

# TEMPERAMENT TEST

**YOUR NAME** \_\_\_\_\_ **DATE** \_\_\_\_\_

*In each box circle the words that best describe you. At the bottom of each box record the number of words you circled. Notice which table you scored highest in and refer to the back for an description of each temperament type. Remember, each person is a blend of each type, and each temperament has weaknesses that are overcome with God's help!*

Table 1:	
Persistent	Like to take charge
Confident	Determined
Firm	Enterprising
Enjoys challenges	Competitive
Problem Solver	Productive
Bold	Purposeful
Goal Driven	Adventurous
Strong willed	Independent
Self-reliant	Controlling
Like Having Authority	Action oriented
<b>Total # of Words:</b>	

Table 2:	
Enthusiastic	Like to take risk
Visionary	Motivator
Energetic	Very verbal
Promoter	Friendly
Mix easily with others	Enjoy popularity
Fun-loving	Like variety
Spontaneous	Enjoy change
Creative/new ideas	Group oriented
Optimistic	Initiator
Infectious laughter	Inspirational
<b>Total # of Words:</b>	

Table 3:	
Detailed	Accurate
Consistent	Controlled
Reserved	Predictable
Practical	Orderly
Factual	Conscientious
Perfectionist	Discerning
Enjoy instructions	Analytical
Inquisitive	Precise
Persistent	Scheduled
Sensitive	Deliberate
<b>Total # of Words:</b>	

Table 4:	
Sensitive feeling	Loyal
Calm	Even keeled
Non-demanding	Give in easily
Avoid confrontations	Indecisive
Enjoy routine	Dislike change
Warm and relational	Dry humor
Adaptable	Sympathetic
Thoughtful	Nurturing
Patient	Tolerant
Good listener	Peace maker
<b>Total # of Words:</b>	

# TEMPERAMENT DESCRIPTIONS

## Table 1: LEADER/CHOLERIC TEMPERAMENT:

**General Characteristics:** They are the doers. They like to lead and are usually good at making decisions. They are very goal-oriented and enjoy challenges, difficult assignments, and opportunity for advancement. Because they are thinking of the goal, they can step on people to reach it, becoming very aggressive and competitive. They must guard against being too bossy or in taking charge in other's affairs.

**Biblical Example:** Paul

**Case Study:** Acts 9:3-19

**Strength:** Goal-oriented, strong, direct

**Possible Weaknesses:** Argumentative, too dictatorial

**Limitation:** Doesn't understand that directness can hurt others, hard time expressing grace

## Table 2: EXPRESSOR/SANGUINE TEMPERAMENT:

**General Characteristics:** They are the talkers. They are very social and love people. They enjoy being popular and influencing and motivating others. They can sometimes be hurt when people do not like them. This temperament usually has lots of friends, but not deep relationships. They love to goof-off. (They are notorious for messy rooms.) They often like to hurry and finish jobs. (Jobs are not often done well.)

**Biblical Example:** Peter

**Case Study:** John 21:1-22

**Strength:** People person, open, positive

**Possible Weaknesses:** Talks too much, too permissive

**Limitation:** Remembering past commitments, follow through with discipline

## Table 3: ANALYST/MELANCHOLIC TEMPERAMENT:

**General Characteristics:** They are the thinkers and organizers. They feel that there is a right way to do everything and usually have a high degree of perfectionistic tendencies. Their personalities are very creative. They desire to solve everything and to take their time and do it right. They do not like sudden changes and need reassurance.

**Biblical Example:** Moses

**Case Study:** Exodus 3-4

**Strength:** High standards, order, respect

**Possible Weaknesses:** Unrealistic expectations of self & others, too perfect.

**Limitation:** Seeing the optimistic side of things, expressing flexibility

## Table 4: DEPENDABLE/PHLEGMATIC TEMPERAMENT:

**General Characteristics:** They are the watchers. They are good at making friends and are very loyal. This temperament does not like big changes. They look for security and can be very sensitive. They are very caring and have deep relationships, but usually only a couple of close friends. They want to be loved by everyone and look for appreciation. They work best in a limited situation with a steady work pattern.

**Biblical Example:** Abraham

**Case Study:** Genesis 12-22

**Strength:** Accommodating, calm, affirming

**Possible Weaknesses:** Indecisive, indifferent, difficulty expressing emotions, too soft on other people

**Limitation:** Seeing the need to be more assertive, holding others accountable