



Phlegmatic

Thank goodness that God knew we would need **phlegmatic** people in our lives. When you read the story of Abigail in First Samuel chapter 25 you see a perfect example of a phlegmatic personality being used for God's glory. David had asked her husband, Nabal, to feed and take care of his men but Nabal refused. David became angry and was about to kill Nabal and his people. When Abigail heard that her husband was not willing to help David, she quickly took care of the problem by offering food and wine for David and his men diffusing the situation.

The phlegmatic person is a peacemaker. They avoid conflict and would rather give in than cause problems. The phlegmatic person is agreeable and easy to get along with often having many friends. Phlegmatic people are necessary in our world of over achievers and discontent people. With their low key personality the phlegmatic is happily reconciled to life and able to calmly live each day as it happens. A phlegmatic is loyal and competent willing to assume responsibility given to him (or her).

Phlegmatic people don't generally get overly emotional or excited about anything. Don't expect a phlegmatic to express themselves with great enthusiasm. Remember that the response "fine" is as good as it gets with a phlegmatic. I had to learn this lesson with my step-son early on. Never in my life had I met anyone as phlegmatic as Julian. On his twelfth birthday my husband and I surprised him with a ride in a private airplane. We were certain that this would be a birthday that he would remember and appreciate his whole life. As we pulled up to the airport I turned on the video player to record his reaction when we surprised him with this gift. My husband announced the purpose for us being at the airport and with camera rolling I asked Julian what he was thought. His response was not what we had expected, "Well," he began in a very soft voice, "This is probably the best birthday present ever." He said with a shrug of his shoulders. For a moment I thought that maybe we had blown it, the money spent and the time planning it all seemed to be wasted on an unappreciative boy. But what I soon realized was that, in his phlegmatic personality this young man was jumping up and down on the inside, he just didn't know how to show it on the outside.

Sometimes seen as weak, lazy or procrastinators others often miss what the phlegmatic person has to offer. If you aren't a phlegmatic understanding some simple aspects about the phlegmatics personality will help you to accept, understand and appreciate what they bring to your life. Once you get past the tendency to 'fix' or 'change' a phlegmatics personality you will begin to see that they are one of your biggest assets and compliment every other personality type.

Motivating a phlegmatic is not easy but is possible. Explaining the importance of your request may seem unnecessary to others but a phlegmatic needs to know the purpose before motivated to get involved. Phlegmatics need to know that a task is necessary before accepting responsibility. Giving a firm deadline is a necessary tool to help a phlegmatic pace herself and achieve a goal. Phlegmatics don't like to feel pressured but need gentle reminders and supervision.

Like all the other personalities phlegmatics have shortcomings and are able to be distracted from being used by God. Your resistance to change could cause you to miss out on something exciting that God is waiting to bless you with. If you are a phlegmatic you already know that your lack of enthusiasm can cause others to accuse you of putting a damper on their plans. Remember that other people need to know when they are appreciated. It may take more effort for you to show emotion but make an effort to let people know what you are feeling. Other aspects of your personality can cause you to lack self motivation and procrastinate with starting projects. Accept accountability and learn to set goals and make your responsibilities a priority.

In our face paced world of over achievers God knew we would need people with phlegmatic personalities to cause us to slow down, and appreciate all He has blessed us with. Phlegmatics are loyal friends who we can count on to be there for us when we need them. Good under pressure the phlegmatic is often seen dealing with problems when others are overwhelmed. They are willing to assume tasks that may seem mundane to others. A phlegmatic person makes a great mediator because they are generally inoffensive and good listeners. Peaceful and agreeable a phlegmatic person will avoid conflict and avoid the drama of life.