

2. MELCHLOR

The self-will and resolve of the MelChlor often stabilize the melancholy's mood fluctuations. Nearly everything this guy does professionally and does it well. He is a driver and a perfectionist. He has excellent leadership qualities. He is capable of almost any trade, building, or academic level. He may establish his own organization or company, unlike the MelSan, and manage it competently—not with commotion and color, but with effectiveness. Many outstanding orchestra conductors and choir directors are MelChlors.
The head, emotions, and tongue are where MelChlors' inherent flaws are shown. They are very tough to please and seldom ever happy with themselves. They may become difficult to live with once they begin to think adversely about anything or someone (even themselves).
Their state of mind corresponds to their mood. They may go into a gloomy mood more rapidly even if they do not do so for as long as the other melancholy blends. The choleric and melancholic temperaments are the two fundamental types that are plagued by self-hatred, animosity, and criticism. He often expresses anger at both God and others, and if these feelings continue for a long enough period of time, he may develop manic-depressive symptoms. He has the capacity to exhibit severe sadism. He is likely to erupt when challenged with his filthy thought process and bitter, furious soul. His propensity for meticulous examination and perfection makes him a nitpicker who often irritates others. He is not in pleasant company for a long time unless he is filled with God's Spirit or can keep a cheerful frame of mind. No one knows this more terribly than his wife and kids. He doesn't only "emote" dissatisfaction; he also feels obligated to vocally chastise people for their shortcomings and rectify their errors—both

in public and in private. By nature, this guy is in great need of the love of God, and his family depends on him to share that love with them.

3. MELPHLEG

MelPhlegs has produced some of the best academics the world has ever known. They often get along with others and are not nearly as hostile as the two prior melancholies. These talented introverts blend the phlegmatic's structured efficiency with the melancholy's analytical perfectionism. They are often kindhearted humanists who value solitude and calm above the never-ending rounds of activities desired by more outgoing temperaments. MelPhlegs often have high arithmetic skills and outstanding spelling. These talented individuals have contributed considerably to mankind. MelPhlegs has been responsible for the majority of important innovations and medical advancements throughout history.

Despite his strengths, MelPhleg has potential limitations just like the rest of us. Without God's control, he is easily disheartened and adopts a very pessimistic way of thinking. His whole perspective on life, however, may be altered once he recognizes it is sinful to cultivate a spirit of criticism and learns to delight. He is often calm, but his need for vengeance may force him to become hostile within.

MelPhlegs are particularly prone to feelings of worry, dread, and low self-esteem. The fact that those with the greatest skills and abilities can suffer from actual low self-worth has always astounded me. They might succumb to peer pressure to accept responsibilities that sap their motivation and creativity because of their great inclination to be conscientious. These individuals are adored and revered by their families when they are filled with God's Spirit because they model personal self-discipline and devotion in the house. However, they could ignore their family due to humanitarian issues. If they don't learn to pace themselves and take pleasure in distractions that make them feel relaxed, they often end up as early death figures.

The beloved Apostle John is the most plausible candidate for a MelPhleg in the Bible. Since he put his head on Jesus' breast at the Lord's Supper as a little boy, he evidently had a highly sensitive disposition. He once prayed to

the Lord Jesus to send fire from heaven down on certain individuals because he had become so enraged with them. However, he was the only disciple there at the crucifixion and he devotedly stood at the cross. Jesus gave his mother to John while he was passing away. The disciple later rose to prominence as a church leader and gave us five New Testament writings, two of which—the Gospel of John and the Book of Revelation—especially exalt Jesus Christ.

4. A PHLEGSAN

The PhlegSan temperament combination is the simplest of the twelve to get along with over an extended length of time. He is kind, upbeat, cooperative, considerate, people-focused, diplomatic, trustworthy, fun-loving, and hilarious. He is a favorite of both kids and adults and never displays an aggressive demeanor. He generally leads a peaceful life, loves his wife and kids, and is a decent family guy. He typically participates actively in the church he attends since the pastor there is an effective motivator. Unless you have to live with a PhlegSan constantly, his flaws are as benign as his disposition. It is usual for the PhlegSan to perform much below his full potential since he inherited the lack of drive of a phlegmatic and the lack of discipline of a sanguine.

He often drops out of school, ignores excellent possibilities, and steers clear of anything that requires "too much work." Another issue that heightens his irrational sense of insecurity is fear. He could overcome his shyness and self-defeating fears if he had greater trust. He would be a wonderful gift to his girlfriend and kids, but he chooses to isolate himself and selfishly avoids the level of commitment or engagement in activities that he requires. I have a great deal of respect for these satisfied, joyful people's potential, but they must participate by allowing God to inspire them to behave in a selfless manner. Timothy, the beloved spiritual son of the Apostle Paul, is the character in the Bible who most closely resembles the PhlegSan in terms of gentleness, faithfulness, and good disposition. He was stable and trustworthy, but also wary and cautious. Paul had to remind him often to be more assertive and "perform the job of an evangelist" (2 Timothy 4:5).

5. THE PHLEGCHLOR

The PhlegChlor is the most energetic of the phlegmatics. But it must be kept in mind that he will never be a ball of fire since he is primarily phlegmatic. He is amenable and might become a great group leader, much like his fellow phlegmatics. The phlegmatic has the potential to be a good counselor since he listens well, doesn't talk over the client with personal anecdotes, and really cares about other people. Even though the PhlegChlor seldom ever offers his services to others, he is a top-notch professional when they visit his well-organized office where he maintains control. If he is a Christian who has studied the Bible, his advice will be sensible, beneficial, and highly reliable. Nobody feels scared by his soft demeanor. He always acts morally but seldom goes above and beyond. They may have a successful marriage if his wife can adapt to his passive lifestyle and unwillingness to take the reins in the house, especially in the discipline of their kids.

The PhlegChlor's flaws gradually appear, particularly in the household, and are not immediately obvious. He may be resolutely inflexible and unyielding, in addition to the lack of desire and the fear issues that the other phlegmatics have. He doesn't lash out at others, just won't collaborate or give in. Although he is not naturally a combatant, he often allows his underlying rage and stubbornness to show themselves in silence.

The PhlegChlor spends a lot of time alone at his "workshop" or loses himself on TV every night. He grows more lethargic and selfishly indulges his propensity for sitting down as he ages. Even though he will undoubtedly live a long and happy life, his family will also have a dull existence if he indulges these passive sentiments. He must devote himself to his family's worries and requirements. Abraham in the Old Testament is the best example of the PhlegChlor in the Bible. Everything he did, in the beginning, was marked by fear. For instance, when God initially summoned him, he was hesitant to leave the safety of the pagan city of Ur; out of fear, he even twice rejected his wife and attempted to pass her off as his sister. He eventually gave himself totally to God and developed spiritually. His worst flaw thus became his greatest strength. Abraham is today seen as the guy who "believed in the Lord; and he credited it unto him for righteousness," rather than as the terrified Abraham.

6. A PHLEGMEL

The PhlegMel temperament mix is the most eloquent, kind, and calm of all the temperament blends. He almost ever expresses hostility or anger, and he practically never makes mistakes in his speech (mainly because he rarely says much). He never causes himself or others to seem bad, always acts honorably, wears simply, and is trustworthy and precise. He often has the spiritual abilities of pity and assistance, and his work habits are orderly and tidy. Like other phlegmatics, he is useful around the house and will maintain it well as long as his energy allows.

He will have a happy marriage and family if he has a woman who understands his propensity for passivity (but patiently waits for him to take the lead in their household). She could, however, grow dissatisfied and cause marital conflict if she dislikes his unwillingness to take the lead and be forceful. He may fail to instill the discipline required to help his children become productive, self-disciplined adults, and in doing so, "provoke his children to rage" in a similar way to an angry dictator who subjects them to harsh punishment. Other flaws in this guy include a lack of self-esteem, fear, selfishness, negativism, and criticism. A PhlegMel may emerge from his shell and become a successful man, husband, and parent if he understands that his worries and self-doubt are the only things holding him back.

Most PhlegMels instinctively reject practically any sort of association because they are so terrified of going too far or becoming too engaged. Personally, I have never seen a PhlegMel get too interested in anything except for resisting being excessively involved. He must understand that, since he lacks internal motivation, he must assume more responsibility than he believes he can handle because the external stimulation will spur him on to higher performance. Under pressure, all phlegmatics do well, but the pressure must originate outside. Of course, the influence of the Holy Spirit will be his greatest motivator. It's most likely that Barnabas, a pious man of the first-century church who traveled with the apostle Paul on his first missionary tour, was a PhlegMel. The guy who fought with Paul about giving John Mark, his nephew, a second opportunity to serve God by going on the second missionary voyage, was the man who donated half of his possessions to the early church to feed the destitute. Paul later praised

Mark, saying, "He is profitable to me for the ministry," despite the fact that the disagreement got so heated that Barnabas took his nephew and they continued on their journey alone (2 Tim. 4:11). Because of loyal, devoted, and kind Barnabas' willingness to assist him to get through a difficult time in his life, the Gospel of Mark is what we have today. If PhlegMels would simply let themselves go out into the stream of life and work with people where they are, they will react to the needs of others.

ADVANCED FACTORS TO CONSIDER

You should find it simpler to identify with one of the twelve temperament mixes than it was when just the four fundamental temperaments were offered. But if you discover that you don't exactly fall into any of the twelve categories either, don't give up. No two people are precisely the same. Other factors may significantly modify the situation, preventing an exact match from any model.

Think about the following:

1. You could use various percentages than the 60/40 I arbitrarily used as the foundation for this section. You'll probably agree that it would be difficult to list every potential combination of temperaments, so I'll leave it up to the reader.

A MelChlor of 60/40 will vary greatly from an 80/20 MelChlor, for instance. Or think about the difference between a 55/45 and an 85/15 SanPhleg. A correct diagnosis can only be established by extensive scientific testing.

2. Disparate upbringings and early education affect how identical temperament blends exhibit themselves. For instance, a SanPhleg reared by devoted but strict parents will be considerably more disciplined than one who is. A MelPhleg reared by compassionate, understanding parents will vary greatly from one raised by harsh, hateful parents. Both will have the same skills and abilities, but one may be so overtaken by adversity, misery, and self-loathing that he will never make use of his advantages. Despite the fact that upbringing has a significant impact on a kid, it is almost difficult to evaluate a broad range of upbringings in this temperament research. I can only advise the reader to take this aspect into consideration if he has trouble identifying his temperamental mix.

3. You may not be able to look at yourself with objectivity.
As a result, you may want to talk to family and friends about your temperament. We all have a tendency to see ourselves favorably. The poet Robert Burns once said, "Oh, to see ourselves as others perceive us," to paraphrase.

4. The evaluation of a person's temperament is often influenced by their education and IQ. A MelSan with a very high IQ may, for instance, seem considerably different from one with a medium or lower IQ. Generally speaking, an ignorant guy takes longer to grow than an educated man since it may take a lot longer to achieve success and subsequently "discover himself." I define "educated" as including trades. It is usual for a guy to become more gregarious, self-assured, and vocal after learning a trade (like plastering, plumbing, etc.). However, regardless of IQ, education, or experience levels, if you closely examine the strengths and flaws of individuals who share a certain temperament mix, you will discover that they are essentially the same.

5. The importance of metabolism and health An aggressive ChlorPhleg will be more so than one with a malfunctioning thyroid gland or another health problem. A PhlegMel who is anxious will also be more animated than one who has low blood pressure. Recently I worked with a lovely, really aggressive SanChlor preacher who was so energetic that simply being with him exhausted me. He was too strong to be a SanChlor, though. It wasn't shocking to hear that he had high blood pressure, which often gives any disposition a "hyper" component.
6. Sometimes a person has all three temperaments. A tiny number of people have one dominant temperament and two secondary temperaments, according to my study for my temperament test.

7. Motivation is the key to success! Issues of life "come from [the heart]" (Prov. 4:23). Regardless of his temperament mix, a person's conduct will be significantly affected if he is adequately motivated. In fact, it is the reason I wrote this book—so that those who are now driven incorrectly can encounter the ability of God to entirely alter their conduct. I've received reports that hundreds of individuals have experienced this after reading my earlier books on temperament or attending my talks on the topic. I have

faith that God will use this book, with its more comprehensive advice, to assist many more people.

8. The Spirit-controlled way of living modifies conduct. Because they make the error of assessing the temperament theory in light of their current conduct, mature Christians whose temperament has been altered by the Holy Spirit sometimes find it challenging to examine their temperamental composition.

The basis of temperament is the natural man; it has no spiritual component. Because of this, we find it far simpler to identify and categorize an unbeliever or a carnal Christian than a committed, experienced Christian. It is challenging to gauge a person's temperament because many of his inherent weaknesses have already been exacerbated. He should either focus only on his advantages or go back to his actions before being a Spirit-controlled believer.

TEMPERAMENT THEORY—A USEFUL TOOL

For these and other reasons, the temperament hypothesis may not be satisfying to everyone. It is not the only explanation for human behavior. But it has been the most useful explanation of all behavior theories ever developed. These are sufficient, however, more might be added to account for some of the other variances between individuals. You and the people you strive to assist in life will probably fall into one of the twelve mixes we have researched if you keep this in mind. What can be done about it is the question that now emerges.

Chapter 3

How Your Temperament Influences Your Relationship

THE CHOLERIC LOVER

Dating is not as enjoyable for those with choleric temperaments as it is for sanguine individuals. Cholerics assess their aspirations and wants as well as those of the possible mate, approaching dating in the same way they do other aspects of their life. It is essential that this possible spouse shares their objectives and passions since choleric individuals want a conversation companion with whom they can discuss their shared interests, such as politics and science.

People with this temperament are drawn to people who have other established social skills, are skilled at resolving arguments and disagreements, and are excellent listeners. People who are choleric seek those who are emotionally expressive, adaptable, and even reluctant because they examine and suppress their own feelings. They often choose phlegmatic characters while looking for the ideal mate. Cholerics often have minimal dating experience as children and are not interested in numerous relationships at once. They could behave uncomfortably, and if they don't see a future with you or aren't interested in you, they might treat you poorly and lose patience quickly. They are likely to leave the relationship quickly when you least expect it because of their direct demeanor and assertive attitude.

On the other hand, if they come across someone they believe is worth their time and effort, they will give that person their whole attention. They have a strong desire for a long-term relationship and are exceedingly passionate. Instead of expressing their feelings, they will work to win your favor by granting your requests. They like being needed, so tell them about your issues and they'll strive to resolve them for you. This temperament experiences less romantic love than the other four temperaments. In their lifetimes, they only have a few significant partnerships. They are not the

kind of individuals who like often changing their thoughts, so if they had made the decision to develop a connection with that one particular person, they wouldn't give it up lightly, even if it wasn't precisely what they wanted. Of the four temperaments, this one is the most sexual. They don't enjoy "sleeping around," yet they have a strong sexual desire. When they are in a committed relationship, however, they begin to see sex as the foundation of the partnership and start to want more and more sex. Although they place a high value on sex, they do not discuss their sex lives in depth with their pals. On the other hand, they feel at ease discussing their requirements with their partners.

THE SANGUINE LOVER

Sanguines are most compatible with their own kind since this is the most daring of the four temperaments. These folks are seeking a playmate, someone who will go with them on adventures, whether they take place in discussion, bed, or out in the globe. They like going out and doing new things and see dating as fun. This basically implies that dating someone who is sanguine may be quite thrilling.

They will probably take you to a variety of artistic and cultural events, films, performances, and foreign restaurants since they appreciate the stimulation of the senses. They are also very perceptive, as seen by their fascination with intricate patterns and abstract art as well as their taste for sour, spicy, and crunchy foods.

They like complex, dramatic music, and their rhythmic side may even be heard in the way they speak. Most Sanguine individuals have a lot of dating experience and can quickly adapt to practically any relationship scenario due to their outgoing character and continual need for change. You will probably feel comfortable and at ease since they are kind, eager, and have no wish to dominate you. These folks are also kind and like to provide presents at the beginning of a relationship.

Sanguine folks are terrific listeners, and they will often pique your interest by asking you about yourself. Many of them stare right at you while you talk to them and lean in to touch your hand, arm, or leg as they listen closely. Despite the fact that Sanguine individuals find self-disclosure challenging, the majority of them have no trouble switching topics, and

while they sometimes make jokes rather than take themselves seriously, they finally do so when it is comfortable for them to do so. These individuals like absurdity and strange comedy, and they have no issue making others laugh by making fun of themselves. They excel in playful banter and clever exchanges, and as people-pleasers, they work hard to perform and amuse, placing special emphasis on surprises, which they obviously like!

People with sanguine blood are more laid back about having sex. However, sanguine women are less tolerant than sanguine males. Most sanguines see sex as a recreational activity that is sometimes unrelated to loving or even really enjoying their spouse.

3. THE PHLEGMATIC LOVER

Of the four temperaments, it is the most delicate. Phlegmatic individuals look for shared intellectual and emotional interests with possible partners in order to build a bridge from heart to heart. These individuals may not see dating as a joyful activity in the same way that Sanguine people do since they show their thoughts immediately away, and they might be quite wounded by rejection. They often date in search of marriage or a long-term committed relationship, and they have a propensity to seek out a possible partner's bonding, nurturing, and connection. In fact, they fully give themselves while dating, and it has sometimes been reported that they get so emotionally worn out that they cease dating for a while. Phlegmatic persons want to preserve closeness with their spouse after they have found "the one." For the sake of their beloved relationship, they will put off arguments, make significant changes, and make sacrifices.

To the point that they actively love studying their relationships and their partners' thoughts and motivations, anything that occurs inside the relationship, such as the occasional phone call here and an email there, is seen as an essential component of their connection.

This temperament is the most romantic of the four. They are the ones who fall in love the most often, and because romance is important to them, they meticulously organize romantic weekends and nights. They will proclaim their love to you, give you hugs, and send you romantic cards in the hopes that you would return the favor. If they participate in sexual activity at all,

they hope that a deep connection will result from it. Sex must also be romantic. They see sex and love as being intertwined, which is the complete reverse of the sanguine perspective. Phlegmatic folks often idealize their spouses because they have a vivid imaginary world. The connection is nearly considered to be "poisoned" to the point that they may not even be interested anymore when they learn more about the relationship and realize that their ideal spouse isn't quite as great as they previously imagined.It's crucial to note that phlegmatic individuals dislike clingy and excessively demanding people despite the fact that they strive for peace and put a lot of effort into connecting with their relationships.

4. THE MELANCHOLY LOVER

When individuals fall in love, they often get passionate and a little illogical; however, Melancholic love is more realistic and sensible. They see their romantic partners as helpers, and they choose mates based on compatibility and common sense. They must be dependable, observe customs, and be devoted to their families. Melancholics are serious about dating.

They maintain decent etiquette and are always on time. Melancholic women will prepare meals for men, while melancholic men will hold doors open for them. Additionally, they will always provide detailed preparations in advance for what you will undertake. They'll be watchful of you and, if they're sincere, could even present priceless things.

In other words, these individuals value the customs connected to courtship and marriage.

These people like to be factual and concrete; they take things literally. They talk in-depth and factually, despise drama, and may come out as unromantic to other kinds. This explains why they are often drawn to others of their own kind, particularly those who are prepared to settle down and have children.

Melancholics carefully evaluate the views of their friends and family before making their life partner selection. They may seek the approval of friends and family before they commit to a date because they are afraid of being judged. This is also a factor in why depressed individuals prefer to engage in romantic activities with a wider group of pals. These individuals fall into the category of the "pillars of society" among the four temperaments. They

take part in social gatherings and excursions together with their friends. As a consequence, closeness with this kind of person grows gradually.

The Melancholics find this advantageous since it allows them to thoroughly consider their plans for you and for the future, such as marriage, children, and other future endeavors. They are capable of making ahead plans, and they value the success of romance. Sex is a means for melancholics to unwind and forget about their difficulties. It is not a fun excursion like those enjoyed by the sanguine. Prior to marriage, they often had fewer sexual encounters. Despite still enjoying sex, melancholics are the least sexual of the four temperaments; they prefer it when it is familiar and not a "one-night stand."

Behavioral style, or the "how" of conduct, is referred to as temperament. A person's personality may be used to explain "what" or "why" they do things. Researchers have looked at the differences between personality structure and development and biological components of behavior exhibited in temperament, which have long been recognized as being distinct.

These temperaments may be combined with one another, much like primary colors, to produce a total of 12 distinct dominant-secondary mixed-type personalities. There are four other major categories, making a total of sixteen.

The majority of individuals think that a partner's personality counts when it comes to falling in love and getting married. As a result, we created a list of personality temperament types and their Myers-Briggs test marital compatibility.

Chapter 4

Which of the temperaments is the most romantic?

In an ideal world, regardless of who we are and what we are, we are welcomed and loved. In fact, though, we cannot put more than seven billion people in 16 separate groups since it is not a perfect world. That is why everything is so chaotic. So, be sure to view everything critically. You may use a road map to guide you, or you can follow your gut and take it easy when traveling. None of these personalities, including your own, are especially awful or nice (it depends on your personality type). What we really do decides whether or not it's anything excellent. Thus, our personality, temperament type and marital compatibility are only guidelines; what really counts is how we behave in the real world.

Numerous variables must be taken into consideration before selecting a spouse. It's not like going clothes shopping, where you can purchase anything you can afford as long as it fits and you like it. You can only choose one, so you better hope it will last forever. Make sure your companion is a good match for you by making a thoughtful choice. Here's the catch: You'd better hope that you're the best option for both you and the person you love.

The phlegmatic temperament in relationships and in love

The most sensitive of the four temperaments is the phlegmatic lover. Phlegmatic individuals look for shared intellectual and emotional interests with possible partners in order to build a bridge from heart to heart. Because they express their emotions immediately, rejection may be quite painful for them.

These individuals do not like dating in the same manner as Sanguine individuals do. For them, relationships are always geared toward marriage or long-term commitment. They seek to establish bonds with and take care of their loved ones. They fully give themselves while dating, and sometimes they may get so emotionally worn out that they temporarily quit dating.

Phlegmatic persons want to preserve closeness with their spouse after they have found "the one." For the sake of their beloved relationship, they will put off arguments, make significant changes, and make sacrifices. They actively love dissecting their relationships and their partners' thoughts and motivations since everything that occurs inside the relationship such as the occasional phone call here and an email there is seen as a vital component of it.

This temperament is the most romantic of the four. They are the ones who fall in love the most often, and because romance is important to them, they meticulously organize romantic weekends and nights. They will proclaim their love to you, give you embraces, and send you romantic cards in the hopes that you would return the favor. Phlegmatic folks prefer to idealize their spouses since they have a vibrant fantasy life. The connection is nearly considered to be "poisoned" to the point that they may not even be interested anymore when they learn more about the relationship and realize that their ideal spouse isn't quite as great as they previously imagined. It's crucial to note that phlegmatic individuals dislike clingy and excessively demanding people despite the fact that they strive for peace and put a lot of effort into connecting with their relationships.
How you love is greatly influenced by your secondary personality type. While still looking for real love, phlegmatic-sanguine people like mates that are fun and adventurous.

The phlegmatic-melancholic personality type is excellent at managing people and is also highly understanding and diplomatic. In addition to looking for the ideal partner, phlegmatic-choleric folks may be tough-minded and analytical at the same time. Generally speaking, marriage is the ultimate desire of all phlegmatic personality types. They will leave their partner in quest of their one "true" match if they come to the realization that he or she is not and will not become their soulmate.