

A  
STUDY  
OF  
TEMPERAMENT

*From a Biblical Viewpoint*

Eleven Lessons

Prepared by

PAUL E. CANTRELL

2001



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# PREFACE

The following study has been prepared primarily as a results of reading two books by Mr. Tim LaHaye: Your Temperament: Discover its Potential and Spirit Controlled Temperament. These books are printed by Tyndale House in Wheaton, Illinois.

These two books have much to offer in understanding and working with people, as well as better understanding of one's self. They can have a real value if used correctly to better unify God's people.

We have made use of Mr. LaHaye's ideas and characterizations of the various types of people along with his pictures to illustrate. We have greatly abbreviated the material for our use. We have also striven to identify the concepts as much as possible with Scripture teaching. The questions are designed to make Scriptural applications as much as possible.

The fuller benefit from this study would come from reading one or both of Mr. LaHaye's books. However, we believe that sufficient ideas have been given to help accomplish what we have in mind for this study.

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*Lesson One*

## “TEMPERAMENT AND IT’S INFLUENCE”

The Psalmists expressed clearly why the study of man is a most fascinating experience, because he is “**fearfully and wonderfully made**” (Ps. 139:14-16). Each man is unique, different from all others, with many variations, and yet there is much similarity to be found as well. This uniqueness is due in part at least to what we call Heredity. The process comes about by contact of the male sperm with the female egg, uniting and producing an individual that is unique in all the universe. Each has been discovered to have twenty-four Chromosomes that in turn are made up of many genes. It is the combination of these genes from the child’s parents that determines much of the individual’s Temperament and make-up.

### JUST WHAT IS TEMPERAMENT?

What are we trying to describe when we talk about someone’s Temperament? Is it something he has inherited, something he has been trained and conditioned into, or something that he has caused to be developed by the exercising of his will? We use several terms to try and describe what we observe about individuals: **Disposition, Inclination, Qualities, Traits, Nature**, etc. It is obvious when we observe babies as well as adults that we see certain “God-given” talents, abilities, gifts, characteristics, temperaments, etc. Twins have been a most fascinating study in observing the differences between the two even though being born at the same time. Why these differences? Are they something we are all born with and will have until the day we die? Some advocate that we are given our basic temperament at birth and will have it until we die (Tim LaHaye, Your Temperament: Discover its potential). The Bible does give indications of difference of temperaments within a family at birth such as Jacob and Esau (Genesis 25:27), etc. This study is planned in order to explore the possibilities of this and what that can mean to us.

### TEMPERAMENT, CHARACTER, PERSONALITY DEFINED

**Temperament:** The combination of inborn traits that subconsciously affect man’s behavior. These traits are arranged genetically on the basis of nationality, race, sex, and other hereditary factors. Such factors will determine if we are outgoing and extroverted or shy and introverted as a person.

**Character.** “The real you!” What you really are! The Biblical term might be one’s “soul;” one’s inner being; or the “hidden man of the heart.”(1 Peter 3:4). One’s character is the result of our Natural Temperament being modified by: childhood training, general education, basic attitudes, beliefs, principles, and motivations. It is like taking some “raw material” and making something nice or unpleasant out of it!

**Personality.** “The outward expression of the person.” It may or may not be the same as our character, depending upon how genuine we are. Man is capable of putting on a pleasing facade to cover up a weak character. Many people feel compelled to act the part of what people expect of

them, rather than what they really are. God warns us that while man may look on the outward appearance, God looks upon the heart! (Matthew 15:8, 18-20). ***“Out of the heart proceed the issues of life.”*** (Proverbs 4:23). The place to change behavior is inside of man, not outside only! Personality is the “face” we show to others.

## HOW TEMPERAMENT AFFECTS OUR LIVES

Upon observing people’s actions it is very easy to conclude that one’s temperament has a lot to do with how one eats, sleeps, studies, acts and reacts in everyday living. If four people were to come for counseling at different times, it is possible to find differences in each one. The first may talk about everything but the real issue. The second may come straight to the point wanting a solution right now. The third may sigh deeply while he sits and shows his depressive condition. While the fourth after finally getting around to making an appointment may find it hard to get anything out to tell the counselor. This is what we call temperament differences. These people are the way they are to a great extent through heredity. How they generally act is their temperament and their temperament affects their whole lifestyle. The following are given to illustrate how one’s temperament can influence his activities in a wide range of areas. The numbers 1,2,3,4 are used to indicate a different temperament style in regards to the area under consideration.

**A. Eating Habits:**

- 1) This person may eat anything and everything.
- 2) This one may be stereotyped....He will seldom change his menu.
- 3) This one may be a picky eater and savors every bite.
- 4) This one may be deliberate eater, slow, and will be the last one through.

**B. Driving Skills:**

- 1) This person may be an erratic driver, likes to face you when talking and driving.
- 2) This one may be a daring speed demon darting in and out of traffic, always in a hurry.
- 3) This one prepares well in advance for a trip; knows all the roads, unlikely to speed.
- 4) This one is the slowest driver of all; the last one to leave an intersection; “pokey Sunday driver.”

**C. Shopping Habits:**

- 1) This person is not price conscious; selects purely for visual satisfaction.
- 2) This one is not fond of shopping; tends to overbuy.
- 3) This one deliberates; is a decisive buyer; compares prices & quality.
- 4) This one enjoys shopping; takes longer, slower, more frugal; but can be indecisive.

**D. Yard Care:**

- 1) This person has all the tools ready, but gets talking to someone and runs out of time.
- 2) This one does not like it, so does it quickly; neatness is not his specialty.
- 3) This one likes to grow things; has best yard in town; manicures his lawn and hedges.
- 4) This one may be still in house sipping his third cup of coffee. He can do a good job, but  
is slow in getting to the job.

**E. Study Habits:**

- 1) This person, unless endowed with a high I. Q., will make a poor student. He can do well if properly motivated, but is usually restless and undisciplined.
- 2) This one is probably clever, but not brilliant. He likes people-oriented subjects; is a good speller; skims over things quickly. He loves charts, diagrams, graphs.
- 3) This one is a good student; enjoys learning; inquisitive mind; can read a lot of books; good retention; messy desk, but amazing concentration.
- 4) This one may be a good student if procrastination doesn't overtake him. He needs short-term assignments; works best under pressure; has orderly mind; good memory; can learn when motivated.

**F. Communication Skills:**

- 1) This person is a good speaker, but can be overly expressive and use exaggeration.
- 2) This one can speak well, but more deliberate. He is a debater, argumentative, and can be biting and sarcastic.
- 3) This one thinks for a while before speaking. He usually doesn't interrupt others, but once he starts, he will go until he says it all.
- 4) This one may be reluctant to speak before others, but will respond to questions with wit and humor, but usually does not volunteer to speak.

**G. Bill Paying:**

- 1) This person may be a terrible record keeper because he dislikes details. His deficit in his balance is corrected by making more money, not cutting his standard of living.
- 2) This one pays bills when due, orderly. He may even pay all bills at one time a month.
- 3) This one is a perfectionists. He must pay bills when due. His means of keeping bills may be messy, but they know where everything is. He keeps receipts over a long period of time. He likes to balance his check book and has a triple "A" rating.
- 4) Another may systematize everything; have a detail budget and matching records; likes to get bills in early; and balancing his check book is a highlight of the month.

**H. Child Discipline:** (Unless well thought out and studied, parents will normally allow their temperament to affect their discipline of their children)

- 1) This person is loud in instructions and correction; may even be a screamer. They are not so disciplined themselves, so their threats of discipline are rarely carried out. If they do not spank immediately, they probably won't later. Their leniency leads to permissiveness. But they will also take time after administering discipline to love and reassure the child. They do not carry grudges. They will play with their children.
- 2) This one is authority prone, running his home like a boot-camp. The child will know exactly what is expected of him. These people tend to spank too hard. They are also hard to please and tend to make their children feel inferior and disapproved of.
- 3) This one is a perfectionists and has high to unreal expectations of children.  
Praise  
comes sparingly because it is hard for him to realize the need. He has rules and procedures for everything. He usually does not over-spank. He has a great capacity to  
love, but may have a hard time in expressing it. He never forgets a wrong.
- 4) This one can be a good disciplinarian if helped to be assertive. They are usually patient and show love to their children. In fact, they feel more comfortable around

- 5) children. They take time, play with them, are patient trainers of children. If their child is very aggressive, they may allow him to intimidate them, sass them, show disrespect for them. They are the least likely to spank of all parents. Teen years are the hardest for them, because of a lack of previous firmness.

## CONCLUSION

We are all interested in what causes people to think, feel, respond, explode, and in general act the way they do. Temperament obviously has a lot to do with such, but temperament is not all the answer. Temperament may help to explain why the differences in people: their tastes, creative capabilities, their strengths and weaknesses, why some are attracted to others, why others are in conflict....BUT, temperament does not hold all the answers!!!

The follow suggestions are offered to help to avoid problems during our study together:

- 1) Do not look upon temperament study as a cure-all for everything.
- 2) Realize that it may not be easy to identify an individual as being any one style of temperament, since most are made up of a blend of temperament styles.
- 3) Do not use these analysis of temperaments to humiliate others by pointing out their negative characteristics.
- 4) Do not use this study as an excuse to indulge one's weaknesses, as though there is nothing we can do about such.
- 5) Do not make snap decisions about people on basis of evaluation of their temperament without really considering and loving the person.
- 6) Do not fail to love and accept all kinds of people regardless of their looks, characteristics, temperaments, etc.
- 7) Do use this study to better understand and accept yourself for what you are.
- 8) Do use it to improve and deal with weaknesses of temperament.
- 9) Do use it to better understand and accept other people.

## QUESTIONS FOR DISCUSSION

- 1. What does God say about his creation of man in Psalms 139:14-16?**
- 2. How does Heredity affect the uniqueness of man?**
- 3. What is the process of Heredity?**
- 4. From whence comes one's temperament?**
- 5. If two babies come from the same family, does that mean they will have the same temperament?**
- 6. Does Jacob and Esau illustrate the concept of temperament? (Genesis 25:27)**

7. Define these three terms:

a) Temperament---

b) Character---

c) Personality---

8. How do the following terms relate to one's temperament?

a) A Carnally-minded person (Romans 8:6)—

b) The Natural Man (1 Corinthians 2:14)—

c) The Old Man (Ephesians 4:22)--

9. Can a person's temperament explain one of the reasons for differences in people? (Look at the 12 apostles—Matthew 10:1-4)

   Yes

   No

   Yes and No. Explain \_\_\_\_\_

10. Does a person's temperament help determine how he will handle things in his life? (Romans 12:17-21)

   Yes

   No

   Yes and No. Explain \_\_\_\_\_

11. How would you explain Paul's statement about Cretans: "*they are always liars, evil beasts, slow bellies*" in view of the concept of the influence of temperament? (Titus 1:12-13)

12. Are we stuck with our temperament for life? (James 2:14-16)

   Yes

   No

   Yes and No. Explain \_\_\_\_\_

13. Can our temperament cause us not to be a good mate or a good parent? (Ephesians 6:4; Colossians 3:18-21)

   Yes

   No

   Yes and No. Explain \_\_\_\_\_

14. Can we blame Judas Iscariot's temperament for his betrayal of Christ and the hanging of himself? (Mark 14:21; John 12:6; John 13:26-27)

   Yes

   No

   Yes and No. Explain \_\_\_\_\_

**15. What do you feel could be a very good use of such a study as this concerning temperament?**

**16. What dangers do you see in such a study and what could come out of it?**

## Lesson Two

# “A BRIEF HISTORY OF TEMPERAMENT STUDY”

Man has not only been fascinated with his environment about him, the universe out from him, but about himself as well. The inquisitive searching mind of man has been at work analyzing himself through the centuries. How valid some of the conclusions were could certainly be questioned at times, but over-all understanding has gradually come from all of these efforts so that today we have a body of material that has a high validity on the understanding of man. This branch of knowledge is usually referred to as PSYCHOLOGY (the study of man). One of these special areas has been on the “Temperament of man.” This lesson will give a brief sketch of the known efforts and their conclusions concerning man’s make-up as to his temperament.

### EARLY HISTORY

The earliest evidence of the theory of the four basic temperaments dates to the 4<sup>th</sup> and 5<sup>th</sup> Centuries B.C. (460-370 B.C.), and is credited to a Greek Philosopher and Physician named Hippocrates. However, indications are that he was expressing in concrete “terms” what others were advocating before him. The four terms to identify the basic temperaments came from what was then called the “four fluids” which were supposed to determine how a person acted: **BLOOD (Warm), BLACK BILE (Humid), YELLOW BILE (Dry), PHLEGM (Cold or Thick).**

In the 2<sup>nd</sup> Century A.D., a man by the name of Galen (131-200 A.D.) expanded the temperaments to a combination of nine types, but still holding to the four basic types.

### LATER HISTORY

It wasn’t until the 17<sup>th</sup> Century A.D. that the concept of the “four humors” or the “four body fluids” was discarded as unscientific, but the theory of the four basic temperaments survived. Nicolas Culpeper (1616-1654 A.D.) maintained that there were combinations of temperaments with one dominating over the others. Various Psychologists through the years have pretty much accepted the four basic types, but emphasized that most people are a combination (Kant, Wundt, Adler). Adler also advocated that as people grew older, they would change their temperament type. William Sheldon tried to connect the basic temperaments to the type of body a person would have: **Fat, Muscular, Lean.**

### RECENT EFFORTS

Of recent, a highly respected Psychologist in London, Hans J. Eysenck, has done extensive research in this area. He definitely concludes that temperament is biologically based, not external conditioning. Buss and Phomin has done work in this area and have also concluded there are four basic types, but used different terms to identify them: **Activity, Emotionality, Sociability,**

**Impulsivity.** The following Chart will illustrate how consistent the findings have been even in the business world and their efforts to help people in their work areas. Even though the old Greek terms are not used, the idea of four basic temperaments are still there. Mr. LaHaye stated that most of the efforts by professional people in the business world used the four basic types to conduct their training courses.

This study will be making use of Mr. Tim LaHaye's books on his recent studies on the temperaments of man. Your Temperament: Discover Its Potential and Spirit-Controlled Temperament. Both of these books would be worth the price to have them in your home for use.

### INDICATIONS FROM THE BIBLE

One of the strange phenomena of the Bible is that it assumes the existence of God and makes no real effort to prove His existence. But it is also just as strange that the Bible states man has been created by God, male and female, and has obviously indicated the many variety of nations that have come from the original two, but says very little about the basic make-up of man. We gain insights from reading and re-reading the Scriptures about man, but much that we know has come from man's own efforts to seek out that knowledge, painstakingly over long periods of time. We can see that man is different; that we act different; we respond different; we react different; but we also realize that it is these differences that make life more interesting, challenging, fuller and more beautiful. All of man's efforts to this point seem to be indicating that we inherit our basic temperament at birth and will keep it throughout life. However, there is evidence to indicate that man can change his temperament to some degree for the better with effort and help from God. And that as we get older our hard and harsh traits tend to change.

### CONCLUSION

One of the best ways to test a theory is to see if it fits and works. One of the purposes in this study will be to evaluate these ideas and see how valid they are in identifying types of people. If these ideas can give us insight about ourselves and help us to become better people, surely there is validity to the thoughts. The next four lessons will be looking at each of these four types, examining their strengths and weaknesses, and trying to evaluate for ourselves which type we are.

### QUESTIONS FOR DISCUSSION

1. When God created man, did he intend for all to be alike, the same kind of persons? (Matthew 25:14-15; Romans 12:6)
2. Is there a value in studying man's behavior in order to better understand ourselves? (2 Corinthians 13:5)
3. Why would the business world want to know a person's temperament? (Exodus 36:1)
4. Does God expect man to learn and develop his knowledge of himself ? (Romans 1:19-20; 15:4; 1 Corinthians 10:11)

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### THE FOUR-BEHAVIOR-STYLE THEORIES

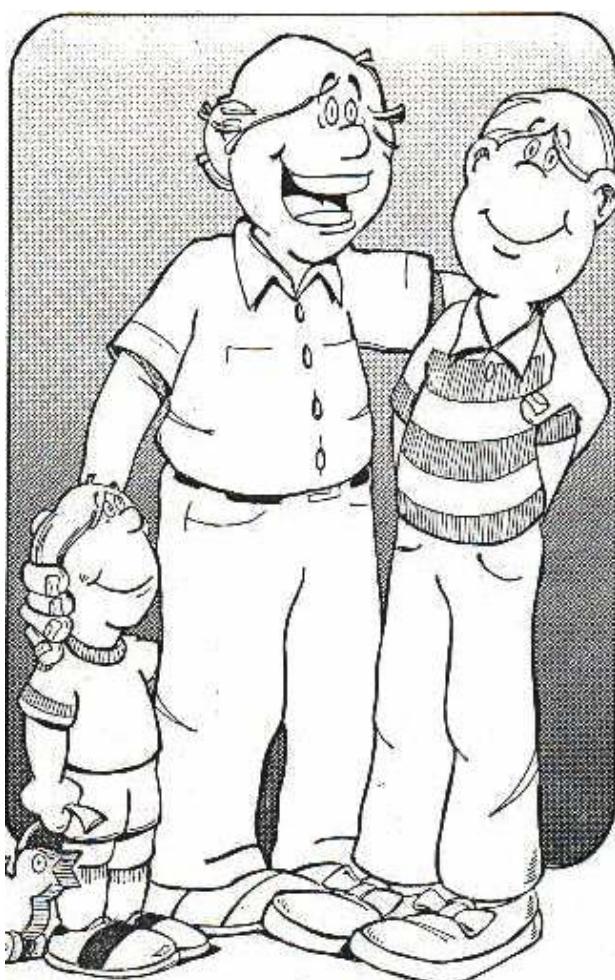
	HIGH ASSERTIVENESS HIGH RESPONSIVENESS	HIGH ASSERTIVENESS LOW RESPONSIVENESS	LOW ASSERTIVENESS HIGH RESPONSIVENESS	LOW ASSERTIVENESS LOW RESPONSIVENESS
<b>1. BASIC SYSTEMS</b> Stuart Atkins, LIFC® (Life Orientations)				
William M. Marston, "Emotions of Normal People"	Inducement of Others	Dominance	Steadiness	Compliance
Medieval Four Temperaments	Sanguine	Choleric	Melancholy	Phlegmatic
David W. Merrill— Roger H. Reid, "Personal Styles and Effective Performance"	Expressive	Driver	Analytical	Amiable
<b>2. CONFLICT RESOLUTION</b> Jay Hall Conflict Management Survey	Synergistic	Win-Lose	Yield-Lose	Lose-Leave
Donald T. Simpson, "Conflict Styles: Organizational Decision Making"	Integration	Power	Suppression	Denial
Thomas Kilmann Conflict Mode Instrument	Collaborating	Competing	Accommodating	Avoiding
<b>3. PERFORMANCE APPRAISAL</b> Robert E. Lefton et al., "Effective Motivation Through Performance Appraisal"	Dominant-Warm	Dominant-Hostile	Submissive-Hostile	Submissive-Warm

From Tim LaHaye's book: Your Temperament: Discover its potential  
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*Lesson Three*

## **“A LOOK AT SANGUINE’ TEMPERAMENT”**

The four basic temperaments are not a new idea. Four hundred years before Christ a Greek Philosopher and Physician suggested the concept of our basic types of person. Even the names that he gave them are still used today by some writers. They are: **Sanguine**, **Choleric**, **Melancholy**, and **Phlegmatic**. However, it is obvious that no one is a single temperament person, but rather a combination of temperaments; yet, one type of temperament usually predominates in a person’s life. In this lesson we will be looking at the **Sanguine** temperament. We will suggest some general characteristics of this temperament and then look at some strengths and weaknesses that help to identify this temperament type.



### **THE “SANGUINE” TEMPERAMENT**

1. Warm, Buoyant, lively, open, an extrovert.
2. Receptive by nature, easily impressed.
3. Emotionally identifies with people’s joys and sorrows.
4. Decisions based more on feelings than facts. Usually quick decisions.
5. He enjoys life and helps others to enjoy life by his actions.
6. Good conversationalists and excellent story teller.
7. Always has friends everywhere.
8. Likes to be with people and is often the life of the party or the group.
9. Never at a loss for words, but often speaks before he thinks.
10. His open friendly ways make him seem more confident than he really is.
11. He bluffs his way through at times.
12. People usually excuse his weaknesses because of his strengths.

### SOME STRENGTHS OF THE “SANGUINE” TEMPERAMENT

1. **He enjoys life.** He does not seem to worry about the past nor the future. He is easy going, carefree, laughs loudly and usually is seen whistling and singing through life.
2. **He is optimistic.** He lives for today, but is optimistic about what the future holds. When things become unpleasant, a change of environment will fix the problem.
3. **He is Friendly.** He is sociable, friendly, warm and responsive to people.
4. **He is compassionate.** One of his greatest assets. He identifies with people. It is easy for him to be obedient to the command: ***“Rejoice with those who rejoice and weep with those who weep.”*** (Romans 12:15)
5. **He is an Extrovert.** Some say that he is a Super-Extrovert! He is out-going, talkative, lively and very enthusiastic about the things he talks about and those things in which he involves himself. His emphasis is on the externals. He tends to dominate the conversation, loves the limelight and usually excels at public speaking.

### SOME WEAKNESSES OF THE “SANGUINE” TEMPERAMENT

1. **He is Restless.** He is notoriously disorganized. Most of his activity is out of a need to stay busy; thus, most of such efforts will be impractical and disorganized. He reacts too quickly without proper forethought. He is not a good student because of his restlessness. Without discipline in his life, most of his activities will be unproductive. He seldom lives up to his potential. He lacks concentration and direction.
2. **He is Weak-Willed.** A lack of discipline is his great weakness. He gets by on his dynamic personality, which is often a facade. He starts things on an impulse, but does not finish them. He wants to please people and thus volunteers for things that he does not plan to finish or is unable to do so. He has difficulty with appointments; either forgetting them or just does not feel obligated to be there. Time schedules and deadlines are not his most desired things. He tends to modify his moral principles to fit into his surroundings and to be accepted by his contemporaries. Sexual temptations are especially hard for him to deal with. It is easy for him to drift into being dishonest, deceitful, and undependable. He is usually not considered a person of resolution nor loyalty.
3. **He is Egotistical.** His early popularity tends to enlarge his ego, thus making it easy to go overboard and becoming obnoxious and dominating. Unless checked, he will talk more and more about self and self-interests. He usually exaggerates. He can be a good con artists, thinking that the end justifies the means.
4. **He is Emotionally Unstable.** He discourages easily and tends to feel sorry for himself. Anger can come quickly, but so can his forgetting just as quickly what he has done. He is also quick to apologize. Spiritually, he is found repenting over and over again for the same thing. He may be voted “the most likely to succeed” in school, but often fails in life. His insecurity reflects his emotional instability.

**QUESTIONS FOR DISCUSSION**

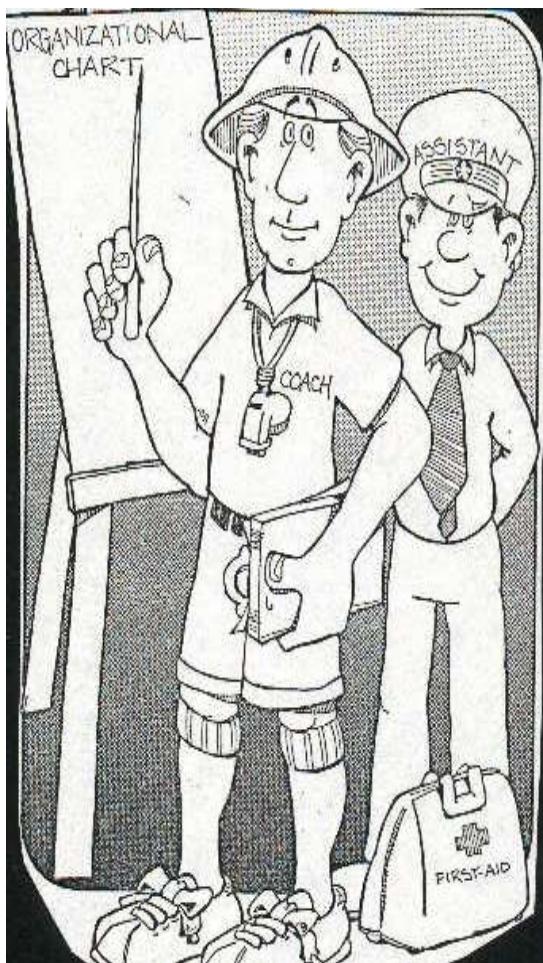
1. Of the two apostles given below, which would you identify as being Sanguine?  
 Thomas  
 Peter
2. Why would you like to be around a Sanguine person?
3. What would be some dangers to watch for if this type of person was a leader in the church?
  
4. How can this person best be used in the church?
  
  
5. Would you say that Barnabas was a Sanguine person? If so, explain why?
  - a) Acts 4:36; 11:22-23; 14:12—
  - b) Acts 9:26-27; 11:25-26—
  - c) Acts 4:37; 15:36-39—
6. Has God indicated that men have differing strengths (gifts)? (Romans 12:4-8)
7. Do you feel that these strengths (gifts) are developed by the person and his surroundings or given originally by God? (1 Corinthians 15:38-41)
8. What is the purpose for this strength (gifts)? (Romans 12:6-8; 1 Corinthians 12:12-27)
  
9. What will happen if we do not use our strengths (gifts) in God's service? (Matthew 25:24-30)
10. Why is "self-control" so important to the Sanguine type person? (Galatians 5:23)
11. Why does a person "bend the truth?" (Ephesians 4:25)
12. Does the "end justify the means?" (Malachi 2:17)
13. What part does "trust" play in a home? (1 Corinthians 13:4-8)

### Lesson Four

## “A LOOK AT THE ‘CHOLERIC’ TEMPERAMENT”

*“Variety is the spice of life.”* We need differences! As the French would say: “*Viva La Difference!*” It would be a boring world if everyone and everything were totally alike! Thus, the enjoyment of different temperaments. Someone has observed the four temperaments and expressed their value in this simple way: “*The hard-driving Choleric produces the inventions of the genius-prone Melancholic, which are sold by the personable Sanguine, and enjoyed by the easy-going Phlegmatic.*” But it is the **strengths** of the temperaments that make them attractive, not their weaknesses. We will now look at the temperament identified as **Choleric**.

### THE “CHOLERIC” TEMPERAMENT



1. Hot, quick, active, practical.
2. A strong-willed person, self-sufficient, and independent.
3. Decisive, opinionated.
4. Thrives on activity.
5. Has endless plans, ideas, and ambitions for long-range projects.
6. Keen mind, sound judgment, makes decisions and stays with them.
7. A crusader against social injustice.
8. Not easily frightened.
9. Often succeeds where others fail because he sticks with the job to the end.
10. His emotional nature is the least developed or usually does not show it if it is developed.
11. Has problem sympathizing with others.
12. He does not show his feelings easily.
13. He can be embarrassed by tears.
14. He has little appreciation for the fine arts.
15. Quick to recognize opportunities & how best to use them.
16. Well organized mind, but details can bore him.
17. Not given to analysis, too much detail work.
18. He tends to be a domineering person and bossy.
19. He uses people to accomplish his goals.
20. Considered an opportunist.

Many of the world's greatest leaders have been Choleric. They make good executives, idea men, producers, and even dictators and criminals when turned that way. They are usually extroverts, but not as intense as the Sanguine person.

### SOME STRENGTHS OF ROCKY CHOLERIC

1. **He has a Strong Will.** This is usually reflected in his self-disciplined life. He is determined, decisive, aggressive in his singleness of purpose or plans. His actions are well-planned and meaningful...thus, productive! He has a "stick-to-itiveness" that brings achievement.
2. **He is Practical.** What he does must be useful, purposeful and a worthwhile project. He plans and organizes his activities well. He is goal-oriented. He is able to quickly offer practical solutions to problems presented to him.
3. **He is a Leader.** He has strong tendencies towards leadership. He will volunteer for leadership. In some instances, he is a "take over guy." His forceful WILL can dominate a group. If he does not become too arrogant or bossy, people respond well to him. He is usually a good judge of people.
4. **He is Optimistic.** Because of his self-confidence, his outlook is optimistic. Also, because of his strong will, he feels that the job can be accomplished. He tends to be adventuresome....leaving a good job for a challenge. Adversity or problems only make him more determined.
5. **He is an Extrovert.** But not as much so as the Sanguine. Rather, he is more reserved and less bubbly as a person.

### SOME WEAKNESSES OF ROCKY CHOLERIC

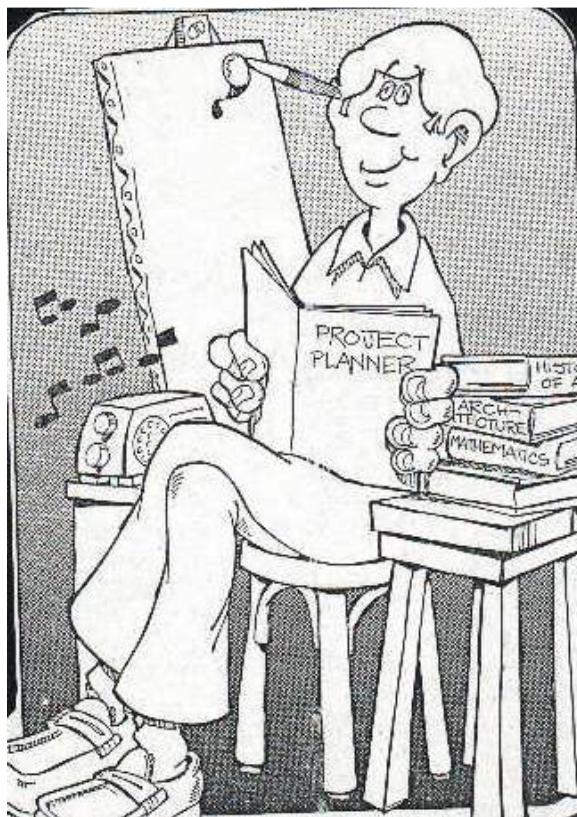
1. **He is hot-tempered.** He can be hostile, violent, wrathful, and vengeful. His anger is shown to those who do not measure up to his concepts. This problem makes him undesirable to be around. Compassion is not a part of his make-up. He is thick-skinned and unsympathetic towards people, their dreams, their accomplishments, and their needs. Choleric usually wind up with ulcers. Emotionalism in any form is unacceptable to him.
2. **He is Cruel.** He can quickly tell a person off or even cut them in pieces. He tends to run roughshod over others. Unless he is held in check by a standard of law, he will do whatever is necessary to accomplish his plans. Some of the worst criminals and dictators come from Choleric. He is proud, stubborn, and hard to admit that he is wrong. He can be cruel, blunt, and sarcastic. It is hard for him to show approval of others. Once he starts something he will see it through to the end, even if it kills him.
3. **He is Self-Sufficient.** His strong self-confidence and independence helps him to be self-sufficient. Success can make him proud, haughty, and domineering to the point of being obnoxious. He becomes very opinionated and bullheaded. He tends to be cold and unemotional.
4. **He is Impetuous.** He makes rash decisions. He quickly takes credit for what God has done. He tends to be argumentative. His tendency is to be overly strict with his children.

**QUESTIONS FOR DISCUSSION**

- 1. Could this person be a hard “taskmaster” as a boss?**
  
- 2. What makes it hard for this type person to come to depend upon God?**
  
- 3. Of the three apostles given below, which would you identify as being Choleric? (1 Cor. 9:27)**  
\_\_\_\_Peter  
\_\_\_\_Paul  
\_\_\_\_John
  
- 4. How can this person be best used in the church? (Acts 6:1-7)**
  
  
- 5. What would be some dangers to watch for if this type of person was a leader in the church? (1 Peter 5:1-4)**
  
  
- 6. Does each Temperament have the same kind of strengths? (Matthew 25:14-15)**
  
  
- 7. Why is control of the tongue necessary to a Choleric type person? (James 1:26)**
  
  
- 8. Why is it hard for a Choleric to be kind? (1 Cor. 13:4-8)**

**Lesson Five****“A LOOK AT THE  
‘MELANCHOLY’ TEMPERAMENT”**

Maturity is seen in a person who can see himself as he really is with both his strengths and weaknesses! We often identify ourselves with a certain temperament because of its strengths, but when we see the weaknesses we are reluctant to identify with that temperament. But each temperament has both strengths and weaknesses, and the weaknesses in particular will have to be faced and dealt with properly if we are to become a mature and useful person in God's hands. We will now look at **Maestro Melancholy** for your evaluation.

**“MELANCHOLY” TEMPERAMENT**

1. The richest of all temperaments.
2. Analytical, self-sacrificing, gifted, a perfectionist.
3. He has a sensitive emotional nature.
4. He enjoys the fine arts.
5. He is usually an introvert, given to moods, and varies in his moods.
6. When he is up, he seems to be an extrovert.
7. When he is down, he seems to be an introvert, depressed, withdrawn, and can even be antagonistic.
8. He is a faithful friend, but makes friends slowly.
9. He does not usually go to people, but lets them come to him.
10. He is the most dependable of all temperaments.
11. He likes others, has a strong desire to be loved, but doesn't push himself on others.
12. He finds it hard to take people at face value because of past experiences.
13. He is good at analyzing and diagnosing problems.
14. He is slow in pushing projects because he can see too many problems.
15. When he is on an emotional high, he may produce a work of art or genius.
16. He finds his greatest meaning in sacrificing, choosing a vocation that is demanding and sacrificing.
17. No temperament has so much potential.

### SOME STRENGTHS OF THE “MELANCHOLIC” TEMPERAMENT

1. **He is very Sensitive.** His feelings run deep. He is usually emotional, but makes his decisions after reflective thinking. He usually has a high I. Q., gifted, and more geniuses come from this group than any other. He appreciates life's true values, excels in the fine arts, and gets emotionally involved in his work. He is at his creative best at his high emotional peaks.
2. **He is a Perfectionist.** His standard of excellence exceeds all others. His analytical mind causes him to stress details. He picks out the problems that are possible in any given project. He is introspective and self-disciplined. He relives the past in order to evaluate his life. He is an industrious person. He likes mathematics, science, diagnostic medicine, architecture, philosophy and writing.
3. **He is a Faithful Friend.** Friendship is natural with him, but since he is reserved, he does not make many friends. But those he makes, he keeps. He is a very dependable person.
4. **He is Self-Sacrificing.** He does not like the limelight, but is a “behind-the-scenes” type of person. He knows his limitations and will take on only what he can do. He has good advice because it is thought through. He is idealistic. He will choose a vocation, especially if it is a sacrificial one. His low emotional state usually comes from giving himself too much to a task that totally exhausts him.
5. **He is an Introvert.** Not as much as the Phlegmatic, but still reserved. He usually does not volunteer his ideas.

### SOME WEAKNESSES OF THE “MELANCHOLIC” TEMPERAMENT

1. **He is Self-Centered.** He does the kind of self-examination and self-contemplation that paralyzes his will and energy, and also destroys his self-confidence and self-esteem. He has a tendency to drift into morbid mental conditions about his physical and spiritual health. He is in danger of becoming a hypochondriac and ruin his life. Because he is sensitive, he is easily offended. He carried his feelings on his shoulders. He tends to be suspicious of others. He is a loner, not a good team-player because others do not measure up.
2. **He is a Pessimist.** Because he is analytical and a perfectionist, he is prone to pessimism and a critical outlook. He can see all kinds of problems in a project and gravely doubts that the good will be enough to justify the program. He is indecisive and fearful. He is critical and unyielding in his expectations of others. He is rigid. If his marriage breaks up, it will probably be because of his undue expectations of his mate. He conveys his perfectionism by a proud, haughty attitude towards those who do not hold his standards. He often will not marry out of fear of the outcome.
3. **He is Moody.** He has more mood swings than the other three. He goes from highs to lows, sometimes in a short time. His moodiness tends to come from his self-centeredness and pessimism. He may try to escape through “day dreaming.” His tendencies are towards Schizophrenia. He needs to get away from thinking about himself so much and think about others more. He has problems being sociable. He tends to be persecution prone.
4. **He is Revengeful.** He may appear calm, but inside may be strong feelings of hate and

revenge. He tends to harbor resentment over a long period of time. He lets these feelings over-shadow his ability to make good, logical, sound decisions. He usually keeps himself under control, but when he explodes it will be vengeful. He has a hard time dealing with people with different views. He really expects too much of people and children.

### QUESTIONS FOR DISCUSSION

- 1. Why do we notice that some great artistic person seems to be eccentric in their ways?**
  
- 2. Which of the following Bible characters would you class as Melancholic?**  
\_\_\_\_ Moses      \_\_\_\_ Elijah      \_\_\_\_ Solomon      \_\_\_\_ Apostle John
  
- 3. How could a Melancholic temperament best be used in the church?(2 Tim. 2:15; Gal. 6:1; Rom. 12:1)**
  
  
  
- 4. Would you like someone like this to be your friend? Why?**
  
  
- 5. What dangers would we need to watch for if this type of person was a leader in the church?**
  
  
  
- 6. Why do perfectionist have trouble with people and with themselves? (Matt. 22:39)**
  
  
- 7. What is the value to the Melancholic type person to confess his sins? (1 John 1:9)**
  
  
- 8. Why is the Melancholic in danger of taking revenge? (Rom. 12:19)**
  
  
- 9. What is the value of giving thanks for everything? (1 Thess. 5:18)**

<b>EXCELLENCE</b>	<b>PERFECTIONISM</b>
<ol style="list-style-type: none"><li>1. Is striving for the best you can do</li><li>2. Is Realistic</li><li>3. Says, "I want..."</li><li>4. Makes Requests</li><li>5. Desires Success</li><li>6. Focuses on process</li><li>7. Is Free to Pursue Excellence</li> <li>8. Is Self-Accepting</li><li>9. Is Accepting of Others</li><li>10. Functions in Reality</li></ol>	<ol style="list-style-type: none"><li>1. Is striving for an impossible ideal</li><li>2. Is Idealistic</li><li>3. Says, "I must..." or "I ought..."</li><li>4. Makes Demands</li><li>5. Fears Failure</li><li>6. Focuses on Product</li><li>7. Is Enslaved by an Obsession with perfection</li> <li>8. Is Self-Condemning</li><li>9. Is Impatient with others</li><li>10. Focuses on Idealized Fantasy</li></ol>

*Perfectionistic Tendencies*

1. I often put off starting projects because I don't have time to do them perfectly.
2. I often think I should have done a certain task better than I did.
3. I have great plans for the future; someday, I will accomplish amazing things.
4. I expect the best of myself at all times.
5. If I can't do something really well, there's no point in doing it at all.
6. If I try hard enough, I should be able to excel at anything.
7. I feel ashamed if I show weakness or foolish behavior.
8. I get upset if I make a mistake.
9. If I do anything that seems "just average," I become unhappy.
10. I refuse to be a second-rate person.
11. In my experience, If you want something done right, you have to do it yourself.
12. I set my standards as high as possible.
13. I am often disappointed with other people's work.
14. I get upset when things don't go as planned.
15. Other people don't understand my desire to do things right.

- 
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1. If you checked 2 or more of Statements 1-5, you probably have perfectionistic tendencies that interfere with your ability to start and/or complete projects.
  2. If you checked 2 or more of Statements 6-10, you probably have perfectionistic tendencies that are harmful to an already low self-esteem.
  3. If you checked 2 or more of Statements 11-15, you probably have perfectionistic tendencies that interfere with your relationships with family members and people who work under you in church or business situations.

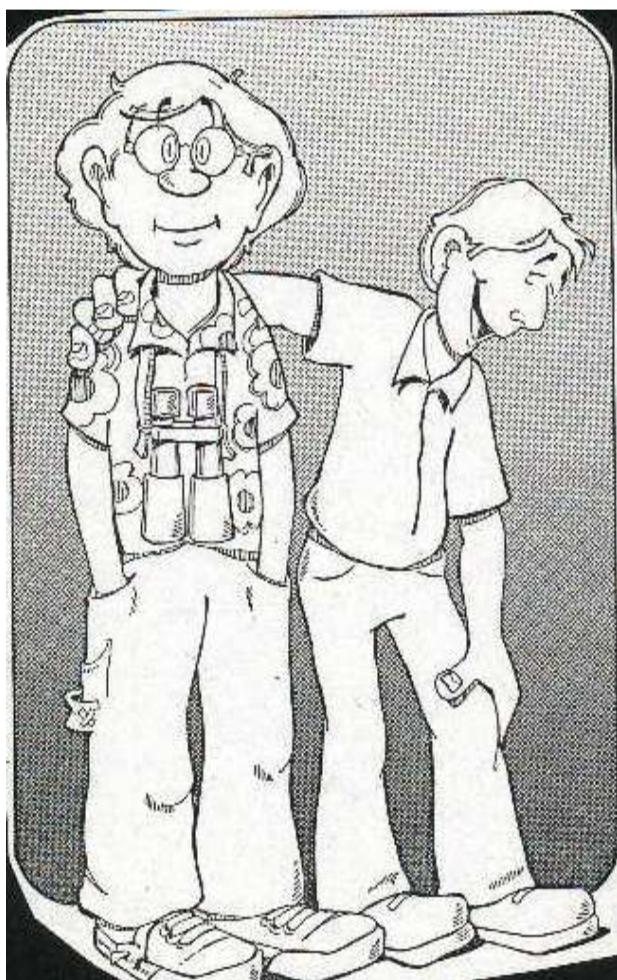
## HEALING PERFECTIONISM

Perfectionism is a very deeply ingrained personality trait. Yet there are conscious steps you can take to recover from perfectionism so that you and the people around you can experience the freedom and serenity of just being “good enough,” without having to be perfect.

1. **Begin to redefine yourself** in terms of balance rather than perfection. Make a conscious decision to demonstrate grace to yourself, to take time to relax, to give yourself room to be human, to make mistakes. Seek to be balanced and healthy rather than perfect.
2. **Acknowledge the fact that your worth** comes from being made by God, not from being perfect. The root of your perfectionism is the false belief that you are only worthwhile if you are perfect. Work on seeing yourself through God’s eyes. The Bible says, **“For He knows our frame; He remembers that we are dust”** (Psalm 103:14). Does that sound like a God who expects perfection? Of course not! And when we expect perfection, we expect more of ourselves than God does. We actually put ourselves in a higher place of judgment than God, condemning ourselves without mercy while our merciful Heavenly Father pleads with us to accept the free gift of grace, love, and forgiveness that He offers us. It’s time to stop playing God with your life; rest in God, accepting the fact that your worth comes from His love for you, not from any accomplishments or perfection of your own.
3. **Replace law with grace.** As a perfectionistic Christian, you understand grace on an intellectual basis. Now it’s time to internalize grace and make it part of your inner emotional being. Whenever the feeling arises that says, “I must do more, and I must do it perfectly,” you must tell yourself, “I’ll do my best, and my best is enough.” When you feel, “I’ve failed, I’m worthless,” you must tell yourself, “I made a mistake, and I will learn from it and do better next time.” When you experience feelings of self-hate and self-condemnation, you must tell yourself, **“There is therefore Now no condemnation to those who are in Christ Jesus”** (Romans 8:1).
4. **Let “good enough” be good enough.** Perfectionists go through life like Olympic gymnasts seeking a perfect 10 score. Learn to play life like a game of horseshoes: “good enough” still counts. A “good enough” boss is better than a perfect boss. A “good enough” parent is better than a perfect parent. A “good enough” spouse (and a spouse who lets his or her partner be “good enough”) is better than a perfect spouse. If you want to be better than perfect, then learn to be just “good enough.”
5. **Be a person of excellence.** Not perfection, excellence! Set goals that can actually be achieved. Focus on the process, especially in relationships. Concentrate on being the kind of boss, spouse, or parent who inspires loyalty, respect, and love—not fear. Try to be like Christ: merciful, caring, interested in others, and the kind of man who knows how to pace himself, how to take a break from the crowds and the pressures, how to relax with good friends.
6. **Seek God’s help** in overcoming your perfectionism. Let Him cover you with his love and surround you with His grace. If your earthly parents pushed you to be perfect, let your heavenly Parent teach you about grace, about relaxing, about peace. Ask God to heal you of your perfectionist obsession and liberate you to be the kind of excellent person he made you to be.

*Lesson Six***“A LOOK AT THE  
‘PHLEGMATIC’ TEMPERAMENT”**

To advocate that there are only four temperament types and that all people fit perfectly into only one type would be greatly misleading. From studies done over the years it should be obvious that there is so much variety in types of people that to limit each person to only one type would be an over-simplification of the matter. It is generally agreed that most people are a blend of one or more of the four temperaments. Some are strong in one and lesser in one or more of the other three. Some are strong in two areas, while others may be a general mixture. However, for our purpose at the present we are trying to identify the general nature and strengths and weaknesses of each type. Let's take a good look at **Flip Phlegmatic** in this lesson.

**“PHLEGMATIC” TEMPERAMENT**

1. Calm, cool, slow, easy-going, well-balanced.
2. Life is happy, unexcited, and pleasant.
3. Hard to get ruffled...high boiling point.
4. Keeps emotions under control.
5. Consistent every time you see him.
6. Appreciates the fine arts and the better things in life.
7. Enjoys people...has many friends.
8. He has a natural dry sense of humor.
9. He can have a crowd “in stitches” and never crack a smile.
10. He has a good retentive mind.
11. He enjoys needling and poking fun at others.
12. He likes to be a spectator, and does not get too involved in activities and programs.
13. When finally moved to action, he is very capable.
14. He will not take leadership on his own, but when given to him he is a good leader.
15. He is a natural peace-maker.
16. He makes a good diplomat, accountant, teacher, leader, and scientist.

The Phlegmatic temperament is considered to be the most introverted of all the temperaments. This does not mean that such a person cannot be strong when strength is called for. However, the more pure Phlegmatic a person is, the more obvious will be his introversion.

### SOME STRENGTHS OF FLIP PHLEGMATIC

1. **He is Witty.** He has a sense of humor. Even the mundane things can be seen in a way to liven up the party. He teases a lot, but usually has a good sense of timing with his humor. He usually has a dry sense of humor.
2. **He is Easy Going.** Usually calm and quiet and not aggressive which qualifies by nature to be a good counselor. His easy going manner makes it easy to listen to him. He gives thoughtful counsel, but does not get involved with the people he counsels. He usually does better under pressure!
3. **He is dependable.** Once you get him going, he can be counted on to do the job. He will fulfil his obligations. He is a very faithful friend. He is also a diplomat.
4. **He is very practical and Efficient.** By thinking things through he conserves his energy for the real effort. He will find practical solutions.
5. **He is Neat.** A man of orderly habits, well-organized. He is not a perfectionist, but he does have high standards of accuracy and precision. He does not like confrontations, but likes to negotiate. Being an introvert and much reserved, he does not push himself forward. He makes a good leader, when “discovered.” He gets people to work together productively and well.

### SOME WEAKNESSES OF FLIP PHLEGMATIC

1. **He is Slow and Lazy.** Characterized by a lack of drive and ambition. He drags his feet especially when he feels forced into doing something he didn't really want to do. He lacks motivation, which tends to make him more of a spectator than a participant. Projects that he is capable of doing are not done because it is too much work. He also tends to be fearful.
2. **He is a Tease.** He teases those who annoy him or try to motivate him. He can use his wit to stir up and anger people so they will lose their composure, while he does not. He can be very hurtful to people with his wit.
3. **He is Stubborn.** He opposes change of any kind, good or bad, because it requires effort. He wants to conserve his energy. He tends to be stingy and selfish. He is self-protective. He may not argue, but he can sure drag his feet when he wants his thoughts gotten over.
4. **He is Indecisive.** This comes from a desire not to become involved. It is a way of life for him. He procrastinates. He worries. He is a pessimist. He almost has to be pushed into doing what he should, and then, he may not really produce to his full effort.

To see our weaknesses can be disheartening, especially as we look at them from the standpoint of our association with others. And, in spite of our strengths, our weaknesses can lead to problems both physically and spiritually. Both need to be recognized and dealt with properly.

People are different! God made them different! Because of these differences, we need to learn how to adjust or react to people differently.

# QUESTIONS FOR DISCUSSION

1. Why would this person make a good leader in the church?
  2. What Bible character seems to fit this description?
  3. How could this type temperament be used effectively in the church?
  4. Are there any dangers to look for in this type person?
  5. Why is the Phlegmatic type person plagued with selfishness? (Phil. 2:4)
  6. Why is the Phlegmatic type person plagued with worry? (Phil. 4:6-7)
  7. What makes a person indecisive? (James 1:6)
  8. Would you like this type person for a friend?
  9. What are some qualities that you like about this temperament type?
  10. Do you like someone with a sense of humor like the Phlegmatic?

*Lesson Seven*

## “FINDING YOUR TEMPERAMENT”

Why should one really be concerned about finding his temperament? If he cannot change it, why bother? The issue is not one of changing our temperament, but one of trying to understand better our actions and the actions of others about us. By knowing this, we should be in a better position to know how to deal with ourselves or others. The expressions: “Know thyself,” “Examine thyself,” “Accept thyself,” have evidently come out of the felt need to know about ourselves. And by coming to know our temperament, we can concentrate on our strengths and strive to deal with our weaknesses much better and more effectively.

While the temperament theory may not hold all the answers for a man’s behavior; yet, it is one of the most helpful devices to explain much of the reasons for man’s actions. If one can find which temperament or which blends of temperaments he is, then he should be able to better understand his actions and the actions of others.

Temperament studies have become very helpful also in vocational guidance, testing for employment, and the avoidance of many problems in hiring the wrong person for a job. Special tests have been prepared to give help in evaluating people in certain situations. Some tests are simple while others are quite complicated, but all are designed to help suit a person to the best situation for his own happiness and the company’s successful use of his talents.

Why can’t the same principle be true in the church as well. Through the finding of one’s temperament, the church is better able to make use of his talents and abilities to help further the Lord’s Cause upon the earth.

### “WHAT SAITH THE SCRIPTURES?”

There is no definite statement of Scripture saying that there are four basic temperaments of man. And yet, there are definite indications of such when looking at the lives of the men and women that are recorded for us in the Bible. A passage in Proverbs 30:11-14 may be an indication of the four basic temperaments of man. It primarily deals with the faults or weaknesses of four kinds of men.

1. Verse 11—“*There is a kind of man who curses his father; and does not bless his mother.*” This is typical of the Melancholy Temperament. Two of their primary faults are to be ungrateful and critical of others.
2. Verse 12—“*There is a kind who is pure in his own eyes, yet is not washed from his filthiness.*” This describes a bad weakness of the Phlegmatic, who is “cool,” “detached,” “Self-satisfied,” and thinks of himself as a very good guy, but failing to see his own faults.
3. Verse 13—“*There is a kind—oh, how lofty are his eyes! And his eyelids are raised in arrogance.*” This describes one of the bad weaknesses of the Sanguine.....he thinks too highly of himself.

4. Verse 14—“*There is a kind of man whose teeth are like swords, and his jaw teeth like knives, to devour the afflicted from the earth.*” This describes the typical problem that the **Choleric** has to face....his sharp, caustic, sarcastic tongue. When he sets in on a person, he doesn’t hold back.

The primary purpose of the Bible is not to be a Psychology Book (that is, to fully describe the make-up of man and the reasons for his actions), but it is a book that can help man to see his need to look to God for help to properly deal with himself and others about him.

### A WORD ABOUT TEMPERAMENT BLENDS

While the concept of four basic temperaments seems to have much acceptance, it is also obvious that an individual is more than likely a **Blend** of these basic temperaments. Below is an illustration of twelve possible blends from the four basic temperaments.

Sanguine/Choleric	Choleric/Sanguine	Melancholy/Sanguine	Phlegmatic/Sanguine
Sanguine/Melancholy	Choleric/Melancholy	Melancholy/Choleric	Phlegmatic/Choleric
Sanguine/Phlegmatic	Choleric/Phlegmatic	Melancholy/Phlegmatic	Phlegmatic/Melancholy

Some people are so predominately strong in one temperament; it is easy to pick them out. If you are having a harder time identifying your temperament, the above twelve blends may be helpful. Usually, whatever your larger temperament is, it will stand out from the others.

### PROCEDURE FOR TESTING

Please make use of the Test Chart at the end of this lesson. This is a reworking of the Test taken from Tim LaHaye’s book. The Test is designed to help you discover your predominate temperament.

1. Read over the entire Test Chart before making any marks!!
2. As you read back through, place a check mark in the appropriate numbered block after each word or phrase. But grade your answer by checking a number from 1-5.
  - 5—Represents what you consider to be the closest like you.
  - 1—Represents what you consider to be the least like you.
  - 2-4—Represents the degrees of being or not being like you.
3. Find two of your best friends and ask them to do the same thing for you, following the same instructions.
4. Record their checks on your Test Chart with two different colors from your markings. This will give a comparison that may prove helpful to you in arriving at your temperament.

### ASSESSING THE RESULTS

1. The highest score for any one Temperament should indicate your primary Temperament.
2. If you scored high in more than one, then you are a strong combination of the two.
3. If your evaluation of yourself varies too much from your two friends, it may suggest that you take a closer look at your self.
4. If the evaluation of your two friends varies too much, their evaluations may not be helpful in helping to determine your Temperament.

If for some reason you are not satisfied with the accuracy of the Test Chart, the following was also suggested by Mr. LaHaye as a quick way to help identify your primary temperament. Answer the following questions as best you can.

1. Are you an extrovert or an introvert?
2. Are you a spontaneous quick-talker?
3. Do you have to apologize frequently?
4. Do you have high emotional responses?
5. Are you quiet and slow of speech?
6. Are you a good speller?
7. Do you do well at math and detail?
8. Do you get depressed easily?

If your answer to question #1 was EXTROVERT, and you answered YES to #2 through #4, your primary temperament is probably **Sanguine**. If you answered YES to only one of #2 through #4, you are probably a **Choleric** temperament.

If your answer to question #1 was INTROVERT, and you answered YES to #6 through #8, your primary temperament is probably **Melancholy**. But if you answered YES to #5 and you do not get depressed very often, your predominant temperament is probably **Phlegmatic**.

Mr. LaHaye has additional Testing Materials that go with his Test Chart to help, not only to determine the primary temperament of a person, but how to make use of it for vocational reasons.

**FINDING ONE'S TEMPERAMENT**  
**(Please follow instructions given in lesson material)**

	1	2	3	4	5		1	2	3	4	5
Outgoing						Optimistic					
Optimistic						Goal-oriented					
Difficulty with appointments						Self-confident					
Impulsive						Self-Sufficient					
Egotistical						Activist					
Lives in present						Domineering					
Lacks concentration						Aggressive					
Restless						Leadership ability					
Friendly						Stick-to-itiveness					
Enjoyable						Strong-willed					
Talkative						Hot-tempered					
Weak-willed						Insensitive					
Trouble with resolutions						Unsympathetic					
Undisciplined						Determined					
Easily Discouraged						Decisive					
Impractical						Sarcastic					
Compassionate						Practical					
Emotional						Outgoing					
Deep Feeling						Very Quiet					
Sensitive						Pessimistic					
Self-centered						Introvert					
Easily Offended						Not aggressive					
Self-sacrificing						Spectator in life					
Faithful friend						Indecisive					
Likes behind the scenes						Slow & Lazy					
Suspicious						Easy Going					
Introspective						Calm & cool					
Perfectionist						Efficient					
Harbors Resentment						Dependable					
Creative						Witty-Dry humor					
Moody						Teases					
Critical						Selfish					
Indecisive						Orderly Habits					
Pessimistic						Stingy					
Idealistic						Stubborn					
Introvert						Does well under pressure					

1 - The least like me.

5 - The most like me.

2-4 - the degrees of being like me or not like me.

**FINDING YOUR TEMPERAMENT**  
**(Place an X in front of the one word that most often applies to you)**

**STRENGTHS**

- |   |   |                                       |  |
|---|---|---------------------------------------|--|
| 1 <input type="checkbox"/> Animated       | <input type="checkbox"/> Adventurous      | <input type="checkbox"/> Analytical   | <input type="checkbox"/> Adaptable     |
| 2 <input type="checkbox"/> Persistent     | <input type="checkbox"/> Playful          | <input type="checkbox"/> Persuasive   | <input type="checkbox"/> Peaceful      |
| 3 <input type="checkbox"/> Submissive     | <input type="checkbox"/> Self-sacrificing | <input type="checkbox"/> Sociable     | <input type="checkbox"/> Strong-willed |
| 4 <input type="checkbox"/> Considerate    | <input type="checkbox"/> Controlled       | <input type="checkbox"/> Competitive  | <input type="checkbox"/> Convincing    |
| 5 <input type="checkbox"/> Refreshing     | <input type="checkbox"/> Respectful       | <input type="checkbox"/> Reserved     | <input type="checkbox"/> Resourceful   |
| 6 <input type="checkbox"/> Satisfied      | <input type="checkbox"/> Sensitive        | <input type="checkbox"/> Self-reliant | <input type="checkbox"/> Spirited      |
| 7 <input type="checkbox"/> Planner        | <input type="checkbox"/> Patient          | <input type="checkbox"/> Positive     | <input type="checkbox"/> Promoter      |
| 8 <input type="checkbox"/> Sure           | <input type="checkbox"/> Spontaneous      | <input type="checkbox"/> Scheduled    | <input type="checkbox"/> Shy           |
| 9 <input type="checkbox"/> Orderly        | <input type="checkbox"/> Obliging         | <input type="checkbox"/> Outspoken    | <input type="checkbox"/> Optimistic    |
| 10 <input type="checkbox"/> Friendly      | <input type="checkbox"/> Faithful         | <input type="checkbox"/> Funny        | <input type="checkbox"/> Forceful      |
| 11 <input type="checkbox"/> Daring        | <input type="checkbox"/> Delightful       | <input type="checkbox"/> Diplomatic   | <input type="checkbox"/> Detailed      |
| 12 <input type="checkbox"/> Cheerful      | <input type="checkbox"/> Consistent       | <input type="checkbox"/> Cultured     | <input type="checkbox"/> Confident     |
| 13 <input type="checkbox"/> Idealistic    | <input type="checkbox"/> Independent      | <input type="checkbox"/> Inoffensive  | <input type="checkbox"/> Inspiring     |
| 14 <input type="checkbox"/> Demonstrative | <input type="checkbox"/> Decisive         | <input type="checkbox"/> Dry humor    | <input type="checkbox"/> Deep          |
| 15 <input type="checkbox"/> Mediator      | <input type="checkbox"/> Musical          | <input type="checkbox"/> Mover        | <input type="checkbox"/> Mixes easily  |
| 16 <input type="checkbox"/> Thoughtful    | <input type="checkbox"/> Tenacious        | <input type="checkbox"/> Talker       | <input type="checkbox"/> Tolerant      |
| 17 <input type="checkbox"/> Listener      | <input type="checkbox"/> Loyal            | <input type="checkbox"/> Leader       | <input type="checkbox"/> Lively        |
| 18 <input type="checkbox"/> Contented     | <input type="checkbox"/> Chief            | <input type="checkbox"/> Chart maker  | <input type="checkbox"/> Cute          |
| 19 <input type="checkbox"/> Perfectionist | <input type="checkbox"/> Permissive       | <input type="checkbox"/> Productive   | <input type="checkbox"/> Popular       |
| 20 <input type="checkbox"/> Bouncy        | <input type="checkbox"/> Bold             | <input type="checkbox"/> Behaved      | <input type="checkbox"/> Balanced      |

**WEAKNESSES**

- |  |  |   |   |
|--|--|---|---|
| 21 <input type="checkbox"/> Brassy         | <input type="checkbox"/> Bossy             | <input type="checkbox"/> Bashful        | <input type="checkbox"/> Blank          |
| 22 <input type="checkbox"/> Undisciplined  | <input type="checkbox"/> Unsympathetic     | <input type="checkbox"/> Unenthusiastic | <input type="checkbox"/> Unforgiving    |
| 23 <input type="checkbox"/> Reluctant      | <input type="checkbox"/> Resentful         | <input type="checkbox"/> Resistant      | <input type="checkbox"/> Repetitious    |
| 24 <input type="checkbox"/> Fuzzy          | <input type="checkbox"/> Fearful           | <input type="checkbox"/> Forgetful      | <input type="checkbox"/> Frank          |
| 25 <input type="checkbox"/> Impatient      | <input type="checkbox"/> Insecure          | <input type="checkbox"/> Indecisive     | <input type="checkbox"/> Interrupts     |
| 26 <input type="checkbox"/> Unpopular      | <input type="checkbox"/> Uninvolved        | <input type="checkbox"/> Unpredictable  | <input type="checkbox"/> Unaffectionate |
| 27 <input type="checkbox"/> Headstrong     | <input type="checkbox"/> Haphazard         | <input type="checkbox"/> Hard to please | <input type="checkbox"/> Hesitant       |
| 28 <input type="checkbox"/> Plain          | <input type="checkbox"/> Pessimistic       | <input type="checkbox"/> Proud          | <input type="checkbox"/> Permissive     |
| 29 <input type="checkbox"/> Angered easily | <input type="checkbox"/> Aimless           | <input type="checkbox"/> Argumentative  | <input type="checkbox"/> Alienated      |
| 30 <input type="checkbox"/> Naïve          | <input type="checkbox"/> Negative attitude | <input type="checkbox"/> Nervy          | <input type="checkbox"/> Nonchalant     |
| 31 <input type="checkbox"/> Worrier        | <input type="checkbox"/> Withdrawn         | <input type="checkbox"/> Workaholic     | <input type="checkbox"/> Wants credit   |
| 32 <input type="checkbox"/> Too sensitive  | <input type="checkbox"/> Tactless          | <input type="checkbox"/> Timid          | <input type="checkbox"/> Talkative      |
| 33 <input type="checkbox"/> Doubtful       | <input type="checkbox"/> Disorganized      | <input type="checkbox"/> Domineering    | <input type="checkbox"/> Depressed      |
| 34 <input type="checkbox"/> Inconsistent   | <input type="checkbox"/> Introvert         | <input type="checkbox"/> Intolerant     | <input type="checkbox"/> Indifferent    |
| 35 <input type="checkbox"/> Messy          | <input type="checkbox"/> Moody             | <input type="checkbox"/> Mumbles        | <input type="checkbox"/> Manipulative   |
| 36 <input type="checkbox"/> Slow           | <input type="checkbox"/> Stubborn          | <input type="checkbox"/> Show-off       | <input type="checkbox"/> Skeptical      |
| 37 <input type="checkbox"/> Loner          | <input type="checkbox"/> Lord over others  | <input type="checkbox"/> Lazy           | <input type="checkbox"/> Loud           |
| 38 <input type="checkbox"/> Sluggish       | <input type="checkbox"/> Suspicious        | <input type="checkbox"/> Short-tempered | <input type="checkbox"/> Scatterbrained |
| 39 <input type="checkbox"/> Revengeful     | <input type="checkbox"/> Restless          | <input type="checkbox"/> Reluctant      | <input type="checkbox"/> Rash           |
| 40 <input type="checkbox"/> Compromising   | <input type="checkbox"/> Critical          | <input type="checkbox"/> Crafty         | <input type="checkbox"/> Changeable     |

*Lesson Eight*

## “DEALING WITH YOUR TEMPERAMENT”

If a person was unhappy with his temperament, what could he do about it? Can he change his temperament? Can he change from the way he was made by God? And the answer seems to be “NO” he cannot change his basic temperament. Genetically his temperament is set! That is what makes him different from other people. We are not clones of one original person first created by God. Jesus reminds us of our inability to change our basic make-up when he said, **“Which of you by taking thought can add one cubit unto his stature?”** (Matthew 6:27). One’s temperament will stay with him as long as he lives. If this be true, then we have no choice but to accept our temperament.

### WHAT CAN BE DONE ABOUT TEMPERAMENT?

<b>Inherited Temperament</b>	Even though we may not be able to change our temperament, there are changes that we can make in our lives for the better. There are many factors that have to do with our behavior patterns besides our temperament. (See the listing to the side) While some factors we can have no control over; yet, there are factors that we can such as: what we are taught and learn; forming our habits for the better; finding sources of good and high motivation and self discipline; working on our mental outlook. All of these can affect a change for the better.
plus	
<b>Childhood Training</b>	
plus	
<b>Parental Love</b>	
plus	
<b>Life's Experiences</b>	
plus	
<b>Habitual Activities</b>	
plus	
<b>Over-all Education</b>	The Biblical terms that indicate this are: “Born again,” “Repent,” “Convert,” “Renew,” “New creature,” etc. All of these give emphasis to the need and possibility of change for the better in our behavior.
plus	
<b>Self Discipline</b>	
plus	
<b>Motivation</b>	Our challenge then is to work on those areas that we do have a choice in and make the best of what we have been given by God. The important thing to remember about temperament is that every one has both strengths and weaknesses. Now what can we do about these?
plus	
<b>Mental Attitude</b>	
plus	
<b>Health Conditions</b>	

### STRENGTHENING OUR STRENGTHS

The variety of strengths found in each temperament type helps to keep the world functioning as it should. Each temperament makes its special contribution to the well-being and happiness of mankind. But can we improve upon our strengths to make them more effective? We believe the answer is “YES.”

Once a person has seen where his strengths lie, he is then able to concentrate on making his strong attributes more effective. The motivation to do so is found in the desire to glorify God (1 Cor. 10:31); to strive to show our deep gratitude to God for His wonderful love and grace

extended to us (Phil. 4:6); and to give recognition to whom we belong (1 Cor. 6:19-20), etc. The admonition to grow would obviously include growth in the use of our strengths (2 Peter 2:1-2; 3:18).

### TEMPERING OUR WEAKNESSES

While we all like to see our good points (our strengths), we are not quite so quick to see or acknowledge our weaknesses. But they are there!! It is important that we recognize this fact and proceed to identify these weaknesses in order to deal positively with them. Once we have diagnosed what our temperament weaknesses are, then we are ready to develop a plan of how to temper and deal with them.

While man, by himself, can make a valiant effort to properly deal with his weaknesses of temperament, he usually can only go so far. This is the reason why man needs God's help to properly deal with his weaknesses, so they will not dominate his life. When man was created by God with the power of choice, he was therefore subjected to weaknesses. It is through these weaknesses that man can exercise the power of choice to either be what God wants him to be or to go his own way. Weaknesses can be dealt with when man looks to his Maker for the answer. If one's strengths can be developed and strengthened, then why cannot his weaknesses be lessened and less dominating in one's life?

### BASIC WEAKNESSES OF EACH TEMPERAMENT



Selfishness is at the root of all sin and weaknesses of man. It is the pitting of one's will against God's Will (Jeremiah 10:23). When a man turns from self to God, from his will to God's Will, self will be put into the background where he belongs. The above weaknesses find their root in selfishness. One of the hardest things for a man to learn is that he must "***lose his life***" if he is to gain it (Matthew 10:39). When one consecrates his will to do God's Will, he has made the first big step towards tempering his weaknesses.

It is important that one does not offer to excuse his weaknesses on the grounds that he has no control over his temperament. For we do have the choice and have been promised the power to accomplish what God expects of us. And he does expect us to deal with our weaknesses of temperament. He has given us His Word to provide us with the encouragement, insight, and reason for overcoming our weaknesses. The choice is ours, whether to walk after the flesh or

after the Spirit. If we choose to walk after the flesh, we will indulge in all kinds of lustful, sinful, disobedient things. If we choose to walk after the Spirit, we will have the power to deal with these things in our lives. The Spirit will also produce in our lives: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-control (Gal. 5:22-23). Each of these things play a part in helping to overcome the natural weaknesses of our temperament, and at the same time add power to our strengths.

The real issue here is found in the question, "*Whose in charge in your life---God or you?*" When we allow God to lead and guide us, we will be the better for it. But we will also see our weaknesses being tempered more and more so we can be a more effective and fruitful child of God.

#### **QUESTIONS FOR DISCUSSION**

- 1. What are some things that a person can have a choice in that helps to form his behavioral patterns?**
  
- 2. If basic temperament cannot be changed, then upon what basis can one expect to deal with his temperament weaknesses?**
  
- 3. Why was man made with temperament weaknesses?**
  
- 4. What is at the root of sin in man's life?**
  
- 5. What is the value of acknowledging our weaknesses?**
  
- 6. What happens when man submits his will to God's Will?**

*Lesson Nine*

## “TEMPERAMENT AND FEAR”

Man's emotional nature is important to his health and happiness. Physicians indicate that a high percentage (65%-80%) of all illnesses are emotionally induced. When bad emotions are indulged over a long period of time, it cannot help but hurt the health of that individual. But on the other hand, the wise man says about emotions: “*A merry heart doeth good like a medicine: but a broken spirit dryeth up the bones.*” (Proverbs 17:22). It is obvious that emotionally controlled decisions are the ones people regret the most because they didn't think them through. Also, youth are bad about making emotionally controlled decisions because this is the time when their emotional nature is the strongest (ages 14-24), and they haven't developed their minds to make logical decisions based on wisdom, experience and facts. The emotionally upset person is usually an irrational person—his thinking is affected!

### TWO EMOTIONAL CULPRITS

Mr. LaHaye believes that all emotional expressions find their root in two culprits: *ANGER* and *FEAR*. Whether true or not, the Bible does illustrate the dangers of these two wrong emotions from beginning to end.

**Fear** surfaced just after man's fall in the garden (Genesis 3:10). It was a fear of punishment for wrongdoing (a sense of guilt). Guilt-induced fear has greatly multiplied among the human race ever since.

**Anger** surfaced when Cain slew his brother Abel (Genesis 3:10). Cain had done wrong and resented being told so. He took his anger out on his brother (1 John 3:12).

The harmful effects of both fear and anger are well illustrated by the following Biblical admonitions:

- “*And Joshua said unto them, Fear not, nor be dismayed, be strong and of good courage: for thus shall the Lord do to all your enemies against whom ye fight.*” (Joshua 10:25)
- “*In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.*” (Psalm 56:4)
- “*Fear ye not, neither be afraid....*” (Isaiah 44:8)
- “*Fear ye not therefore, ye are of more value than many sparrows.*” (Matthew 10:31)
- “*Fear not little flock...*” (Luke 12:32)
- “*But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.,*” (Revelation 21:8)

- “*But I say unto you, that whosoever is angry with his brother without a cause shall be in danger of the judgment.....*” (Matthew 5:22)
- “*Be ye angry and sin not: let not the sun go down upon your wrath.*” (Ephesians 4:26)
- “*Let all bitterness, and wrath, and anger, and clamor, and evil speaking, be put away from you, with all malice.*” (Ephesians 4:31)



SANGUINE &amp; CHOLERIC



MELANCHOLY &amp; PHLEGMATIC

Both *FEAR* and *ANGER* work towards our destruction here and hereafter. They limit our potential. This is obvious from the statement in 2 Timothy 1:7: “***For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.***” Such will also limit the strengths of our temperaments.

Mr. LaHaye’s studies have led him to believe that all temperaments are predisposed towards either fear or anger. That the Sanguine and Choleric temperaments have a tendency towards anger, while Melancholy and Phlegmatic have a tendency towards fear. He also believes that most of man’s problems stem from one of these two emotions. This lesson and the next one will look at these two emotions individually to see how they can affect our lives and cause much emotional problems for man.

#### TEMPERAMENT AND FEAR

Fear can inhibit normal feelings of love, confidence, a sense of well-being. It can trigger negative thought patterns, breed anxieties, worry, etc., and gradually consume a person’s life. Those who have made a study of the various forms of fear give at least sixteen different ones, as illustrated below.

Anxiety	Doubts	Timidity	Indecision	Superstition	Worry
Withdrawal	Loneliness	Inferiority	Cowardice	Overaggressive	
Suspicion	Hesitancy	Depression	Haughtiness	Social Shyness	

Fear can be like cancer of the blood, invading the total person. Examples:

- Fear of failure, breakdown, poverty.
- Fear of being unequal to demands.
- Fear of material insecurity.

Everyone faces fear in his life, but some have to work harder than others to deal with it's grip on their lives. First-time-fears about doing something can be normal. Fear that keeps us out of danger is normal. But when fear inhibits us from doing what we should, then it becomes destructive fear and sin.

Fear tendencies are a part of Temperament. Some people have a greater problem with fear than others. For example:

- The Melancholy person, when asked to choose between job changes, will normally prefer to stay where he is because there is too much uncertainty in change.
- The Phlegmatic person, when asked to choose between a much higher paying job or present security, will normally choose the present security.
- Fear is probably at the root of both!

The Bible teaches us to "**fear God**" (Ecclesiastes 12:13). But it is not the sense of worry, anxiety or dread. These do not cause us to serve God, but to run from Him in terror. Proper fear of God is one of reverence, respect, awe, honor, that causes us to serve God. The Melancholy and Phlegmatic temperaments have a hard time making the proper distinction and as a results their spiritual lives can be affected.

### WHAT CAUSES FEAR?

1. **Temperament predisposition.** Some temperaments have to deal more with fear than others. And probably because of the blend of temperaments, even the Sanguine and Choleric temperaments have some tendencies towards fear.
2. **Childhood experiences.** Some basic needs of man is love, understanding, and acceptance. The child needs love most of all. When children do not receive satisfaction in these areas, it can cause fear in their lives. Even over-protection can make a child self-centered and fearful. It is far easier for a broken bone to be healed than the emotional scars of fear brought on by a worrying parent. A dominating parent that constantly brings out the faults of their children can cause hesitancy, insecurity, and fear. While correction is needed in the lives of children, it must be done in a proper way: (1) Emphasizing their strengths as well as their weaknesses; (2) Reassuring them of love. Constant disapproval is devastating. Parents need to build up their children and show approval to them.
3. **A traumatic experience.** Child molesting or assault leaves a lasting emotional scar upon some children that carries over into adulthood. It can cause fear in marriage relationships and other close relationships of life.
4. **A negative thinking pattern.** A defeatist pattern causes a person not to try anything. The "*I can't*" outlook tends to destroy a person's ability to do a lot of things that he could otherwise do. Even ordinary task will become difficult. A more positive attitude is needed to overcome fear (Philippians 4:13).
5. **Anger.** Anger can erupt in harmful ways. It can even cause one to be fearful of what he might do.
6. **Sin.** Many people in mental institutions have religious backgrounds. They are there, to a great extent, because of fear-induced-guilt-complexes. People have guilt complexes in most

stances because they are guilty of doing something wrong, or what the Bible calls SIN (1 Jn. 3:4)

7. **Lack of Faith.** When a man will not really believe that his past sins have been forgiven by God upon his submission to God's Will, he will be fearful. But it really shows a lack of faith on his part. Or, when a man worries about what the future holds, rather than listening to the assurances of God, it will bring fearfulness. The latter part of Matthew 6 was given by Jesus to help us overcome our worries.
8. **Habit can intensify fear.** Habit can intensify any negative force. If one allows his fearfulness to become habitual, it will make him a life-time servant of fear. Such habitual response of fear must be broken one step at a time.
9. **The basic cause of fear is selfishness.** Man is fearful because he is too self-centered. Fear is caused by too much concern over self and not enough over others. Man needs to get out of himself and seek to reach out to help others.

### THE RESULTS OF FEAR

1. **Emotional results of fear.** It can be a cruel taskmaster! In some instances it has brought on an emotional collapse. It can cause one to withdraw within a shell and let life pass him or her by. It certainly can limit one in doing a lot of good and right things because of a fear that something bad will happen. It has been estimated that one out of every twenty persons in American will have a psychotic disturbance severe enough to be hospitalized for the insane. Mental disease is the nation's number one health problem.
2. **Social results of fear.** Fear dominated people do not make good company, so their social calendar is not too booked up. Their pessimism and complaining causes them to be shunned by even neighbors and relatives.
3. **Physical results of fear.** In Mr. McMillan's book entitled None of these Diseases, he illustrates over and over the harmful effects of fear in people's lives. He listed a possible fifty-one diseases resulting from prolonged fear, worry, and anxiety, etc. Some of the more obvious are: *Ulcers, Colitis, High Blood Pressure, Heart trouble, Strokes, Arteriosclerosis, Kidney Disease, Headaches, Mental Disturbances, goiter, Diabetes, Arthritis*. It should be obvious that one who has love, joy, and peace in his life will certainly be much better off than one with fear, worry, and anxiety. Some fear situations are temporary and cause no real lasting harm to the body. But prolonged fear can result in danger to the body. We are warned by God: "**Don't worry about anything**" (Philippians 4:6; Matthew 6:25). Man needs to: "**Commit thy way unto the Lord; trust also in him; and he shall bring it to pass.**" (Psalm 37:5). Man needs to learn to cast his care upon God (1 Peter 5:7).
4. **Spiritual results of fear.** Fear can certainly keep us from being as fruitful as we could be and should be. It can keep us from being happy, joyful, and radiant as a Christian. Fear can make us thankless, complaining, defeated, and even unfaithful. A Christian will lose much of his influence for good on others by being fearful. Paul and Silas did not allow a beating and imprisonment (Acts 16) to cause them to be fearful, but were optimistic instead. It certainly open the door to help the jailer spiritually. Fear can keep us from pleasing God and thus lose our reward.

## OVERCOMING FEAR

1. **Fear is overcome by faith.** Faith comes by hearing the word of God (Rom. 10:17). The more we read and study and accept what the Bible says, the less reason we will have for fear in our lives. We need to come to a complete trust in God and his promises.
2. **Fear needs to be faced as sin.** When we allow fear to keep us from doing what is right, commanded by God, then we are sinning. We must not try to justify fear, but face up to it for what it is. Only by doing so can a person ever be able to overcome fear in his life.
3. **Fear needs to be confessed to God.** God promises that he will forgive our sins if we confess them (1 John 1:9). It is God's good pleasure to forgive those who are really trying to deal with sin properly in their lives. When we do confess our fears as sin, then we should be able to go on our way rejoicing.
4. **We can ask God to help us come to grips with our fears.** We are told that we can have this confidence in God that He will hear and answer our petitions (1 John 5:14-15). Certainly God does not want our lives dominated by habitual fear, but He will not help those who will not make a determined effort to face up to their fears.
5. **Express Gratitude to God when you are victorious over your fears.** We certainly should be thankful people. Expressing gratitude to God for our overcoming of fear is a way of showing faith in His promises (1 Thess. 5:18).

## QUESTIONS FOR DISCUSSION

1. Illustrate how fear and anger have brought on bad consequences for mankind.

2. Why are certain temperaments predisposed to fear?

3. What are some forms of fear?

4. What are the four basic areas of man's life affected by fear?

5. What are some things that help to bring on fear in one's life?

6. How can we overcome our fears?

**Lesson Ten****“TEMPERAMENT AND ANGER”**

The past lesson and this one are trying to show the need for man to deal with two eruptive emotions that cause most of the problems mankind faces: FEAR & ANGER. Both are well illustrated in Scripture as being detrimental to man's well-being. Of the two, anger is probably the one that causes more harm to mankind, especially in regards to marriage and the family, as well as other interpersonal relationships. Fear and anger can lead to a marriage that no longer has communication in it. The problem is not lack of communication, but anger or fear are the real culprits. Mr. LaHaye believes that these two emotions bring more people into bondage to sin than any other emotions or desires. In this lesson we will look at how anger relates to temperament.

**THE MANY FORMS OF ANGER**

Anger and its varied forms are acts and attitudes or conditions of the heart that are condemned by God as sinful, and therefore harmful to man (Ephesians 4:29-32). In order to continue in fellowship with God, the Christian must deal with this culprit (1 John 1:7). Those who will not deal with their anger cannot inherit the kingdom of God (Galatians 5:19-21). A study of anger has led many to identify the following sixteen different attitudes and actions as related directly to anger:

<b>Bitterness</b>	<b>Malice</b>	<b>Clamor</b>	<b>Envy</b>	<b>Resentment</b>	<b>Intolerance</b>
<b>Criticism</b>	<b>Revenge</b>	<b>Wrath</b>	<b>Hatred</b>	<b>Sedition</b>	<b>Jealousy</b>
<b>Attack</b>	<b>Gossip</b>	<b>Sarcasm</b>	<b>Unforgiveness</b>		

**RELATIONSHIP OF TEMPERAMENT AND ANGER**

It has already been suggested that temperaments are all predisposed to either fear or anger; and in some cases, a combination of two temperaments (Sanguine and Melancholy) may predispose one to both fear and anger. But generally the two temperaments (Sanguine and Choleric) are predisposed more towards anger than fear. The only temperament that will not have an inherent problem with anger is the Phlegmatic. But since no one generally is 100% Phlegmatic, even this temperament may combine with another to have a tendency towards anger. Sanguines are instantly eruptive, but forgiving; while Cholerics are eruptive, but grudging. Melancholics take longer to explode, but they are also capable of one or more forms of anger. The chart on the next page is used again to indicate the temperaments that are more predisposed to fear and anger.

The basic fundamental then of the relationship between temperament and anger or fear is in their introvertedness or their extrovertedness. The more introverted, the more problem with fear. The more extroverted, the more problem with anger.



SANGUINE &amp; CHOLERIC



MELANCHOLY &amp; PHLEGMATIC

### THE RESULTS OF ANGER

Anger affects not only the person who harbors it, but also affects others as well. Let's look at some of the ill effects of anger as it is expressed in one form or another.

1. **Results of anger expressed towards others.** More wives have been battered, children abused, and psychologically destroyed by violent outbursts of anger than anyone knows. Marriages, families, and interpersonal relationships are damaged, some so badly they can't be mended. Anger has probably started more wars, created more conflicts, and brought ruin to more countries than any other emotion. There is no way to fully know how many children have been alienated by angry parent(s). Anger caused the first murder (Genesis 4:5-8) and has been causing thousands every year, even today. Most emotionally scarred persons are the victims of someone's anger.
2. **Results of anger in one's own life.** Dr. McMillan stated in his book, "*None of These Diseases*", that 97% of cases of bleeding ulcers without organic causes were caused by anger. Some fifty-one different illnesses can be brought on by anger or fear or both. Cases of serious internal complications can often be brought on because of anger. Suppressed anger and bitterness can make a person emotionally upset until he is "not himself." In this state, he often makes decisions that are harmful, wasteful, and embarrassing. When anger dominates, it squelches love. Anger can produce impotence in young men, make normal women frigid, and in short make the normal expressions of love impossible. An angry person is not a pleasant person to be around. As they grow older, they become ornery and cranky. With age, lack of desire to please others will be lost. In such a state, that person can be unbearable to be around. He failed to let God help him overcome anger in his life. Not only does anger bring on physical illnesses, but it increases the cost, outlay in money, to try to treat the symptoms and not the cause. When a bitter, rebellious Christian asks, "*Why has God permitted all this sickness to come into my life?*" he needs to be reminded that God did not cause it, but his anger did! Some believe that the rise of tranquilizers and other emotion-depressants can be laid at the feet of either fear or anger, not properly deal with in one's life.

3. **The Spiritual damages of anger.** This should be even more important to the Christian. It can cause one to remain a spiritual infant, cause a person to turn away from Christ, or remain in the church and often be the cause of much strife and dissension. A Christian can go so far into sin that he will lose the promise of Eternal Life with God, and as well, an abundant life here.

### ANGER AND SIN

While all anger is obviously not sin (Ephesians 4:26-27); yet, most anger is sin and must be dealt with as such. A short term unselfish anger that is not injurious to anyone would not involve sin, but could still have a bad effect on the person if not dealt with properly. Some fourteen times the Scriptures condemn anger as sin (Psalms 37:8; Ecclesiastes 7:9; Proverbs 15:17; 17:1; 21:19; 15:18; 25:28; 22:24-25; 16:32; 10:12; Colossians 3:8; James 1:19-20; Ephesians 4:31-32). Anger is sin because it is selfishly induced. It is this kind of anger that wreaks so much havoc. It is strongly suggested that when bitterness and resentment is harbored in one's heart, it will eventually spill over into the good relationships that we have and destroy them. But it is obvious that when sinful thoughts are harbored against someone in our hearts, it will eventually spill over into overt actions. God calls upon man to love Him with all their mind (intellect), soul (will), and heart (emotions). To do so will definitely help to control sin in one's life.

### OVERCOMING ANGER

The following things need to be evaluated carefully and used to overcome anger in one's life.

1. **Anger needs to be faced as sin.** If we try to justify anger, explain it away, or blame another, there is no hope of really conquering anger in one's life. There is no way to gain a victory over something you do not consider as wrong.
2. **Angry thoughts and deeds must be confessed.** Facing up to anger as sin involves confessing to others and/or to God that you have done wrong (1 John 1:9). Just to think on good things does not deal with those sins that have already been committed. They need to be confessed and forsaken.
3. **Ask God's help in putting away angry thoughts and deeds.** We are encouraged to seek God's help because He cares for us (1 Peter 5:7). He wants us to crucify sin in our lives (Romans 6:6).
4. **Forgive the person who caused the anger.** Christians are to be forgiving people because of the great debt that we have been forgiven of (Ephesians 4:32). We need to keep praying for strength to forgive.
5. **Learn to give thanks for all things.** We not only need to be thankful for the "good things," but for the "bad things" as well. God will work all things out for our good (1 Thessalonians 5:18; Romans 8:28). Thanksgiving is a good way of dealing with insults, injuries, and rejections. And, let's not forget, we can sin too (1 Corinthians 10:13).
6. **Concentrate on the need to love one another.** Think on, concentrate on, pray about my need to love as God loves (Philippians 4:8; 1 John 4:7-10).
7. **Constantly repeat the above things as needed!**

## **QUESTIONS FOR DISCUSSION**

- 1. What are some of the various forms of Anger?**
  - 2. How is anger related to the Temperaments?**
  - 3. What are some results of anger when expressed towards others?**
  - 4. What are some results of anger when harbored in one's heart and life?**
  - 5. What are some suggestions on ways to overcome anger?**

## TESTING FOR ANGER AWARENESS

(The following inventory can possibly help you to become more aware of the operation of anger in your life and your relationships. Check the statements that apply to you.)

1. Impatience comes over me more frequently than I would like.
2. I nurture critical thoughts quite easily.
3. When I am displeased with someone, I sometimes shut down communication or withdraw.
4. Tension mounts within me as I tackle a demanding task.
5. I feel inwardly annoyed when family and friends do not comprehend my needs.
6. I feel frustrated when I see someone else having fewer struggles than I do.
7. When facing an important event, I may obsessively ponder how I must manage it.
8. Sometimes I walk in another direction to avoid seeing someone I do not like.
9. When discussing a controversial topic, my tone of voice is likely to become passionate & strong.
10. I can accept a person who admits his or her mistakes, but I have a hard time accepting someone who refuses to admit his or her own weaknesses.
11. When I talk about my irritations, I don't really want to hear an opposite point of view.
12. It's hard for me to forget when someone does me wrong.
13. When someone confronts me from a misinformed position, I am thinking of my rebuttal as he or she speaks.
14. Sometimes my discouragement makes me want to quit.
15. I can be quite aggressive in my business pursuits or even when playing a game just for fun.
16. I struggle emotionally with the things in life that are not fair.
17. Although I know it may not be right, I sometimes blame others for my problems.
18. When someone openly speaks ill of me, my natural response is to think of how I can defend my-self.
19. Sometimes I speak slanderously about a person, not really caring how it may harm his or her reputation.
20. I may act kindly on the outside while feeling frustrated on the inside.
21. Sarcasm is a trait I use in expressing humor.
22. When someone is clearly annoyed with me, I too easily jump into the conflict.
23. At times I struggle with moods of depression or discouragement.
24. I have been known to take an "I-don't-care" attitude toward the needs of others.
25. When I am in an authority role, I sometimes speak too sternly or insensitively.

**NOTE:** If you checked ten items, your anger level is probably more constant than you might like. If you checked fifteen or more, you can probably recount many disappointments and irritations. This indicates you are vulnerable to the extreme ill effects of open anger and rage, or to repressed anger in the form of guilt, bitterness, and resentment. If you would like a broader perspective of yourself, ask a close friend to give you the test.

## THE NONPRODUCTIVE ANGER CYCLE

1. **Painful circumstances.** A situation occurs in which the individual feels that he or she has been devalued, that his or her worth as a person has been insulted; or some need in that person's life has been ignored or unmet; or someone has shown disregard or contempt for values or convictions that are extremely important to him or her.
2. **The above triggers the angry emotion.**
3. **At this point, most people will respond to their angry emotion by attempting to change the environment.** For example, convincing others of their errors, moving to a different part of the house, or plunging into a project to let off some steam. This is not always wrong, but it can be risky because it does not guarantee anger relief.
4. **This often leads to increased friction in personal relationships.**
5. **This in turn can lead to increased emotional confusion.** This can then lead the person back to the beginning of the cycle by creating an ongoing tendency toward painful intrusions. Unless the person breaks this cycle, it will continue to be more of a problem. A choice must be made to manage our anger properly.

## ANGER SUPPRESSION

- 1. I am very image-conscious.
- 2. I don't like to let others know my problems.
- 3. Even when I feel very flustered I portray myself publicly as having it all together.
- 4. I am rather reserved about sharing my problems or frustrations.
- 5. If a family member or friend upsets me I can let days pass without even mentioning it.
- 6. I have a tendency to be depressed and moody.
- 7. Resentful thinking is common for me, although many people would never suspect it.
- 8. I have suffered with physical complaints (for example, headaches, stomach ailments, sleep irregularity).
- 9. There are times when I wonder if my opinions or preferences are really valid.
- 10. Sometimes I feel paralyzed when confronted by an unwanted situation.
- 11. I'm not inclined to initiate conversations about sensitive or troublesome topics.

## OPEN AGGRESSION

- 1. I can be blunt and forceful when someone does something to frustrate me.
- 2. As I speak my convictions my voice becomes increasingly louder.
- 3. When someone confronts me about a problem, I am likely to offer a ready rebuttal.
- 4. No one has to guess my opinion; I'm known for having unwavering viewpoints.
- 5. When something goes wrong, I focus so sharply on fixing the problem that I overlook others' feelings.
- 6. I have a history of getting caught in bickering matches with family members.
- 7. During verbal disagreements with someone, I tend to repeat myself several times.
- 8. I find it hard to keep my thoughts to myself when it is obvious that someone else is wrong.
- 9. I have a reputation for being strong-willed.
- 10. I tend to give advice, even when others have not asked for it.

## PASSIVE AGGRESSION

- 1. When I am frustrated, I become silent, knowing it bothers other people.
- 2. I am prone to sulk and pout.
- 3. When I don't want to do a project I will procrastinate. I can be lazy.
- 4. When someone asks if I am frustrated, I will lie and say, "No, everything is fine."
- 5. There are times when I am deliberately evasive so others won't bother me.
- 6. I sometimes approach work projects halfheartedly.
- 7. When someone talks to me about my problems I stare straight ahead, deliberately obstinate.
- 8. I complain about people behind their backs but resist the opportunity to be open with them face to face.
- 9. Sometimes I become involved in behind-the-scenes misbehavior.
- 10. I sometimes refuse to do someone a favor, knowing this will irritate him or her.

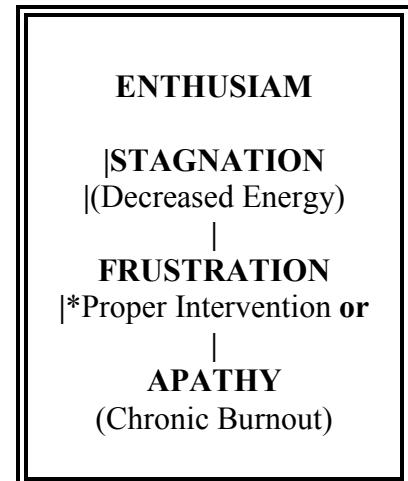
*Lesson Eleven*

## “TEMPERAMENT AND STRESS”

Stress or pressure is a part of most, if not all, of our lives. It can be good for us, but at the same time, depending on how it is handled, it can be bad and bring on undesirable conditions. The good part about stress is that it keeps things moving, going, active. Without pressure or stress much less would be accomplished by all of us. So, it plays a very good role in all of our lives. But when not handled as it should be, the following illustration to the right can show the outcome:

There are many things that help to bring stress or pressure in our lives, but some of these can be more challenging to deal with than others. The following list will illustrate:

1. A work-a-holic because of overload.
2. Too idealistic....cannot reach goals.
3. Standards are too rigid to be reached.
4. Trying to satisfy all and desiring to avoid conflict.
5. In constant contact with the poor, sick, dying, nursing homes, etc.
6. Role confusion.
7. Not able to protect one's personal boundaries for rest and recreation with family.
8. Not properly dealing with guilt in one's life.
9. Uncertainty of job, or health, or one's marriage, etc.
10. Loneliness.
11. Death of close family member.
12. Retirement.



One study came up with a list of 40 things that bring stress or pressure into one's life. The study even tried to rate the one's that were the more stressful. The five highest rated were: Death of spouse, Divorce, Marital separation, Jail term, Death in family.

When stress continues over a long period of time without being properly dealt with, it can bring all kinds of diseases, such as: **Hyper-tension, Stroke, Heart Diseases, Ulcers, Tension, Arthritis, etc.**

But what is far more important than our health factor, it can affect our spiritual life as well. It can cause a person to forsake the Lord, turn their back on active service in His kingdom, become so self-centered that they do not reach out to others. So stress or pressure must be dealt with properly to avoid the bad effects in our lives.

But what does all of this have to do with Temperaments? Since all human beings will face some stressful situations in their lives, how does each temperament handle such? It should be interesting to see how each reacts to stress.

### THE SANGUINE AND STRESS



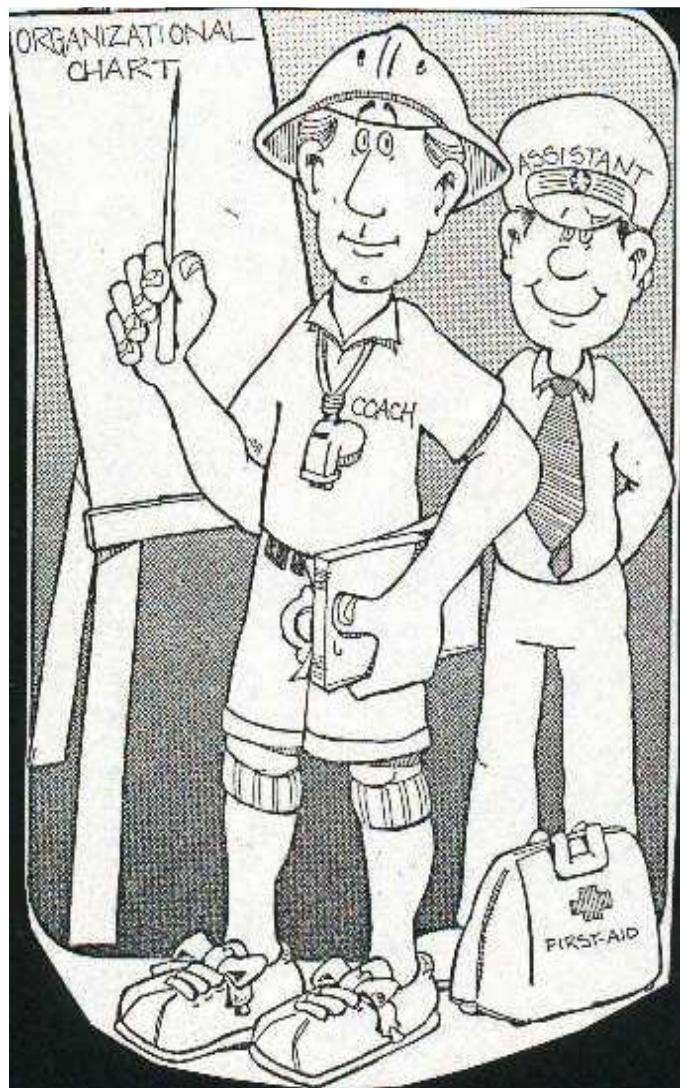
1. A people-person, around people, and is usually the cause of pressure to others.
2. Less likely to get ulcers because they can improvise at the last minute and get through.
3. When they feel pressure, they leave, go play, or move to another place, etc.
4. Because they like to talk with others, they do not get things done on time, which brings on criticism. After a while the pressure builds up.
5. Both men & women sanguines talk down or scream down their opponents who are pressuring them.
6. Sanguines have a hard time accepting blame for their mistakes. They are constantly under pressure to justify themselves in the eyes of others.
7. However, Sanguines are easily intimidated by more forceful and cruel personalities. Over a period of time, the stress becomes too much for them.
8. Sanguines do not handle stress well. They will resort to explosive outburst, tears, jokes, lies, change the subject, etc.
9. Sanguines have a hard time learning how to use stress in a constructive way.

The Sanguine is in a constant struggle to be accepted by his peers. But because he is so disorganized, late-as-usual, talks too much, and unwilling to accept his faults and mistakes, the pressures build up. The easiest thing for him to do when this happens is to "run from the

pressure," rather than deal with what is happening properly. So, he who gives pressure or stress to others eventually finds it back at his own doorstep.

### THE CHOLERIC AND STRESS

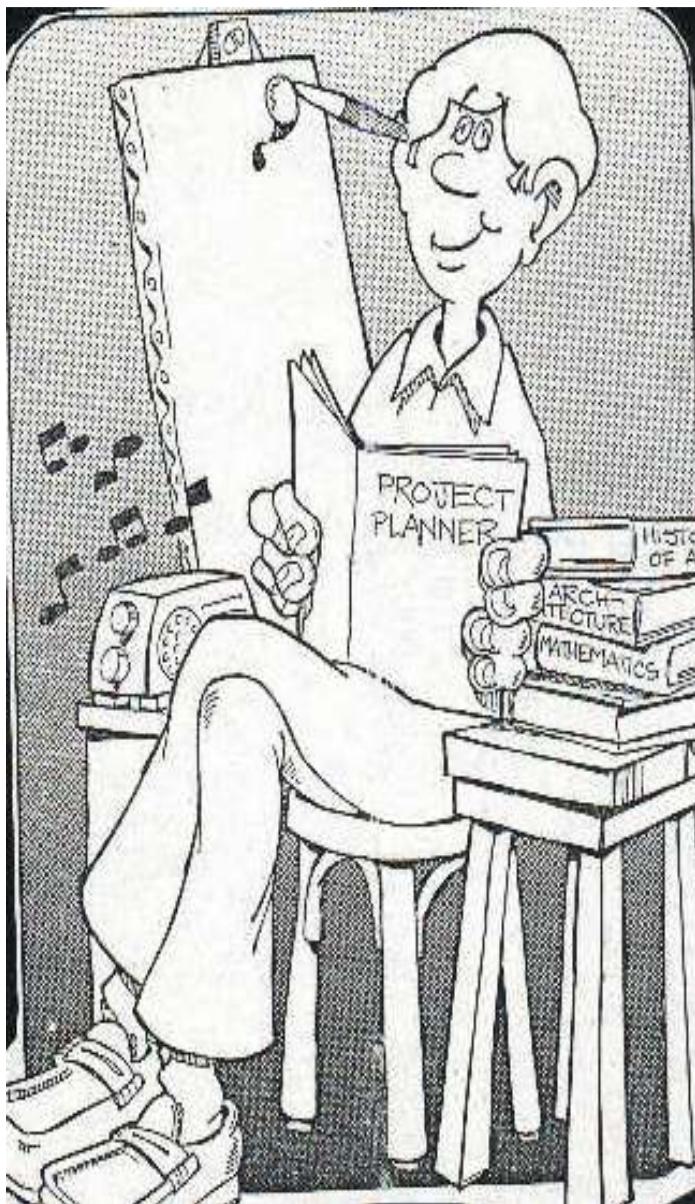
1. No one can create pressure like the Choleric. He thrives on the challenge of stress....until his body breaks down with ulcers, high blood pressure, heart attack, or other physical adversities.
2. They are always willing to tackle a job, and usually get overinvolved in activities.
3. He may not get depressed when a project fails because he is so involved in so many other activities that are succeeding.
4. Cholerics are goal-oriented. But without proper planning, their projects will either fail or will not come out like they should. Thus, the pressure valve builds.
5. Cholerics respond to pressure or stress by refusing to give up, which eventually takes its toll.
6. Cholerics become so involved in so many things that they do not take time for their family, and a vacation or a holiday is just another working day.
7. He tends to be impatient with those less motivated than himself. He can be critical, demanding, and unappreciative of the efforts of others. It is hard for him to make or keep friends. Even his family will give him a wide birth because of his cruelty and unkind words and actions. He can be very productive, but leave a trail of damaged psyches and wounded egos in his path.



Because the Choleric is a hard worker, he brings pressure upon himself, but also upon others in more ways than one. He tends to bring more stress on others than upon himself because of his

desire to get things done. Cholerics often do not learn that there is more to life than money, success, or even accomplishments (Luke 12:15; Matt. 16:26). Establishing proper priorities is a must for Cholerics. But also important for them is to realize the value of personal relationships with others.

### THE MELANCHOLIC AND STRESS



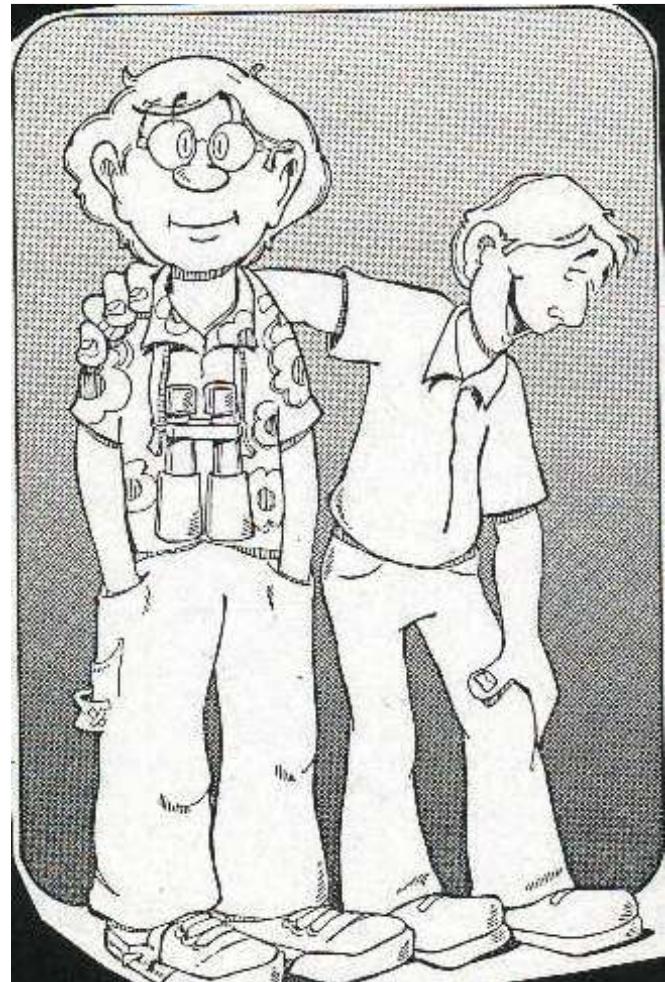
1. Melancholics are sensitive, creative, and perfectionists and thereby bring more pressure on themselves.
2. Stress is a greater factor with him than any of the other temperaments. For this reason his mortality rate is about seven years lower than that of other types.
3. One's mental attitude can increase or decrease stress in his life. But this is the downfall of the Melancholic.....because one of his biggest problems is his mental attitude. He tends to be critical, negative, and suspicious of himself as well as others....increasing pressures!
4. While wanting to do his work so very well is commendable, the Melancholic may neglect a more important activity to finish a lesser job 110%.
5. They can produce pressure for their employers because they will not be productive enough to pay for themselves.
6. Their work is planned and timed out and woe to those that are late. They have push hard to finish on time and the others show an unappreciative outlook towards their efforts.
7. They can worry themselves into a stressful situation when there is no need to do so.
8. Most of the things they worry about do not happen, but

They build stress in their lives over their worries.

Because of being more introverted, the melancholy person will not externalize his pressures by angrily kicking things, swearing, or screaming....at first. He keeps it within, mulls over it, lets himself get so worked up that he will explode in a way that is out of character for him. Some of the worse crimes to be committed have been by melancholy persons under intense pressures. It is hard for Melancholics to appreciate fallible human beings that do not measure up to their perfectionism.

### THE PHLEGMATIC AND STRESS

1. Phlegmatic detest pressure. In fact, they will do almost anything to avoid it. They will steer around it, ignore it if possible.
2. It is believed that their effort to avoid pressure leads to being great procrastinators. Thus, pressures build to get a job done that must be done.
3. Remove the pressure, not the problem is their motto. Instead of dealing with it, they hope it will go away.
4. They had rather sneak out to the garage and putter in their workshop than to take on their hostile teenager. The wife's constant remarks, "He always leaves the discipline up to me."
5. His "peace at any price" sooner or later will catch up with him internally.
6. His stubbornness usually surfaces when he doesn't want to do something that others are pressuring him to do. He can find every excuse or objection in the book to avoid doing something he doesn't want to do.
7. Since they do not like pressure, conflict or rejection, they will let others lead. Their wives often take



the lead if the women are aggressive at all.

Women Phlegmatics have a desire to please others. They would usually give in to others to please them. Thus, a higher percentage of female Phlegmatics may be sexually active before marriage if they give in to their natural temperament. Their guilt can become a major factor in bringing stress. Also Phlegmatics often find themselves in the company of more aggressive temperaments.

Phlegmatics can also avoid their stressful situations by blaming others, like Adam did (Gen. 3:12). They just don't want the pressure and try to avoid it by resorting to finger-pointing. He goes his cheerful way not having really dealt with his problem. His tendency is to continually repeat his mistakes until pressure builds up from so many. Phlegmatics may endure an unhappy marriage by letting their minds drift into and dwell on something they like in fantasy land.

### **PROPERLY DEALING WITH STRESS**

Every temperament will face stress! While we cannot keep stress or pressures away from our doorstep, our response to stress becomes important. The natural tendency of one's temperament will help to determine his response. But there is a factor more important than that....our mental attitude towards stress. We do have a choice of what our outlook will be, whether positive or negative, whether critical or thankful, whether we see stress as a problem or a challenge. The Christian has the motivation from God to rejoice in all things and at all times, as well as to be thankful (Philippians 4:4-6; 1 Thessalonians 5:18).

Along with thanksgiving, one needs to learn to be content in whatever station or situation of life. It is not the circumstances, but how I view those circumstances that make all the difference in the world. In some instances, one may not be able to do anything to change his circumstances, but he can develop a proper outlook about them. The example of the apostle Paul well illustrates this concept, for he had learned to be content in whatever situation he was in (Philippians 4:10-19; 1 Timothy 6:6).

The above concepts apply to all the temperaments. Some may have a harder challenge than others, but all will have to learn to be thankful and content in whatever situation we are in.

### **QUESTIONS FOR DISCUSSION**

- 1. Is all stress good for us?**
- 2. What seems to cause a sense of stress or pressure in your life?**
- 3. What happens when stress continues undealt with?**

- 4. What is unique about the Sanguine's dealing with stress?**
  - 5. What is unique about the Choleric's dealing with stress?**
  - 6. What is unique about the Melancholic's dealing with stress?**
  - 7. What is unique about the Phlegmatic's dealing with stress?**
  - 8. What besides our temperament has to do with dealing with stress?**
  - 9. What two basic attitudes is needed in order to properly deal with stress?**
  - 10. How well are you handling your pressures or stress?**



