



Four Temperaments

Two Extroverted:

Sanguine / Air This personality type is described primarily as being highly talkative, enthusiastic, active, and social. Sanguines tend to be more extroverted and enjoy being part of a crowd; they find that being social, outgoing, and charismatic is easy to accomplish. Individuals with this personality have a hard time doing nothing and engage in more risk seeking behavior.

Choleric / Fire These individuals tend to be more extroverted. They are described as independent, decisive, and goal-oriented, and ambitious. These combined with their dominant, result-oriented outlook make them natural leaders.

Two Introverted:

Melancholic / Water These individuals tend to be analytical and detail-oriented, and they are deep thinkers and feelers. They are introverted and try to avoid being singled out in a crowd. A melancholic personality leads to self-reliant individuals who are thoughtful, reserved, and often anxious. They often strive for perfection within themselves and their surroundings, which leads to tidy and detail oriented behavior.

Phlegmatic / Earth These individuals tend to be relaxed, peaceful, quiet, and easy-going. They are sympathetic and care about others, yet they try to hide their emotions. Phlegmatic individuals also are good at generalizing ideas or problems to the world and making compromises.