

OVERVIEW OF MOTIVATIONS AND NEEDS OF EACH TEMPERAMENT

CHOLERIC

Motivation: Power

Needs: To Look Good (morally), To Be Right, To Be Respected, Approval

Wants: To Hide Insecurities (Tightly), To Please Self, Leadership, Challenging Adventure

Positives: Independent, Have Goals, Know how they want to solve a problem, Decisive, Visionary

Negatives: Cruel, Egotistical, Unemotional, Domineering, Unforgiving

MELANCHOLY

Motivation: Intimacy

Needs: To Be Good (Morally), To Be Understood, To Be Appreciated, Acceptance

Wants: To Reveal Insecurities, To Please Others, Autonomy, Security

Positives: Gifted, Self Sacrificing, Helpful, Thoughtful, Faithful

Negatives: Moody, Critical, Negative, Resentful, Suspicious

PHLEGMATIC

Motivation: Peace

Needs: To Feel Good (Inside), To Be Understood, To Be Respected, Acceptance, To Reveal Insecurities

Wants: To Please Others, Protection, Contentment

Positives: Peace Makers, Quiet, High Self Control, Calm in a Crisis, Efficient, Good Listener

Negatives: Unmotivated, Procrastinate, Indecisive, Fearful, Avoider

SANGUINE

Motivation: Fun

Needs: To Look Good (Socially), To Be Popular, To Be Praised, Approval

Wants: To Hide Insecurities (Loosely), To Be Noticed, Freedom, Playful Adventure

Positives: Entertaining, Outgoing, Responsive, Warm, Friendly

Negatives: Undependable, Undisciplined, Egotistical, Prone to Exaggeration, Compulsive Talker

SUPINE

Motivation: Contribution

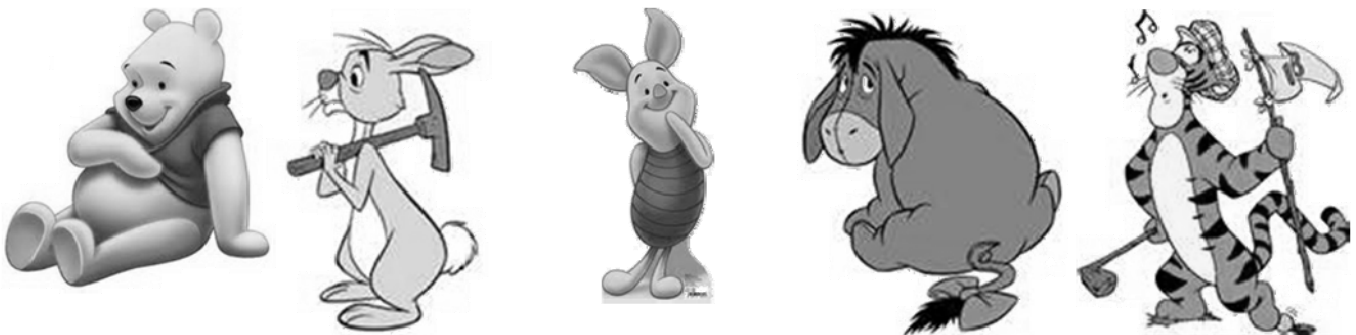
Needs: To Look Humble, To Serve a Greater Purpose, To Be Accepted, To Protect Weaknesses

Wants: Recognition for Service, Opportunities to Serve, To Contribute to a Higher Calling, To Be Protected

Positives: Caring, Giving, Gentle, Dependable, Loyal

Negatives: Insecure, Manipulative, Weak Willed, Indecisive, Harbors Ill Will

As you study and become acquainted with different temperaments, you will begin to notice them in the characters of TV shows and movies. Just for Fun: See if you can determine the temperament of the following Winnie the Pooh characters. Be prepared to defend your analysis.



	INCLUSION: Who is IN or OUT of the relationship	CONTROL: Who maintains the POWER and makes the DECISIONS for the relationship	AFFECTION: How emotionally CLOSE or FAR the relationship
Melancholy	Everyone OUT, except for "Exclusive Club"	I don't control you, so please don't try to control me"	Generally, emotionally FAR
Sanguine	Everybody "IN" ("Come on in!")	Controls or being controlled according to "SWING" (of Emotions)	Emotionally CLOSE
Choleric	Don't call me; I'll call you; until then, OUT! (except for "Exclusive Club")	I'M the Boss!"	Emotionally FAR, unless I approach you for my purposes
Supine	Everybody IN; but <i>you</i> must reach out and invite <i>me!</i>	YOU'RE the Boss!"	Emotionally CLOSE, but you must reach out to me
Phlegmatic	"Take 'em or leave 'em"	Democratic; "Let's all be Boss!"	Moderate; take it or leave it

OVERCOMING OUR WEAKNESSES

Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. Isaiah 40:28-31

Greatest Spiritual Needs—Spiritual Fruit

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

We each have weaknesses associated with our temperaments.

- How are those weaknesses turned into strengths?

Through the power of the Holy Spirit. By choosing to live through His power instead of our own, what was “natural” for us, as shaped through our soul prior to the Holy Spirits indwelling, become supernatural and our weaknesses become less influential and are transformed into strengths!

WEAKNESS: LIST THE WEAKNESSES OF YOUR TOP TWO TEMPERAMENTS				
Sanguine	Choleric	Melancholy	Phlegmatic	Supine
Submitted to the Power of the Holy Spirit				
↓ ↓ ↓ ↓ ↓				
INTO STRENGTH				
Sanguine	Choleric	Melancholy	Phlegmatic	Supine
Self-Control Patience Faith Peace Goodness	Love Joy Peace Kindness Patience Gentleness Goodness	Love Joy Peace Goodness Faith Self-control	Love Goodness Gentleness Faith Self-control	Love Joy Peace Faith Patience Self-Control

4. What conversation would keep me talking late into the night?

5. What I would most like to do for others is:

6. The people I would like to help most are:

Infants	Children	College Students
Young women	Single Parents	Singles
Divorced Women	Widowed	Refugees
Career Women	Newly Married	Homeless
Parents	Elderly	Disabled
Unemployed	Poor	Hospitalized
Prisoners	Youth	Others:

7. The issues or causes I feel strongly about are:

Discipleship	Injustice	Racism
Violence	Addictions	International
Education	Reaching the Lost	Technology
Economic	Poverty	Family
Health Care	Hunger	Literacy
Abortion	Homosexuality	Others:
Church	Prostitution	
AIDS	Politics	

8. List the top 5 to 7 positive experiences that you have had in your life and describe what you did and why it was meaningful to you. These experiences may have taken place at home, work, school, or other times. (award received, helping friends, building something, giving something away) Experiences that you enjoyed doing and when you felt fulfilled.

Five to Seven Positive Experiences	Why this Experience is Meaningful to me
1.	
2.	
3.	
4.	
5.	
6.	
7.	

Read through what you have written and look for an underlying theme. Write them in the space below:

9. I think the area where I could make the most significant contribution is:

10. Based on my answers to the above questions, I sense I have a passion for: