

Finding Your Personality

Rate yourself in each of the following areas from 1 to 5 using the following scale:

5 almost always describes me,

4 often describes me

3 sometimes describes me

2 Seldom describes me

1 Never describes me

Sanguine:

Outgoing _____
 Optimistic _____
 Difficulty with appointments _____
 Impulsive _____
 Egotistical (self-centered) _____
 Lives in present _____
 Difficulty concentrating _____
 Restless _____
 Friendly _____
 Enjoyable _____
 Talkative _____
 Weak-willed _____
 Difficulty keeping resolutions _____
 Undisciplined _____
 Easily discouraged _____
 Impractical _____
 Compassionate _____
 Emotional _____

Total _____

Phlegmatic:ery quiet

_____ _____
 Pessimistic _____
 Introvert _____
 Not Aggressive _____
 Spectator in life _____
 Indecisive _____
 Slow & lazy _____
 Easy-going _____
 Calm & Cool _____
 Efficient _____
 Dependable _____
 Witty, dry humor _____
 Teases _____
 Selfish _____
 Orderly habits _____
 Stingy _____
 Stubborn _____
 Works well under pressure _____

Total _____

Choleric:

Optimistic _____
 Goal-oriented _____
 Self-confident _____
 Self-sufficient _____
 Activist (makes things happen) _____
 Domineering _____
 Aggressive _____
 Leadership Ability _____
 Persistence _____
 Strong-willed _____
 Hot tempered _____
 Insensitive _____
 Unsympathetic _____
 Determined _____
 Decisive _____
 Sarcastic _____
 Practical _____
 Outgoing _____

Total _____

Melancholy:

Introvert _____
 Organized _____
 Pessimistic _____
 Indecisive _____
 Critical _____
 Moody _____
 Creative _____
 Harbors resentment _____
 Perfectionist _____
 Introspective _____
 Suspicious _____
 Likes behind the scenes _____
 Faithful friend _____
 Self-sacrificing _____
 Easily offended _____
 Self-centered _____
 Sensitive _____
 Deep Feeling _____

Total _____

Now, evaluate your scores. The highest score indicates your most likely temperament. Other high scores indicate a secondary temperament. Having someone else rate you will also help you confirm your findings.