

## 5 Basic Temperament Types

### **1. MELANCHOLY:**

- Loner - very introverted and most of the time unsure of themselves
  - Their surface relationships are very few but they are VERY loyal friends
  - Excellent managers or supervisors - very good leaders
  - Task oriented more than people oriented
  - Genius prone - Artists, Composers, Authors, Musicians
  - Very creative
  - Thinkers, visionaries, pictures in their mind perfect detail and living color
  - Not emotionally demonstrative, can be moody and have low self-esteem
  - Usually look at life as a list of "To-Do's"
  - Orderly, like stability
  - Homebody
  - Extremely persistent, self-sacrificing people
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### **2. CHOLERIC:**

- Likes to be in control
  - Extrovert of a highly selective manner - can come across as highly personable and charming, but does not like people
  - Task oriented person
  - Fast-paced individual
  - Can be cruel and abusive, hot-tempered
  - Perfectionistic - believes they know "a better way to do it."
  - With responsibilities can get things done in an efficient, well-disciplined military fashion - Usually leaders!
  - Tend to burn themselves out
  - Needs a great deal of control over other people's lives and behavior
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### **3. SANGUINE:**

- “Tiggers” - VERY social people
- Inactivity causes them stress
- Very impulsive
- Least disciplined and organized of all temperaments
- Prone to exaggerate
- Adopt severe and destructive behavior
- Friendly, outgoing, inspiring to others
- Relationship oriented
- Optimistic - ability to see the bright side of life
- Talkative - tends to be the center of attention
- Will ignore responsibilities in order to be with people
- Not task oriented

### **4. PHLEGMATIC:**

- Are able to perform tedious tasks
- Relate to both tasks and people
- Calm, easy going
- Efficient and perfectionistic
- Functions quite well in a hostile social setting - Nothing “ruffles their feathers.”
- Unwillingness to become involved
- Tendency to be an observer rather than a participant
- Very dry humor and uses it as a defense that often hurts others
- Most stable of the temperaments
- Observer
- Can appear lazy and unmotivated
- Low energy level

## 5. SUPINE:

- Like a “mix” between Melancholy and Sanguine
- Introvert and extrovert
- Undertake numerous tasks - tendency to say “yes” too much
- A great capacity for service - serves those they follow
- Caretakers with absolute loyalty
- Likes people and desires to serve others
- Possess an inborn gentle spirit
- Indirect behavior that expects others to read their mind
- High fear of rejection
- Harbors anger and views it as “hurt feelings.”
- Tends to see themselves as worthless

## How Does This Relate To Homeschooling?

### MELANCHOLY:

- Converse with them in their intellect
- Allow quiet time everyday - a quiet environment to work in - cannot work with a lot of noise
- Thinkers - process slower
- Needs constant encouragement
- Social situations may become too stressful BUT make sure they do not become completely recluse
- Proceed with caution when confronting mistakes
- Realize that this child is self-motivated
- Task oriented and becomes stressed when there is too much on the list of "To-Do's"
- Child must **appear** confident and in control

### CHOLERIC:

- Are natural born leader BUT will try to lead you
- Give them choices - BUT only those from which you want them to do - Learn the art of negotiation to prevent being dominated by them
- Excessive talking can be a sign of "burn out"
- Recognize their need for accomplishments and give them opportunities to meet this need
- Deal with anger constructively and others rights and feelings
- Teach them to use the high control God gave them to control themselves, not others

### SANGUINE:

- Work within the short attention span
- Hands on activities
- Stresses without activity - participate in a lot of Support Group/School activities with people
- Teach them that their responsibilities are to be met *then* they can socialize
- Carefully monitor who they "hang" with - Will adopt the morality of the crowd
- Responds highly to love, approval, recognition

### **PHLEGMATIC:**

- Inspire them to stay involved in life
- Let them undertake tasks with a minimal amount of interaction with people
- Works side by side with someone rather than alone - You may have to monitor their work - Don't leave them alone too long or the school work will not get done
- Provide them with reassurance with taking on responsibilities and making decisions
- Get proper rest - may need naps during the day
- Too much activity drains them
- Only need a moderate amount of physical attention
- Teach them to be less stubborn and more flexible

### **SUPINE:**

- Tell them in words and actions every day that they are loved, needed and appreciated
- They will not initiate socialization but when encouraged they will socialize
- Needs recognition for the service they perform
- Encourage them to state their feelings instead of "Tommy Turtling"
- Teach the value of saying "No"
- Learn how to look to the Lord for assistance in making decisions and taking on responsibility