





Help Me Figure This Out! (Chapter 2)



Your unique personality can be described, diagramed, dissected or defined in various ways. Many people have come up with definitions and tools to help distinguish one type of personality from another. Because we are created with such individual complexity I believe it is impossible to put anyone in a neat little box that answers all the questions to their temperament, character, attitudes, abilities, likes and dislikes, etc.

In my search I've found some useful tools that have helped me define my personality strengths and weaknesses. One of these tools uses four separate personality types to help identify our basic personality. These four types were first defined in 400BC by the "Great Physician Hippocrates". Although I believe his personal philosophy behind each personality type has been proven inaccurate, his definitions remain a helpful resource.

Below you will see four boxes with a few short explanations for each of the personalities we will be using as our guide throughout this book. Some might sound familiar or bring to mind a definition that may or may not be accurate. Familiarize yourself with each of the terms and their brief description below. There is no wrong or bad personality to have. As you will learn in this study, Jesus was the perfect display of each of these personalities. If we believe there is no fault in Jesus, then there is no reason to believe that any of these personality styles are superior to the others.

<p style="text-align: center;">Sanguine</p>  <p style="text-align: center;">Extrovert</p> <p style="text-align: center;">Inspires people Enthusiastic Talker Optimist</p>	<p style="text-align: center;">Choleric</p>  <p style="text-align: center;">Extrovert</p> <p style="text-align: center;">Strong-Willed Doer Confident Leader</p>
<p style="text-align: center;">Phlegmatic</p>  <p style="text-align: center;">Introvert</p> <p style="text-align: center;">Patient Quiet but witty Watcher Peacemaker</p>	<p style="text-align: center;">Melancholy</p>  <p style="text-align: center;">Introvert</p> <p style="text-align: center;">Creative Deep and thoughtful Thinker Detailed</p>

I have developed a simple assessment to help you begin to identify your unique personality. On the following page you will find a series of 28 questions. I included under each question an example that will help you clarify if the question is not clear. Answer honestly *yes* or *no* to each of the questions. If you aren't sure how to answer skip that question or ask someone who knows you well. Some people find it helpful to do this test with another person who might have a more accurate view of you rather than how you think you are. Remember this is not a test with right or wrong answers. The only wrong answer is if you aren't honest with yourself.

It is likely that you will find that you have characteristics from each of the personality types. Not only is this common but it is healthy and expected. Obviously there are no two people exactly alike. In the following chapters I will attempt to use a broad brush to help you start understanding your own personality and to begin to gain awareness of your particular abilities and strengths. I also want to give you some warning signs of how Satan will attempt to use your personality as a tool to diminish what God's plan is for you.

Below is a chart for you to keep score as you answer the questions. Each question has a symbol next to it. Place a check in the corresponding symbol box When you answer 'yes' to a question with that same symbol.



Choleric



Phlegmatic



Melancholy



Sanguine

Personality Assessment:

1. 🗨️ **Do you volunteer to be in charge of projects?**
"Were you the first one with your hand in the air when your teacher asked for a volunteer to in charge?"
2. 🗨️ **When offended do you hold it in but let it eat at you?**
*"If someone says or does something that hurts you, would you rather say nothing, **but** it is hard to let go?"*
3. 🗨️ **Do others see you as stubborn?"**
"Do you stand your ground no matter what?"
4. 🗨️ **Is it hard to express your feelings?**
"When asked, 'what's wrong?' you don't know"
5. 😊 **Are you animated and enthusiastic when telling a story?**
"Do you get excited and talk with your hands?"
6. 🗨️ **Do you believe your ideas make sense and desire others to see it that way?**
"Is it frustrating when someone opposes your ideas?"
7. 🗨️ **Are you a patient person?**
"Is it easy for you to wait?"
8. 😊 **Are you the "life of the party"?**
Do people say, "Oh good now the party is going to start!" when you walk in the room?
9. 🗨️ **Are you suspicious of other people's intentions?**
"When given a compliment do you question motives?"
10. 😊 **Do you enjoy making new friends?**
"Do you often exchange phone numbers and emails with people you just meet?"
11. 😊 **Are you undisciplined and impulsive?**
"Would you change plans to go do something more fun?"
12. 🗨️ **Do you *require* a logical explanation of motives when asked to perform a task?**
"If someone asks a favor, are you more apt to do it if they are able to explain the task in a way that makes sense?"
13. 🗨️ **Do you try to avoid conflict?**
"Would you rather just give in then stand your ground?"
14. 🗨️ **Are you slow to trust others with your thoughts and feelings?**
"When going through a hard time, are you careful who you share those feelings with?"
15. 🗨️ **Do you enjoy time alone?**
"Is it important for you to get your quiet time?"
16. 🗨️ **Are you bored by trivia and feel the need to "get to the point"?**
"Is it annoying when someone tells a big long story before finally getting to the point that they are trying to make?"
17. 😊 **Do you talk before you think?**
"Do you share intimate details about yourself without really considering how it may affect or offend those around you?"
18. 🗨️ **Do you set high standards for yourself?**
"Do you expect more from yourself then you do from the people around you?"
19. 🗨️ **Do you lack self-motivation?**
"Do you only do what is necessary, often putting it off until the last minute?"
20. 🗨️ **Is it easier to work when your surroundings are organized?**
"is your desk in order, do you have a list ready to check off?"
21. 🗨️ **Are you generally an agreeable person?**
"When you say, 'whatever you want' you really mean it?"
22. 😊 **Are you the ultimate optimist, always looking on the bright side?**
"Are you the one that cheers everyone up?"
23. 🗨️ **Are you content with your life the way it is?**
"Is change unnecessary and disruptive to your life?"
24. 🗨️ **Do you get defensive when you feel you've been wronged?"**
"Do you make sure that, not only, is the person who wronged you is corrected but everyone is informed of the truth?"
25. 🗨️ **Do you excel in emergencies?"**
"If someone is hurt do you react quickly to help out?"
26. 😊 **Are you open to and enjoy new ideas?**
"Do you need change to keep life exciting?"
27. 🗨️ **Do you fear failure?**
"Do you spend time pondering the 'what ifs?' of your life?"
28. 🗨️ **Do you often ask "Why?"**
"When asked to do a task do you want to make sure that it necessary before doing it?"

Now that you have a general idea of your personality type, look over the list of characteristics below describing each personality and circle every phrase that you feel is a good illustration of you.

Choleric

Choleric's Emotions

- Born leader
- Dynamic and active
- Compulsive need for change
- Must correct wrongs
- Strong-willed and decisive
- Unemotional
- Not easily discouraged
- Independent and self sufficient
- Exudes confidence
- Can run anything

Choleric As A Parent

- Exerts sound leadership
- Establishes Goals
- Motivates family to action
- Knows the right answer
- Organizes household

Choleric At Work

- Goal oriented
- Sees the whole picture
- Organizes well
- Seeks practical solutions
- Moves quickly to action
- Delegates work
- Insists on production
- Makes the goal
- Stimulates activity
- Thrives on opposition

Choleric As a Friend

- Has little need for friends
- Will work for group activity
- Will lead and organize
- Is usually right
- Excels in emergencies

Phlegmatic

Phlegmatic's Emotions

- Low-key personality
- Easygoing and relaxed
- Calm, cool and collected
- Patient well balanced
- Consistent life
- Quiet but witty
- Sympathetic and kind
- Keeps emotions hidden
- Happily reconciled to life
- All-purpose person

Phlegmatic As A Parent

- Makes a good parent
- Takes time for the children
- Is not in a hurry
- Can take the good with the bad
- Doesn't get upset easily

Phlegmatic At Work

- Competent and steady
- Peaceful and agreeable
- Has administrative ability
- Mediates problems
- Avoids conflicts
- Good under pressure
- Finds the easy way

Phlegmatic As a Friend

- Easy to get along with
- Pleasant and enjoyable
- Inoffensive
- Good listener
- Dry sense of humor
- Enjoys watching people
- Has many friends
- Has compassion and concern

Melancholy

Melancholy's Emotions

- Deep and thoughtful
- Analytical
- Serious and purposeful
- Genius prone
- Talented and creative
- Artistic or musical
- Philosophical & poetic
- appreciative of beauty
- Sensitive to others
- Self-sacrificing
- Conscientious
- Idealistic

Melancholy As A Parent

- Sets high standards
- Wants things done right
- Keeps home in order
- Picks up after children
- Sacrifices for others
- Encourages scholarship and talent

Melancholy At Work

- Schedule oriented
- Perfectionist
- Detail conscious
- Persistent & thorough
- Orderly and organized
- Neat and tidy
- Economical
- Sees the problems
- Finds creative solutions
- finishes what he starts
- Likes charts, graphs, figures, lists

Melancholy As a Friend

- Cautious
- Avoids attention
- Faithful and devoted
- Will listen to complaints
- Can solve other's problems
- Deep concern for others
- compassionate
- Seeks ideal mate

Sanguine

Sanguine's Emotions

- Appealing personality
- Talkative, Storyteller
- Life of the Party
- Good sense of humor
- holds on to listener
- Emotional & demonstrative
- Enthusiastic & expressive
- Cheerful & bubbly
- Curious
- Good on stage
- Wide-eyed & innocent
- Lives in the present
- Changeable disposition
- Sincere at heart
- Always a child

Sanguine As A Parent

- Makes Home Fun
- Is liked by children's friends
- Turns disaster into humor
- Is the circus master

Sanguine At Work

- Volunteers for Jobs
- thinks up new activities
- Looks great on the Surface
- Creative and colorful
- Has energy & enthusiasm
- Starts in a flashy way
- Inspires others to join
- charms others to work

Sanguine As a Friend

- Makes friends easily
- Loves People
- Thrives on compliments
- Seems exciting
- envied by others
- Doesn't hold grudges
- apologizes quickly
- Prevents dull moments
- Likes spontaneous activities

