

CHOLERIC-POWERFUL

DOMINANT, DIRECTOR, SHERMAN TANK

What you want is:	Control
What you need is:	Obedience, Appreciation, Acknowledgement
Your strengths are:	You take charge of anything - quickly Your judgements are usually correct You seldom make mistakes
Your weaknesses are:	You tend to be bossy and impatient You believe no one can do the job good enough or fast enough You can be insensitive to other's feelings and needs
What you like is:	People who agree with your way of accomplishing anything. People who co-operate with you, make your ideas happen and give you or let you take all the credit
What you dislike is:	People who are lazy - meaning they don't work as hard or long as you do. People who question your authority. People who are not loyal - to your definition of loyalty.
Depression hits when:	You sense things are out of control When people don't do things your way
You get ready to fight or flee when:	When you sense you are beginning to lose control of anything (job, health, projects, children, etc.) When people don't support your or rebel against your ideas
When stress hits:	You become even more controlling You work harder or exercise more When all else fails, you get rid of the offender (anyone who is not doing it your way)
You tend to marry:	Phlegmatic/Peacefuls or Melancholy/Perfects They tend to obey quietly and do things your way but you object to their lack of excitement over you and your projects. <u>Phlegmatic/Peacefuls</u> will resist because you don't create a peaceful environment <u>Melancholy/Perfects</u> will argue with your methods because you aren't doing something right.



SANGUINE - POPULAR INFLUENCER, SOCIALIZER, EXPLODER

at you want is:

Fun. If it's not fun, why not?
Influence - for people to listen to you.

at you need is:

For people to think you are wonderful.
Attention, affection approval and acceptance.

r strengths are:

You can talk about anything, at any time and for any length of time with or without prior information.
Bubbly personality and abundance of optimism.
Great sense of humor: you can relieve tension if things get too serious.
People pleaser.

r weaknesses are:

Disorganized except when you want to look good - so others will think you are wonderful.
You don't remember names or details.
You exaggerate to make yourself or your story sound better.
You tend not to be serious enough for other temperaments.

like:

People who listen to you and approve of what you are saying.
People who laugh at your humor.
People who generally show approval of you as a person.

dislike:

People who are too critical.
People who major on details which you think are minor.
People who throw cold water on your ideas too quickly.

ression hits when:

Life isn't fun and no one thinks you're wonderful.

get ready to fight or when:

You are bored and feel you are becoming unpopular.
You are tied to a clock.
You have to keep money records.
Someone disagrees with you.

n stress hits:

You leave the scene and change the environment (visit friends, go shopping, go for a ride.)
You tend to blame others for what happens and create excuses.

tend to marry:

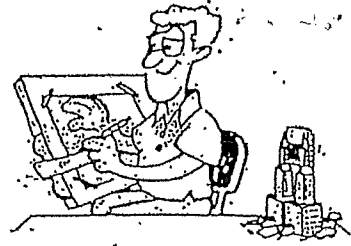
Phlegmatic/Peacefuls and Melancholy/Perfects because you are attracted to their sensitive and serious nature which balances you. However you don't want to cheer them up all the time and they can make you feel stupid.



PHLEGMATIC - PEACEFUL

STEADY, RELATOR, INDECISIVE, STALLER

What you want is:	Peace. "Don't rock the boat." To do things the easy way.
What you need is:	Respect and an atmosphere that promotes your self-worth. To be supported emotionally. To have harmony.
Your strengths are:	You are a balanced person with even moods. You have very few or no compulsive/addictive behaviors. You use a dry sense of humor as a defense shield.
Your weaknesses are:	You lack decisiveness and enthusiasm. When you feel you've accommodated too much your backbone turns into a steel rod and you suddenly show a hidden will of iron that says, "That's far enough. I will not move."
You like:	People who will make decisions (however, you want to be consulted, not just told what to do. Others can make the final decision as long as you've been included in the process). People who recognize your strengths and will not ignore or use you.
You dislike:	People who are too pushy and expect too much of you (meaning they expect you to carry more than what you feel is your fair share of the load).
Depression hits when:	There is too much conflict around you. When you have to confront someone. When no one wants to help you and too much of the responsibility falls on you.
You get ready to fight or flee when:	You have to handle a major personal problem by yourself. You feel you are left holding the bag in a situation. You have to make a major change. (change = conflict no matter how beneficial the change.)
When stress hits:	You give in to others or hide from the stress by watching TV or reading a book.
You tend to marry:	Choleric/Powerfuls and Sanguine/Populars because you are attracted to their strengths and decisiveness but you get tired of being pushed around all the time and being looked down on. Plus they are not good at creating a consistently peaceful environment.



MELANCHOLY - PERFECT

CONSCIENTIOUS, ANALYTICAL, THINKERS, SNIPERS

What you want is:

For things to be done the "Right Way" - the way they ought to be done. (You have a picture in your mind of the right way anything should be done.)

What you need is:

A stable, predictable environment.
Your space and time to think, dream and regenerate.
People around you who are sensitive and supportive.

Your strengths are:

You are a great organizer and love details.
You are good at setting long range goals and you can see the problems and pitfalls before you begin a project.
You analyze deeply.
You have high ideals and standards.

Your weaknesses are:

You tend to spend too much time analyzing and preparing. (you want to do it right!)
You remember the negatives and are suspicious of other's motives.
You are easily depressed.

What you like:

People who take life seriously and can think intelligently.
People who carry on a deep and sensible conversation.

What you dislike:

People who aren't serious enough, who are disorganized and forgetful.
People who don't care about details.
People who are unpredictable.
People who exaggerate.

Depression hits when:

Your life is not orderly and you can't meet your standards - and what's worse, no one around you cares about meeting them either!
When you feel you have been told you have done something wrong.

You get ready to fight or flee when:

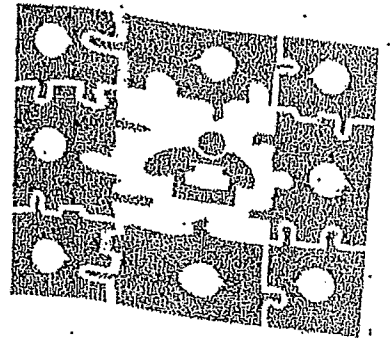
You feel you are making a mistake.
You are asked to compromise your standards.
No one around you understands how you really feel.

When stress hits:

You withdraw - turtle in - get lost in a book or go to sleep.
You go over and over the problem in your mind again and again.
You just give up.

You tend to marry:

Sanguine/Populars because you like their personalities and social skills.
However, you try to shut them up and get them on a schedule. This produces depression because they don't respond.



SUPINE -SERVANT HEART

GENTLE SPIRIT, EXTROVERT

What you want is:	To feel loved and accepted by doing it your way
What you need is:	Emotional support Recognition for your service To be taken care of Love, affection and recognition
Your strengths are:	Your gentle spirit and humbleness Your faithfulness and loyalty in friendship Your dependability and teachable spirit Your servant's heart - you love to serve people
Your weaknesses are:	You don't know how to say "no" You have a great fear of rejection You will do most anything to have someone take care of you, including manipulation You expect others to know what you need and become angry if others don't show awareness of that need (read your mind) You are easily offended and insulted You tend to suffer from anxiety and guilt
What you like is:	People who need you To be encouraged and have help in making decisions Someone who will help share the responsibilities To be recognized - to receive approval and recognition for your many services
What you dislike is:	Being forced to take sole responsibility for someone Having to make decisions on your own Not being included in activities Being left out of the decision making process
Depression hits when:	No one seems to appreciate what you've done You are forced to be away from people for any length of time
You get ready to fight or flee when:	You feel you are being rejected (= not being needed) You feel you are unpopular You are left alone to take care of yourself
When stress hits:	You mask the stress as hurt You hide by reading a book, watching T.V. or changing your environment
You tend to marry:	Those with blends of Choleric, Sanguine and Melancholy. Because you like the way they make decisions and take on responsibility. They also appear very social. Over time however, you feel abused because they make decisions without you and seldom acknowledge what you do.