

TEMPERAMENT TEST

Put a tick on all that apply

A Self confident _____ Decisive _____ Goal oriented _____ Outspoken _____ Bossy & controlling _____ Impatient _____ Argumentative _____ Manipulative _____ Total _____	B Deep and purposeful _____ Sensitive to others _____ Talented and creative _____ Very analytical _____ Orderly & scheduled _____ Moody & negative _____ Socially insecure _____ Easily depressed _____ Total _____	C Fun loving & playful _____ Very optimistic _____ Animated and lively _____ Very spontaneous _____ Undisciplined _____ Forgetful _____ Extremely talkative _____ Eager for credit _____ Total _____	D Easy-going _____ Calm and relaxed _____ Patient & inoffensive _____ Quiet yet witty _____ Unenthusiastic _____ Eager to rest _____ Indecisive _____ Not easily motivated _____ Total _____
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Take the highest two scores as representative of your temperament

	Temperament	Main Characteristic	Leadership Style	Dark Side
A	Choleric	Power	The worker	Controlling
B	Melancholy	Perfection	The thinker	Insecure
C	Sanguine	Personality	The talker	Undisciplined
D	Phlegmatic	Peace	The mediator	Reluctant

What is your primary temperament? _____
 What is your secondary temperament? _____

TEMPERAMENT STRENGTHS

TEMPERAMENT WEAKNESSES

	Emotions	Work	Friends	Emotions	Work	Friends
A	*Dynamic *Strong willed & determined *Objective & unemotional *Confident	*Goal oriented *Organizes well *Thrives on opposition *Insists on production	*Is usually right *Excels in emergencies	*Bossy *Impatient *Inflexible *Unsympathetic	*Demanding of others *Little tolerance for mistakes *Rude/tactless *Manipulative	*Little need for friends *Tends to use people *Dominates others *Knows everything *Unapologetic
B	*Deep/thoughtful *Analytical *Artistic/musical *Sensitive *Self-sacrificing	*Very detail oriented *Schedule oriented *Orderly *Faithful *Very creative	*Sensitive to others *Content to stay in background *Avoids attention *Seeks ideal mate	*Remembers wrongs *Extremely moody *Pessimistic & skeptical *Very sensitive *Self-centered *Introverted	*Not people oriented *Chooses difficult work *Hesitant to start projects *Perfectionist - hard to please	*Makes friends cautiously *Lives through others *Insecure socially *Withdrawn and remote *Holds back affection
C	*Appealing personality *Talkative *Lively *Cheerful *Sincere at heart	*Volunteers *Creative and colorful *Energetic *Inspires others to join	*Befriends easily *Popular *Doesn't hold grudges *Apologizes quickly	*Compulsive talker *Exaggerates *Anger easily *Restless energy	*Forgetful *Doesn't follow through *undisciplined & inconsistent *Easily distracted	*Dominates conversations *Interrupts and doesn't listen *Answers for others *Wants to be popular
D	*Low-key *Easy going and relaxed *Hides emotions *Consistent in life *Controlled	*Competent & steady *Peaceful & agreeable *Good administrator *Good under pressure	*Pleasant and enjoyable *Inoffensive *Good listener *Has compassion and concern *Sympathetic and kind *Mediator	*Unenthusiastic *Fearful/worried *Avoids responsibility	*Not goal oriented *Lacks motivation *Can be lazy & careless *Can be indecisive *Resents being pushed	*Dampens enthusiasm *Stays uninvolved *Sarcastic and judgmental *not lively or excitable

List three temperament strengths
 How have your strengths benefited others?

List three temperament weaknesses
 How have your weaknesses affected others?