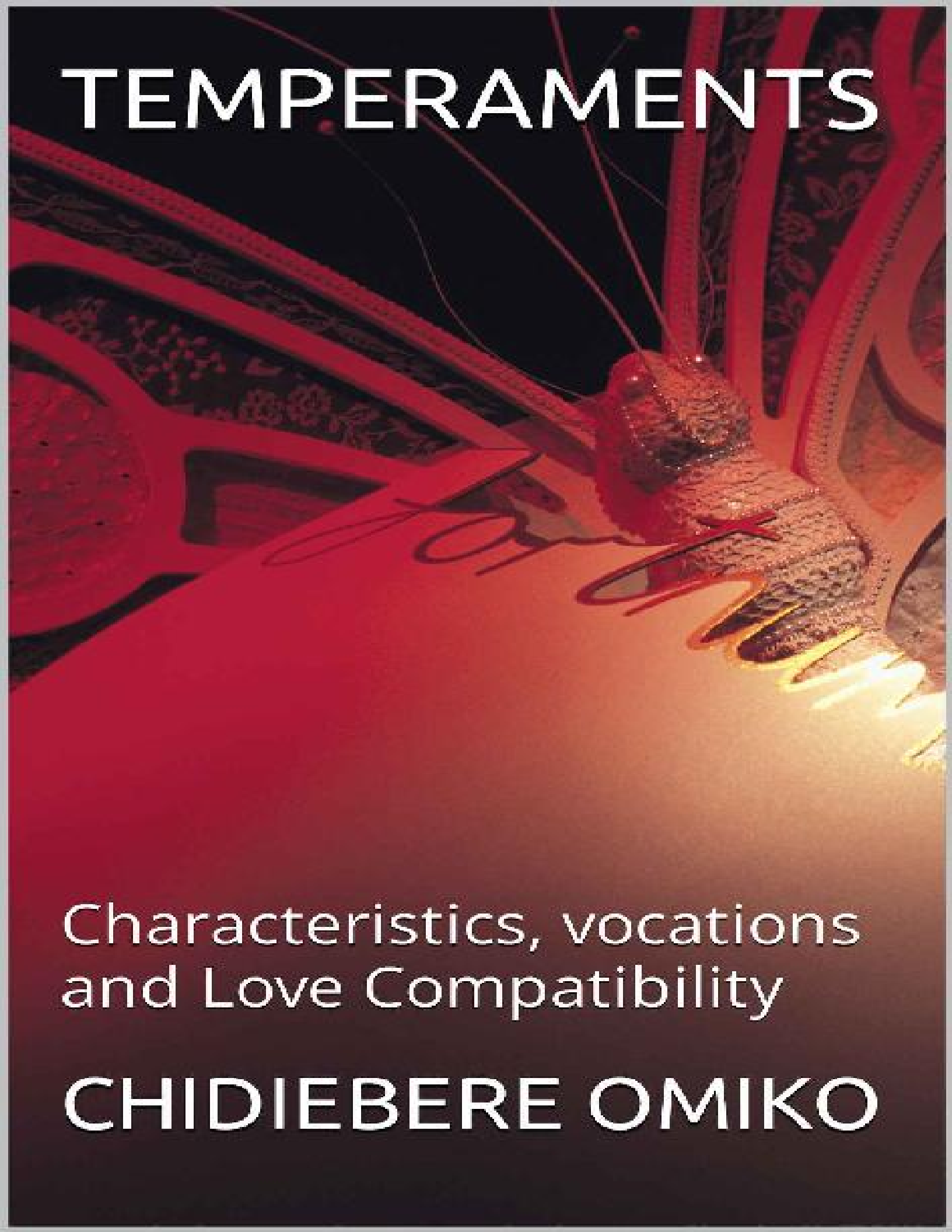
TEMPERAMENTS
Characteristics, vocations and Love Compatibility
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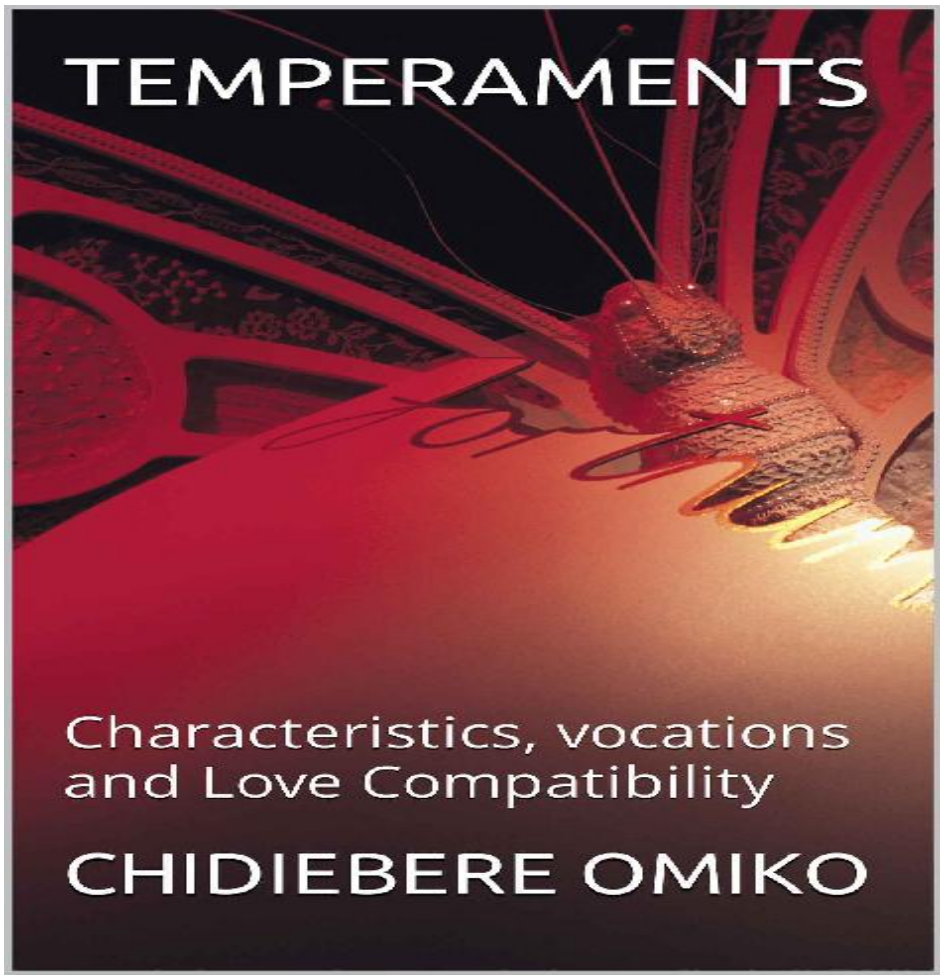
TEMPERAMENTS
Characteristics, vocations
and Love Compatibility
CHIDIEBERE OMIKO

TEMPERAMENTS

(CHARACTERISTICS, VOCATION)

AND LOVE COMPATIBILITY

OMIKO CHIDIEBERE

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CHAPTER ONE

TEMPERAMENT, CHARACTER AND PERSONALITY

Temperament is the combination of traits or characteristics one inherited from his parents. It is a person's nature as shown in the way they behave or react to situation or to people. Temperament combines with other human characteristics to produce our makeup. It is passed on through the genes.

In addition to temperament, other influences upon our behavior include early home life and training, education and motivation. Environment and exposure can also affect our individual combination of temperaments. This is why some people who have same temperament combination may vary in their characteristic exhibitions; some are outgoing and extroverted while those who are more exposed are super extroverted.

Character refers to the qualities and features that make a person different from others. It is the real you. It is the result of your natural temperament modified by upbringing, educational training, and basic family core values, beliefs, principles, and motivations.

Personality on the other hand, is the outward expression of ourselves which may or may not be the same as our character. Personality is always what we want people to see and say about us not what we actually are.

In summary, temperament is the combination of traits we are born with, character is our modified temperament and personality is the “face” we show to others.

CHAPTER TWO

THE FOUR BASIC TEMPERAMENTS:

CHARACTERISTICS AND VOCATIONS

The four temperaments and their predominant humors are as follows:
Sanguine: blood
Phlegmatic: phlegm
Choleric: yellow bile
Melancholic: black bile

SANGUINE (The Talker): A sanguine is a warm, buoyant, lively and fun loving person, receptive by nature, outgoing, super extroverted and a fascinating story teller, optimistic and carefree. They love adventure and have high risk tolerance.

Sanguine people are typically poor at tolerating boredom and will seek variety and entertainment. Naturally, this trait can sometimes negatively affect their romantic and other relationships.

Because this temperament is prone to pleasure-seeking behaviors, many people with sanguine personalities are likely to struggle with addictions. Their constant cravings can lead to overeating and weight problems.

Sanguine people are very creative and can become great artists. Moreover, they are fantastic entertainers and will do well if they choose careers in the entertainment industry. Their natural abilities will also serve them well if they choose jobs related to

marketing,
travelling,
fashion,
cooking,
Sports,
Acting,
Preaching,

Master of ceremonies,
Social or charity work.

STRENGTHS	**WEAKNESSES**
Outgoing	Undisciplined
Responsive	Emotionally unstable
Sociable	Unproductive
Talkative	Egocentric
Enthusiastic	Exaggerates
Compassionate	Sarcastic
Lively	Forgetful
Flexible	Carefree
Creative	Impulsive(impetuous)
Easy going	

CHOLERIC (The Doer): A choleric is hot, quick, active, practical, strong willed, self-sufficient and very independent. He tends to be decisive and opinionated, finding it easy to make decision both for himself and other people. Like the sanguine, a choleric is an extrovert but not nearly so intense. He does not sympathize easily with others nor does he naturally show or express compassion. He is usually insensitive to the needs of others.

Someone with a pure choleric temperament is usually a goal-oriented person.

Choleric people are very savvy, analytical, and logical. Extremely practical and straightforward, they aren't necessarily good companions or particularly friendly.

They dislike small talks and enjoy deep and meaningful conversations. They would rather be alone than in the company of shallow, superficial people.

Ideally, they want to spend time with people who have similar professional interests.

Ideal jobs for Cholerics are related to the following:
Management,
Technology,
Statistics,
Engineering,
Programming,

Business,and any work that requires leadership and high productivity.

STRENGTHS	WEAKNESSES
Strong-willed	Cold and unemotional
Independent	Self sufficient
Visionary	Impetuous (impulsive)
Practical	Domineering
Productive	Unforgiving
Decisive	Sarcastic
Leader-like	Angry
Ambitious	Cruel
Active	Aggressive
Organized	
Optimistic	
Energetic	
Inspiring	
Charismatic	

MELANCHOLIC (The Thinker): This is the richest of all the temperaments. The melancholic is analytical, self-sacrificing, gifted, perfectionist, very sensitive, naturally introverted and given to a variety of moods. Sometimes he acts like an extrovert and other times become gloomy and depressed. People with melancholic personalities love traditions. Women cook for men; men open doors for women.

They love their families and friends and, unlike sanguine people, they do not look for novelty and adventure. Even more so, they avoid it as much as they can.

Someone with a melancholic temperament is unlikely to marry a foreigner or leave their homeland for another country.

Being extremely thorough and accurate, they are fantastic managers with good personalities. Perfect careers for melancholic personality type should be as

Manager,

Accountant,

Artist,
Scientist,
Playwright,
Author,
Administrator,
or any humanitarian vocation.

STRENGTHS	WEAKNESSES
Gifted	Moody
Analytical	Self-centered
Aesthetic	Persecution-prone
Self-sacrificing	Revengeful
Industrious	Touchy
Self-disciplined	Theoretical
Tactful	Unsociable
Diligent	Critical
Accurate	Negative
Independent	Pessimistic
Calm	Rigid
Quiet	

THE PHLEGMATIC (The Watcher): This is the calm, quiet, easy-going, never-get-angry individual. He is the easiest type of person to get along with and is by nature the most likeable of all the temperaments. He is usually kind-hearted and sympathetic. He does not lack friends and is a natural peacemaker.Someone with a phlegmatic personality is usually a people person.

They seek interpersonal harmony and close relationships, which makes phlegmatic people loyal spouses and loving parents. They make it a point to preserve their relationships with old friends, distant family members, and neighbours.

They are very much into charity and helping others. Ideal careers for phlegmatic personality types should be related to:

Nursing,
Teaching,
Psychology or counseling,

Child development,

Social services and any vocation that requires meticulous patience and daily routine.

STRENGTHS	**WEAKNESSES**
Calm	Unmotivated
Quiet	Procrastinator
Easy- going	Selfish
Dependable	Stingy
Objective	Self protective
Diplomatic	Indecisive
Efficient	Fearful
Organized	Worrier
Practical	Passive
Humorous	
Observant	
Kind	
Affectionate	
Thoughtful	
Patient	

Haven now seen why people are different, it is also important to note that no individual is 100% of one temperament. Rather, people are usually a combination of one or more of these temperaments. Hence we may have; SanChlor, SanMel, SanPhleg, ChlorSan, ChlorMel, ChloPhleg, MelSan, MelChor, MelPhleg, PhlegSan, PhlegChlor and PhlegMel, with the first temperament being predominant or primary while the other is secondary.

CHAPTER THREE

TEMPERAMENT AND LOVE

COMPATIBILITY

Compatibility as defined by the Oxford Advanced Learner's English Dictionary is the ability of things or people to live or exist together without problems. In this context, it is the ability of two people to have a good relationship because they have similar ideas, interests, life priorities, values and even opposite but complementary temperaments. Love compatibility is all about strength and weaknesses of two partners together. It is knowing and accommodating your weakness in love even as you try to manage and improve on them by building on your complementary strengths.

Knowing the temperaments; their strengths and weaknesses is important in making a fulfilling relationship though any relationship can work with determination and commitment no matter the temperament combinations and differences. But this will help to avoid potential problems. Remember that no individual has one type of temperament but is always identified by the predominant one. The secondary temperaments play a major role in checkmating the excesses or the weaknesses of the primary. Hence, partners with the same temperament weaknesses can still be compatible because of their secondary temperaments.

The following are some examples of temperaments compatibility.

Sanguine and sanguine

Positives;

- Have many interests together
- Energetic, daring, adventurous, and flexible
- High interest in sex
- Unlikely to argue about money since they view it as a means of fulfilling their dreams
- Unlikely to fight about petty things like chores as they don't bother by following schedules or rules of doing things.
- Both are optimists and tend to look at the bright side of life even in difficult times and situations.

Negatives

- Prefer to avoid serious discussions thereby leaving the problems unresolved.
- Tend to lose intimacy within the relationship as each of them is highly independent and needs autonomy.
- Most of them are terrible flirts and might get sexually involved with other people.
- Sanguine is generally predisposed to addiction like sex, drugs, alcohol and gambling. These may be reinforced in each other.

However, their varying secondary temperaments play a huge role too to minimize the excesses.

Moreover, when this sanguine-sanguine match works, they are the happiest with a life-long marriage full of love and adventure.

Sanguine and phlegmatic

Positives:

- Make very interesting couple due to the creativeness of the sanguine and imagination of the phlegmatic partner.
- Both are verbally skilled- sanguine person will express himself or herself spontaneously while the phlegmatic finds the right words to describe his or her feelings
- Unpredictable sanguine will be thrilled by the trust and patience of their phlegmatic partners.

- Sanguine people will love the kind heart of their phlegmatic partners while the phlegmatic will appreciate the sexual appetite the sanguine person will Portray

Negatives.

- Phlegmatic females approach sanguine male with caution because of their fear to get their feelings hurt by the flirt life and the adventures the sanguine.

Sanguine and Choleric

Positives:

- Both are good lovers and are likely to enjoy their time together
- Their conversation will be interesting because both are very intellectual.
- The sanguine will have broader interests while the choleric will master few with deeper knowledge in them.
- Sanguine will admire the analytical and rational mind of the choleric and the choleric will admire the curiosity and width of knowledge of the sanguine.
- They are self- sufficient and independent and so will not be too demanding, controlling or unreasonably jealous.

Negatives:

- The sanguine person is usually hedonistic and extravagant as opposed to the self - controlled and disciplined nature of the choleric. This can create tension between them if not managed.
- While choleric tend to be very ambitious; highly focused on their goal and openly aggressive, the sanguine is more relaxed and wants to have fun. As a result, the choleric sees the sanguine as being lazy and silly with playful activities while the sanguine might think that the choleric is just boring to stay with.

Above all these differences, they have high level of compatibility and make a great match.

Sanguine and melancholic

Positives:

- If impulsive and adventurous sanguine decides to create a home, he or she can be attracted by the loyal and traditional melancholic.
- The sanguine enjoys the fun of amusing and teasing the melancholic while the calm and cautious melancholic in turn enjoys the vitality, energy and buoyant spirit of the sanguine

Negatives:

- The melancholic will always push the sanguine adventurer to settle down and get into routine since she (melancholic) tend to be moral and responsible, while the sanguine don't give much respect to rules and normal ways of doing things.

The melancholic may find sanguine disregard to the regulations and guidelines of the society reckless and ungracious, while the sanguine, on the other will be irritated by the restrictions of the melancholic.

- The persistent characteristic of the melancholic may be regarded as stubbornness by the sanguine.
- The melancholic would want to save money which the sanguine would like to spend for fun, pleasure and entertainment.
- The melancholic who loves to plan everything in advance may be pissed off by the adventures and spontaneous sanguine.

Despite these differences, working with and alongside their partner's opposite traits will often prove to keep life in a balance. This can be used to their advantage.

Phlegmatic and Phlegmatic

Positives:

- Great communication skills.
- They always have things to talk about, thereby making the relationship interesting.
- They are mostly genuine and honest.
- They are very romantic and willing to keep the passion alive against all odds.

Negatives:

- No space for each other which will end up with one or both partners being irritated.
- Indecision is a very big problem here.

- When they face difficulties in the relationship, they can't stand the idea of direct confrontation and resolving the problem, rather, they will resort to gossiping behind each other.

Despite all these, phlegmatic people often find what they seek for and work out their relationship.

Phlegmatic and Choleric

Positives:

- High problem solving skills. They make good team.
- The emotionally blunt attitude of the choleric will always be driven away by the empathy and emotional expressiveness of the phlegmatic.
- Phlegmatic people will admire the choleric for his or her ability to act freely and independently. The choleric will pay his respect by admiring the amiability of the phlegmatic partner.
- Nothing stops them from the pursuit of whatever they see worthy.

Negatives:

- The choleric is emotionally contained- do not profess love often, which could be a disappointment to the sentimental phlegmatic partner who will try to interpret it that the choleric does not love him or her.
- The choleric admires self-control. If the phlegmatic partner starts to overreact, the choleric partner will get seriously annoyed and become even more unavailable.

Nevertheless, these two complements each other very well as their characteristics are quite opposite. So, understanding and tolerance are needed.

Phlegmatic and melancholic

Positives:

- The melancholic evaluates any problem carefully and set a deadline for getting things done. This trait provides a sense of security for the procrastinating phlegmatic partner.

- The enthusiastic and optimistic phlegmatic will be like a breath of fresh air to the melancholic.
- The melancholic admires the emotional depth and loyalty of the phlegmatic partner as they strive to build a strong and stable relationship.
- Both are caring and nurturing by nature although the phlegmatic will be often more sensitive to the needs of his or her mate.
- Both are organized and orderly and will enjoy planning for their future together.
- Both are likely to be attentive to their children, and although the melancholic will tend to be stricter when trying to implement rules, the phlegmatic will show a more loving and sensitive side.
- Both have similar feelings of helping others

Negatives:

- The phlegmatic gets disappointed over the non-romantic nature of the melancholic
- The emotionally contained melancholic may feel uneasy about the intense passion of the emotionally phlegmatic
- The phlegmatic people in general do not respect authority without questioning it first while the melancholic people believe that they and others should always behave according to the proper conduct.
- They may drive each other crazy with the way they reason with specific things. While the melancholic has a 'fact' approach, the phlegmatic partner loves to speculate using his or her intuition.

In spite of these differences, these two are compatible. If they commit to using their differences to their advantage, they can make a loving and effective couple.

Choleric and Choleric

Positives:

- Both are appreciative of each other as they are equally competent and focused.
- Both are straight forward and always say what they want.
- The choleric temperament is the most emotionally contained among others but since they understand themselves that truly,

behind the tough exterior, there is a real feeling of emotion and needs, they can cope with each other.

- They are decisive and will admire each other for their decision making skills.
- They are not conventional and so will not drag each other to social event that they find silly or boring
- They give each other space since they understand their ambitiousness and desire to get on the top of their careers.

Negatives:

- They might not spend sufficient amount of time together after their passionate love life has dissipated in the long relationship. They will resort to spending more time in their work, leaving one or the other lonely, craving attention and more likely to look elsewhere.

Choleric and Melancholic

Positives:

- Both want to create and maintain a stable family life
- They could take on complementary household tasks
- Both are loyal and are ready to work for maintaining the relationship
- The choleric person is more sexual and creative in the bedroom which will excite the melancholic
- The choleric is inventive while the melancholic has excellent managerial skills

Negatives:

- The melancholic will always be annoyed by the rudeness of the choleric
- The melancholic will stick to facts and details which annoys the choleric who prefers to collect data, analyze it, then build theories
- The melancholic have fixed moral codes, are obedient to authority and believe everybody should do same but the choleric have less respect to authority and they don't follow anything without questioning it

While there is no natural personality compatibility between these two, there are some complementary traits. If these traits are combined with mutual respect, they could achieve a great happiness with each other.

Melancholic and Melancholic

Positives:

- Most naturally compatible and least likely to divorce
- Security is on the top of their priority list- both will save money and when they need to spend, they will do so carefully
- They are traditional and loyal
- They will maintain family stability, respect and be devoted to their family
- They are patient people and will always make the marriage to work no matter their differences
- They don't get bored easily which helps them to be faithful to each other

Negatives:

- Sexual intimacy maybe a problem as both are least sexual. From the melancholic point of view, this is not a necessary part of a relationship as it is for some other types of personality. They can still be deeply in love with each other regardless of how much sex they have.
- Again, their fixed ideas of right and wrong ways of doing things can make them to argue about trivial matters.

Generally, two melancholic have great natural personality compatibility and are likely to be very happy with each other for a long time.

NOTE: The temperament compatibility is based on the predominantly or primary temperaments which may likely vary with varying secondary temperaments. Remember that any relationship can work when we use our head, no matter the temperaments of the people involved.

CHAPTER FOUR

JUNG'S EQUIVALENTS FOR EACH PERSONALITY TYPE

Pure Temperaments:
Sanguine –> ESFP
Phlegmatic –> INFP
Choleric –> ENTJ
Melancholic –> ISTJ

Mixed Temperaments
(Predominant-Secondary):

Sanguine-Phlegmatic –> ENFP
Sanguine-Choleric –> ENTP
Sanguine-Melancholic –> ESFJ
Phlegmatic-Sanguine –> ISFP
Phlegmatic-Choleric –> INTP
Phlegmatic-Melancholic –> ISFJ
Choleric-Sanguine –> ESTP
Choleric-Phlegmatic –> ENFJ
Choleric-Melancholic –> ESTJ
Melancholic-Sanguine –> ISTP
Melancholic-Phlegmatic –> INFJ
Melancholic-Choleric –> INTJ