

# **3. TEMPERAMENTS – MARRIAGE**

**S** PP of others who came in past or Arlo

**S** *PRAY*

**S** *SING*

**S** *Power of Your Love*

**S** ANNOUNCEMENTS

**S** HUSBANDS: HOW DID YOU PROPOSE AND HOW DID YOUR WIFE RESPOND?

**S** SHOE GAME

**7 S** Review temperaments so far

## ***APPLICATION***

**S++** WHICH TEMPERAMENT ARE THESE? Charlie Brown, Sesame St

**S++** WHAT TEMPERAMENT DO THESE ANIMALS REMIND YOU OF?

**2 S** WHICH TEMPERAMENT ARE THESE: Raymond and wife (PMS)

**S++** WHICH TEMPERAMENT WOULD BE BEST FOR THIS JOB?

## ***BLENDS***

**S++** Talk about, explain about blends (info in notebooks)

## **TEMPERAMENT BLENDS**

THE FOLLOWING INFORMATION IS FROM 'GOING THE DISTANCE'

From the book "Why You Act The Way You Do" by Tim LaHaye

<http://www.goingthedistance.org/pages.asp?pageid=18155>

**2 S**

### **The SanChlor**

The strongest extrovert of all the blends of temperaments will be the SanChlor, for the two temperaments that make up his nature are both extroverted. The happy charisma of the sanguine makes him a people-oriented, enthusiastic, salesman type; but the choleric side of his nature will provide him with the necessary resolution and character traits that will fashion a somewhat more

organized and productive individual than if he were pure sanguine. Almost any people-oriented field is open to him, but to sustain his interest it must offer variety, activity, and excitement.

The potential weaknesses of a SanChlor are usually apparent to everyone because he is such an external person. He customarily talks too much, thus exposing himself and his weaknesses for all to see. He is highly opinionated. Consequently, he expresses himself loudly even before he knows all the facts. To be honest, no one has more mouth trouble! If he is the life of the party, he is lovable; but if he feels threatened or insecure, he can become obnoxious. His leading emotional problem will be anger, which can catapult him into action at the slightest provocation. Since he combines the easy forgetfulness of the sanguine and the stubborn casuistry of the choleric, he many not have a very active conscience. Consequently, he tends to justify his actions. This man, like any other temperament, needs to be filled daily with the Holy Spirit and the Word of God.

**Simon Peter**, the self-appointed leader of the twelve apostles, is a classic example of a New Testament Sandlot. He obviously had mouth trouble, demonstrating this repeatedly by speaking up before anyone else could. He talked more in the Gospels than all the others put together – and most of what he said was wrong. He was egotistical, weak-willed, and carnal throughout the Gospels. In Acts, however, he was a remarkably transformed man – resolute, effective, and productive. What made the difference? He was filled with the Spirit.

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2 S

## **The SanMel**

SanMels are highly emotional people who fluctuate drastically. They can laugh hysterically one minute and burst into tears the next. It is almost impossible for them to hear a sad tale, observe a tragic plight of another person, or listen to melancholic music without weeping profusely. They genuinely feel the grief's of others. Almost any field is open to them, especially public speaking, acting, music, and the fine arts. However, SanMels reflect an uninhibited perfectionism that often alienates them from others because they verbalize their criticisms. They are usually people-oriented individuals who have sufficient substance to make a contribution to other lives – if their ego and arrogance don't make them so obnoxious that others become hostile to them.

One of the crucial weaknesses of this temperament blend prevails in SanMel's thought-life. Both sanguines and melancholies are dreamers, and thus if the melancholy part of his nature suggests a negative train of thought, it can nullify a SanMel's potential. It is easy for him to get down on himself. In addition, this person, more than most others, will have both an anger problem and a tendency toward fear. Both temperaments in his makeup suffer with an insecurity problem; not uncommonly, he is fearful to utilize his potential. Being admired by others is so important to him that it will drive him to a consistent level of performance. He has a great ability to commune with God, and if he walks in the Spirit he will make an effective servant of Christ.

**King David** is a classic illustration of the SanMel temperament. An extremely likable man who attracted both men and women; he was colorful, dramatic, emotional and weak-willed. He could play a harp and sing, he clearly demonstrated a poetic instinct in his Psalms, and he made decisions on impulse. Unfortunately, like many SanMels, he fouled up his life by a series of disastrous and costly mistakes before he gained enough self-discipline to finish out his destiny. All SanMels, of course, are not able to pick up the pieces of their lives and start over as David did. It is far better for them to walk in the Spirit daily and avoid such mistakes.

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## The SanPhleg

The easiest person to like is a SanPhleg. The overpowering and obnoxious tendencies of a sanguine are offset by the gracious, easygoing phlegmatic. SanPhlegs are extremely happy people who carefree spirit and good humor make them lighthearted entertainers sought after by others. Helping people is their regular business, along with sales of various kinds. They are the least extroverted of any of the sanguines and are often regulated by their environment and circumstances rather than being self motivated. SanPhlegs are naturally pro-family and preserve the love of their children – and everyone else for that matter. They would not purposely hurt anyone.

The SanPhleg's greatest weaknesses are lack of motivation and discipline. He would rather socialize than work, and he tends to take life too casually. As an executive remarked about one, "He is the nicest guy I ever fired." He rarely gets upset over anything and tends to find the bright side of everything. He usually has an endless repertoire of jokes and delights in making others laugh, often when the occasion calls for seriousness. When Jesus Christ becomes the chief object of his love, he is transformed into a more resolute, purposeful, and productive person.

The first-century evangelist **Apollos** is about as close as we can come to a New Testament illustration of the SanPhleg. A skilled orator who succeeded Paul and others who had founded the churches, he did the work of stirring the churches with his Spirit-filled preaching and teaching. Loved by all, followed devotedly by some, this pleasant and dedicated man apparently traveled a great deal but did not found new works.

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## The ChlorSan

The second-strongest extrovert among the blends of temperament will be the reverse of the first – the ChlorSan. This man's life is given over completely to activity. Most of his efforts are productive and purposeful, but watch his recreation – it is so activity-prone that it borders being violent. He is a natural promoter and salesman, with enough charisma to get along well with others. Certainly the best motivator of people and one who thrives on a challenge, he is almost fearless and exhibits boundless energy. His wife will often comment, "He has only two speeds, wide open and stop." Mr. ChlorSan is the courtroom attorney who can charm the coldest-hearted judge and jury, the fund-raiser who can get people to contribute what they intended to save, the man who never goes anywhere unnoticed, the preacher who combines both practical Bible teaching and church administration, and the politician who talks his state into changing its constitution so he can represent them one more time. A convincing debater, what he lacks in facts or arguments he makes up in bluff or bravado. As a teacher, he is an excellent communicator, particularly in the social sciences; rarely is he drawn to math, science, or the abstract. Whatever his professional occupation, his brain is always in motion.

The weaknesses of this man, the chief of which is hostility, are as broad as his talents. He combines the quick, explosive anger of the sanguine (without the forgiveness) and the long-burning resentment of the choleric. He is the one personality type who not only gets ulcers himself, but gives them to others. Impatient with those who do not share his motivation and energy, he prides himself on being

brutally frank (some call it sarcastically frank). It is difficult for him to concentrate on one thing very long, which is why he often enlists others to finish what he has started. He is opinionated, prejudiced, impetuous, and inclined doggedly to finish a project he probably should not have started in the first place. If not controlled by God, he is apt to justify anything he does – and rarely hesitates to manipulate or walk over other people to accomplish his ends. Most ChlorSans get so engrossed in their work that they neglect wife and family, even lashing out at them if they complain. Once he comprehends the importance of giving love and approval to his family, however, he can transform his entire household.

**James**, the author of the biblical book that bears his name, could well have been a ChlorSan – at least his book sounds like it. The main thrust of the book declares that "faith without works is dead" – a favored concept of work-loving choleric. He used the practical and logical reasoning of a choleric, yet was obviously a highly esteemed man of God. On human weakness he discusses – the fire of the tongue and how no man can control it (James 3) – relates directly to this temperament's most vulnerable characteristic, for we all know the ChlorSans feature a razor-sharp, active tongue. His victory and evident productiveness in the cause of Christ is a significant example to any thoughtful ChlorSan.

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## The ChlorMel

The choleric/melancholy is an extremely industrious and capable person. The optimism and practicality of the choleric overcome the tendency toward moodiness of the melancholy, making the ChlorMel both goal-oriented and detailed. Such a person usually does well in school, possesses a quick, analytical mind, and yet is decisive. He develops into a thorough leader, the kind whom one can always count on to do an extraordinary job. Never take him on in a debate unless you are assured of your facts, for he will make mincemeat of you, combining verbal aggressiveness and attention to detail. This man is extremely competitive and forceful in all that he does. He is a dogged researcher and is usually successful, no matter what kind of business he pursues. This temperament probably makes the best natural leader. General George S. Patton, the great commander of the U.S. Third Army in World War II who drove the German forces back to Berlin, was probably a ChlorMel.

Equally as great as his strengths, are his weaknesses. He is apt to be autocratic, a dictator type who inspires admiration and hate simultaneously. He is usually a quick-witted talker whose sarcasm can devastate others. He is a natural-born crusader whose work habits are irregular and long. A ChlorMel harbors considerable hostility and resentment, and unless he enjoys a good love relationship with his parents, he will find interpersonal relationships difficult, particularly with his family. No man is more apt to be an overly strict disciplinarian than the ChlorMel father. He combines the hard-to-please tendency of the choleric and the perfectionism of the melancholy. When controlled by the Holy Spirit, however, his entire emotional life is transformed and he makes an outstanding Christian.

There is little doubt in my mind that the Apostle **Paul** was a ChlorMel. Before his conversion he was hostile and cruel, for the Scripture teaches that he spent his time persecuting and jailing Christians. Even after his conversion, his strong-willed determination turned to unreasonable bullheadedness, as when he went up to Jerusalem against the will and warning of God. His writings and ministry demonstrate the combination of the practical-analytical reasoning and the self-sacrificing but extremely driving nature of a ChlorMel. He is a good example of God's transforming power in the life of a ChlorMel who is completely dedicated to God's will.

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## **The ChlorPhleg**

The most subdued of all the extrovert temperaments is the ChlorPhleg, a happy blend of the quick, active, and hot with the calm, cool, and unexcited. He is not as apt to rush into things as quickly as the preceding extroverts because he is more deliberate and subdued. He is extremely capable in the long run, although he does not particularly impress you that way at first. He is a very organized person who combines planning and hard work. People usually enjoy working with and for him because he knows where he is going and has charted his course, yet is not unduly severe with people. He has the ability to help others make the best use of their skills and rarely offends people or makes them feel used. The ChlorPhleg's slogan on organization states: "Anything that needs to be done can be done better if it's organized." These men are usually good husbands and fathers as well as excellent administrators in almost any field.

In spite of his obvious capabilities, the ChlorPhleg is not without a notable set of weaknesses. Although not as addicted to the quick anger of some temperaments, he is known to harbor resentment and bitterness. Some of the cutting edge of choleric's sarcasm is here offset by the gracious spirit of the phlegmatic; so instead of uttering cutting and cruel remarks, his barbs are more apt to emerge as cleverly disguised humor. One is never quite sure whether he is kidding or ridiculing, depending on his mood. No one can be more bull headedly stubborn than a ChlorPhleg, and it is very difficult for him to change his mind once it is committed. Repentance or the acknowledgment of a mistake is not at all easy for him. Consequently, he will be more apt to make it up to those he has wronged without really facing his mistake. The worrisome traits of the phlegmatic side of his nature may so curtail his adventurous tendencies that he never quite measures up to his capabilities.

**Titus**, the spiritual son of the Apostle Paul and leader of the hundred or so churches on the Isle of Crete, may well have been a ChlorPhleg. When filled with the Spirit, he was the kind of man on whom Paul could depend on to faithfully teach the Word to the churches and administrate them capably for the glory of God. The book which Paul wrote to him makes ideal reading for any teacher, particularly a ChlorPhleg.

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## **The MelSan**

Mr. MelSan is usually a very gifted person, fully capable of being a musician who can steal the heart of an audience. As an artist, he not only draws or paints beautifully but can sell his own work- if he's in the right mood. It is not uncommon to encounter him in the field of education, for he makes a good scholar and probably the best of all classroom teachers, particularly on the high school and college level. The melancholy in him will ferret out little-known facts and be exacting in the use of events and detail, while the sanguine will enable him to communicate well with students.

Mr. MelSan shows an interesting combination of mood swings. Be sure of this: he is an emotional creature! When circumstances are pleasing to him, he can reflect a fantastically happy mood. But if things work out badly or he is rejected, insulted, or injured, he drops into such a mood that his lesser sanguine nature drowns in the resultant sea of self pity. He is easily moved to tears, feels everything deeply, but can be unreasonably critical and hard on others. He tends to be rigid and usually will not

cooperate unless things go his way, which is often idealistic and impractical. He is often a fearful, insecure man with a poor self-image which limits him unnecessarily.

Many of the prophets were MelSans- **John the Baptist, Elijah, Jeremiah**, and others. They had a tremendous capacity to commune with God, were self-sacrificing people-helpers who had enough charisma to attract a following, tended to be legalistic in their teachings and call to repentance, exhibited a flair for the dramatic, and willingly died for their principles.

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2 S

## The MelChlor

The mood swings of the melancholy are usually stabilized by the MelChlor's self-will and determination. There is almost nothing vocationally which this man cannot do-and do well. He is both a perfectionist and a driver. He possesses strong leadership capabilities. Almost any craft, construction, or educational level is open to him. Unlike the MelSan, he may found his own institution or business and run it capably-not with noise and color but with efficiency. Many a great orchestra leader and choral conductor is a MelChlor.

The natural weaknesses of MelChlors reveal themselves in the mind, emotions, and mouth. They are extremely difficult people to please, rarely satisfying even themselves. Once they start thinking negatively about something or someone (including themselves, they can be intolerable to live with. Their mood follows their thought process. Although they do not retain a depressed mood as long as the other blends of the melancholy, they can lapse into it more quickly. The two basic temperaments haunted by self-persecution, hostility, and criticism are the melancholy and the choleric. It is not uncommon for him to get angry at God as well as his fellowman, and if such thoughts persist long enough he may become manic-depressive. In extreme cases, he can become sadistic. When confronted with his vile thinking pattern and angry, bitter spirit, he can be expected to explode.

His penchant for detailed analysis and perfection tends to make him a nitpicker who drives others up the wall. Unless he is filled with God's Spirit or can maintain a positive frame of mind, he is not enjoyable company for long periods of time. No one is more painfully aware of this than his wife and children. He not only "emotes" disapproval, but feels compelled to castigate them verbally for their failures and to correct their mistakes-in public as well as private. This man, by nature, desperately needs the love of God in his heart, and his family needs him to share it with them.

Many of the great men of the Bible show signs of a MelChlor temperament. Two that come to mind are Paul's tireless traveling companion, Dr. **Luke**, the painstaking scholar who carefully researched the life of Christ and left the church the most detailed account of our Lord's life, as well as the only record of the spread of the early church, and **Moses**, the great leader of Israel. Like many MelChlors, the latter never gained victory over his hostility and bitterness. Consequently, he died before his time. Like Moses, who wasted forty years on the backside of the desert, harboring bitterness and animosity before surrendering his life to God, many a MelChlor never lives up to his amazing potential because of the spirit of anger and revenge.



## The MelPhleg

Some of the greatest scholars the world has ever known have been MelPhlegs. They are not nearly as prone to hostility as the two previous melancholies and usually get along well with others. These gifted introverts combine the analytical perfectionism of the melancholy with the organized efficiency of the phlegmatic. They are usually good-natured humanitarians who prefer a quiet, solitary environment for study and research to the endless rounds of activities sought by the more extroverted temperaments. MelPhlegs are usually excellent spellers and good mathematicians. These gifted people have greatly benefited humanity. Most of the world's significant inventions and medical discoveries have been made by MelPhlegs.

Despite his abilities, the MelPhleg, like the rest of us, has his own potential weaknesses. Unless controlled by God, he easily becomes discouraged and develops a very negative thinking pattern. But once he realizes it is a sin to develop the spirit of criticism and learns to rejoice, his entire outlook on life can be transformed. Ordinarily a quiet person, he is capable of inner angers and hostility caused by his tendency to be vengeful.

MelPhlegs are unusually vulnerable to fear, anxiety, and a negative self-image. It has always amazed me that the people with the greatest talents and capabilities are often victimized by genuine feelings of poor self-worth. Their strong tendency to be conscientious allows them to let others pressure them into making commitments that drain their energy and creativity. When filled with God's spirit, these people are loved and admired by their family because their personal self-discipline and dedication are exemplary in the home. But humanitarian concerns cause them to neglect their family. Unless they learn to pace themselves and enjoy diversions that help them relax, they often become early mortality statistics.

The most likely candidate for a MelPhleg in the Bible is the beloved Apostle **John**. He obviously had a very sensitive nature, for as a youth he laid his head on Jesus' breast at the Lord's Supper. On one occasion he became so angry at some people that he asked the Lord Jesus to call fire from heaven down on them. Yet at the crucifixion he was the one lone disciple who devotedly stood at the cross. John was the one to whom the dying Jesus entrusted his mother. Later the disciple became a great church leader and left us five books in the New Testament, two of which (the Gospel of John and the Book of Revelation) particularly glorify Jesus Christ.

## The PhlegSan

The easiest of the twelve temperament blends to get along with over a protracted period of time is the PhlegSan. He is congenial, happy, cooperative, thoughtful, people-oriented, diplomatic, dependable, fun-loving, and humorous. A favorite with children and adults, he never displays an abrasive personality. He is usually a good family man who enjoys a quiet life and loves his wife and children. Ordinarily he attends a church where the pastor is a good motivator; there he probably takes an active role.

The weaknesses of the PhlegSan are as gentle as his personality – unless you have to live with him all the time. Since he inherited the lack of discipline of a sanguine, it is not uncommon for the

PhlegSan to fall short of his true capabilities. He often quits school, passes up good opportunities, and avoids anything that involves "too much effort." Fear is another problem that accentuates his unrealistic feelings of insecurity. With more faith, he could grow beyond his timidity and self-defeating anxieties. However, he prefers to build a self-protective shell around himself and selfishly avoids the kind of involvement or commitment to activity that he needs and that would be a rich blessing to his partner and children. I have tremendous respect for the potential of these happy, contented people, but they must cooperate by letting God motivate them to unselfish activity.

The man in the Scripture that reminds me most of the PhlegSan is gentle, faithful, good-natured **Timothy**, the favorite spiritual son of the Apostle Paul. He was dependable and steady but timid and fearful. Repeatedly, Paul had to urge him to be more aggressive and to "do the work of an evangelist" (2 Tim. 4:5).

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2 S

## The PhlegChlor

The most active of all phlegmatics is the PhlegChlor. But it must be remembered that since he is predominantly a phlegmatic, he will never be a ball of fire. Like his brother phlegmatics, he is easy to get along with and may become an excellent group leader. The phlegmatic has the potential to become a good counselor, for he is an excellent listener, does not interrupt the client with stories about himself, and is genuinely interested in other people. Although the PhlegChlor rarely offers his services to others, when they come to his organized office where he exercises control, he is a first-rate professional. His advice will be practical, helpful, and – if he is a Bible-taught Christian - quite trustworthy. His gentle spirit never makes people feel threatened. He always does the right thing, rarely goes beyond the norm. If his wife can make the adjustment to his passive life-style and reluctance to take the lead in the home, particularly in the discipline of their children, they can enjoy a happy marriage.

The weaknesses of the PhlegChlor are not readily apparent but gradually come to the surface, especially in the home. In addition to the lack of motivation and the fear problems of the other phlegmatics, he can be determinedly stubborn and unyielding. He doesn't blow up at others, but simply refuses to give in or cooperate. He is not a fighter by nature, but often lets his inner anger and stubbornness reflect itself in silence. The PhlegChlor often retreats to his "workshop" alone or nightly immerses his mind in TV. The older he gets, the more he selfishly indulges his sedentary tendency and becomes increasingly passive. Although he will probably live a long and peaceful life, if he indulges these passive feelings it is a boring life – not only for him, but also for his family. He needs to give himself to the concerns and needs of his family.

No man in the Bible epitomizes the PhlegChlor better than **Abraham** in the Old Testament. Fear characterized everything he did in the early days. For instance, he was reluctant to leave the security of the pagan city of Ur when God first called him; he even denied his wife on two occasions and tried to palm her off as his sister because of fear. Finally, he surrendered completely to God and grew in the spirit. Accordingly, his greatest weakness became his greatest strength. Today, instead of being known as fearful Abraham, he has the reputation of being the man who "believed in the Lord; and he counted it unto him for righteousness."



## The PhlegMel

Of all the temperament blends, the PhlegMel is the most gracious, gentle, and quiet. He is rarely angry or hostile and almost never says anything for which he must apologize (mainly because he rarely says much). He never embarrasses himself or others, always does the proper thing, dresses simply, and is dependable and exact. He tends to have the spiritual gifts of mercy and help, and he is neat and organized in his working habits. Like any phlegmatic, he is handy around the house and as energy permits will keep his home in good repair. If he has a wife who recognizes his tendencies toward passivity (but tactfully waits for him to take the lead in their home), they will have a good family life and marriage. However, if she resents his reticence to lead and be aggressive, she may become discontented and foment marital strife. He may neglect the discipline necessary to help prepare his children for a productive, self-disciplined life and so "provoke his children to wrath" just as much as the angry tyrant whose unreasonable discipline makes them bitter.

The other weaknesses of this man revolve around fear, selfishness, negativism, criticism, and lack of self-image. Once a PhlegMel realizes that only his fears and negative feelings about himself keep him from succeeding, he is able to come out of his shell and become an effective man, husband, and father. Most PhlegMels are so afraid of over-extending themselves or getting over involved that they automatically refuse almost any kind of affiliation.

Personally I have never seen a PhlegMel over involved in anything – except in keeping from getting over involved. He must recognize that since he is not internally motivated, he definitely needs to accept more responsibility than he thinks he can fulfill, for that external stimulation will motivate him to greater achievement. All phlegmatics work well under pressure, but it must come from outside. His greatest source of motivation, of course, will be the power of the Holy Spirit.

**Barnabas**, the godly saint of the first-century church who accompanied the Apostle Paul on his first missionary journey, was in all probability a PhlegMel. He was the man who gave half his goods to the early church to feed the poor, the man who contended with Paul over providing John Mark (his nephew) another chance to serve God by accompanying them on the second missionary journey. Although the contention became so sharp that Barnabas took his nephew and they proceeded on their journey by themselves, Paul later commended Mark saying, "He is profitable to me for the ministry" (2 Tim. 4:11). Today we have the Gospel of Mark because faithful, dedicated, and gentle Barnabas was willing to help him over a hard place in his life. PhlegMels respond to the needs of others if they will just let themselves move out into the stream of life and work with people where they are.

S Questions, comments, etc.

# TEMPERAMENTS AND MARRIAGE

## **S** **SANGUINE (OTTER)**

So responsive it doesn't take much, and lets it easily show  
Natural charmer, 'flirt'

Love sex, very important to them (equates sex with love)

Tempted to unfaithfulness easily (big ego, weak self-control)

Needs:

1. Moral principles from youth so will stay faithful
2. Walk in the Spirit, esp in thought life (no pornography, etc.)
3. Control of his sex drive in marriage, to meet wife's needs, too
4. Loving, responsive, affectionate mate who responds well

Because they love pleasure of senses, they are likely to take you to all kinds of art and cultural events, movies, shows and exotic restaurants. They are also highly sensitive to the world around them and you might even notice their attraction to complex designs and abstract art as well as their preference to sour, spicy and crunchy food.

They like intense and complicated music and the rhythmic side of them is even present in the way that they talk. Their extrovert nature and constant cravings for variety means that most Sanguine people have a lot of experience in dating and they can easily adjust to almost any courtship situation. They are friendly and enthusiastic and have no desire to control you, so you will probably feel comfortable and at ease. These people are also generous and are likely to give gifts early in the relationship.

Sanguine people are good listeners and they will always ask you about yourself in order to engage you and to satisfy their curiosity. During the conversation many of them look directly at you as well as leaning forward, touching your hand, arm or leg, while listening intently. Most of them have no problem with moving from one topic to another and despite that Sanguine people find self-disclosure difficult, they will talk about themselves occasionally, more with jokes than seriousness but eventually, disclosure will come when they are comfortable.

These people like nonsense and incongruous humor and have no problems laughing at themselves in order to make other people laugh. They are good at bantering and witty exchanges and as people pleasers they strive to perform and entertain, focusing on surprises, which of course, they simply adore!

Sanguine people have a relaxed attitude towards sex. Sanguine women, however, are less permissive than sanguine men. For most sanguines, sex is often a recreation, sometimes not even linked with loving or even really liking their partner.

Secondary personality type plays an important role in how you love.

- For instance, most sanguine people have a flexible approach to morality, but sanguine-melancholic type usually has fixed moral values and seeks for a partner who shares this attitude. They are likely to be more conventional in their courtship, like bringing flowers, being on time, as well as they will insist on knowing where do they stand in a relationship.

- Sanguine-phlegmatic seeks for harmony. They are sensitive to the needs of their partners and have a big heart. They won't choose someone who competes in a relationship or overloads their schedule.

- Sanguine-choleric people are just a little odd or different. They have good nerves and do fine thriving on the edge but they don't usually feel they have to justify their actions and act fast. They need a partner who will understand their need for independence and these men and women are the most sexual of all types, including other sanguine types.

Generally sanguine people take time before they commit, but once they do they can be truly thrilling and passionate lovers.

## **S CHOLERIC (LION)**

Self-control makes him able to avoid sex before marriage easier than SANGUINE (OTTER)

Great romantic when courting (candy, flowers, polite, leadership, etc.)

So goal-conscious will do anything to attain goal, but then when get it stop

After marriage goal is no longer winning her but providing for her (workaholic)

Hard time showing love and affection

After marriage leaves out romance

- Needs:
1. Emotional development, show love & compassion
  2. Realize others not as self-sufficient as he
  3. Control speech, sarcasm, disrespect, etc.
  4. Secure, mature mate who can speak the truth in love

Choleric people usually are not interested in several relationships at once and have little dating experience when they are young. They may act awkwardly and if they don't envision future with you and are not interested in you, they may treat you with neglect and be very impatient. Because of their forthright style and take-charge approach, they are likely to end the relationship abruptly when you may not even expect it.

On the other hand, if they find someone who they think is worth of their time and effort, they will focus intensively on that person. They can be very romantic and are ready for a deep commitment. Instead of expressing their emotions they will focus on pleasing you by getting you what you want. They like to be needed, so describe them your problems and difficulties and they will try to fix it for you.

Between all four temperaments, this temperament falls in love less frequently. They have only few serious relationships during their lives. However, if they had decided to build a relationship with that one special partner, they wouldn't leave it easily, even if it wasn't exactly what they wanted - they are not the type of people that enjoy regularly changing their minds. This is the most sexual of four temperaments. They have a high sex drive, but they don't like "sleeping around". However, once they are in committed relationship, they see sex as the central core of the union and ask for sex more and more. Sex is very meaningful to them, but they do not share the details of their sex life with their friends. From the other side, they are comfortable at sharing their sexual needs with their partners.

As with all types, the secondary personality type of choleric people affects how and who they love. Generally they are highly independent and follow their own rules. People with mixed choleric-sanguine temperament are very self-sufficient and need a lot of time alone. They are imaginative and adventurous and seek someone who shares the same traits without being competitive with them.

CHOLERIC-MELANCHOLIC people are highly motivated to succeed. In relationships they know what they want and won't settle for less. They have plans and date purposefully and they are out looking for someone who helps them to achieve their goals. It is difficult to get to know them, because they hide their real personality behind tranquility and humor.

CHOLERIC-PHLEGMATIC type is the most romantic type between choleric people. They give special gifts and celebrate special events. Loyalty is crucial to them.

In general, with choleric people you know where you stand. They will let you know what they want and how they wish to proceed. If they think they could have future with you, they become very dedicated partners, sensitive to the slightest sign of rejection.

## **S MELANCHOLY (BEAVER)**

Idealist, assumes things will "work out" so sometimes caught unaware  
High expectations and perfectionism make him expect a lot of self and others  
Knows how to win a woman, can be very sensitive and sacrificial in giving  
Ascetic nature leads him to be really attracted to female form & appearance  
Introvertism and depression can spoil relationships

Needs:

1. Must stay close to God, Spirit-filled, not self-centered
2. Learn to give unconditional love, not rewarded love
3. Avoiding a critical and pessimistic attitude (perfectionism)
4. Positive and wholesome thought life (no revenge, self-pity, etc.)
5. Marry a person not easily offended, who can encourage & reassure

Melancholics do not choose their life partners impulsively, they do it very cautiously, considering the opinions of their friends and relatives. They fear to be criticized and this is why they may need friends and relatives to approve their date before they commit to him or her. This is also one of the reasons why melancholic people enjoy to do things as a couple within a larger group of friends.

Between all four temperaments, these people can be classified as the pillars of society. They enjoy community events and outings with the group of friends. As a result, the intimacy with this kind of people develops slowly. This is convenient to the Melancholics - by dating and courting in this way they can think carefully about their plans with you and further ahead such as marriage, children etc. They can plan things in advance and it is important to them that romance goes as planned.

Sex for Melancholics is a way to forget problems and relax. It is not a playful adventure, like for sanguine people. They usually have fewer sexual experiences before marriage. In fact, Melancholics are the least sexual of four temperaments - they do still enjoy sex, but they like it when it is familiar and not in the style of a "one night stand."

The secondary temperament plays a powerful role how Melancholics love. While generally they are very cautious and careful, Melancholic-sanguine people still seek the novelty within the limits.

Melancholic-choleric people can be pretty innovative and know how to compromise between original and conventional. They are also very ambitious and are likely to take you to places that are considered to be hard to get to.

Melancholic-phlegmatic people are confident and easy going. They love to bring people together and are likely to introduce you to their friends and you will often find dating them will be a very social experience.

Melancholics look for marriage - they need someone responsible and respectful to traditions; devoted to family life. When Melancholics find their mate, they take all the responsibilities of the partnership and are usually very faithful, which they do not find difficult.

## **S PHLEGMATIC (GOLDEN RETRIEVER)**

Naturally kind person, attracts others emotionally by their gentleness & acceptance

Women respond to kindness, so do men

Doesn't get pushy, domineering, controlling, so won't demand sex before marriage

More likely to manipulate person into it

If fearful about sex will affect sex life even after marriage

PHLEGMATIC female almost as easy to seduce as SANGUINE (OTTER)

- Needs:
1. Dynamic relationship to Jesus so can put mate's needs first
  2. More aggressive attitude in everything, showing love first
  3. Talk freely about own desires and needs, communicative
  4. Victory over fear
  5. Mate who will understand & accept seeming lack of motivation without resentment, bring out best in them

Once phlegmatic people find "the one", they work on maintaining intimacy with this partner. They will avoid conflicts, they will do major adjustments and sacrifices - all for the sake of this cherished bond. Everything that happens within the relationship such as the odd phone call here and the email there is looked at as an important part of their relationship to the point where they actively enjoy analyzing their relationships and their partners' thoughts and motives.

Between all four temperaments, this is the most romantic one. They fall in love most frequently and romance is critical to them; they plan romantic evenings and weekends well in advance. They will send you romantic cards; give you hugs and confess their love in hope that you will answer with the same. Sex also has to be romantic and if they engage it at all they expect that a meaningful relationship will develop. To them sex and love are interconnected - the exact opposite of typical sanguine approach. Because phlegmatic people have rich fantasy life, they tend to idealize their partners. It is only when they delve further into the relationship and find out that their perfect partner isn't quite as perfect as they once thought, the entire relationship is almost deemed to be ruined or "poisoned" to the point where they may not even be interested anymore.

It is important to mention that despite the fact that phlegmatic people seek for harmony and spend a lot of energy to build connection with their partners, they don't like clingy and overly demanding people.

As mentioned in previous articles, your secondary personality type plays a powerful role in how you love:

- Phlegmatic-sanguine still seek the true love, but at the same time they like playful and adventurous partners.
- The Sanguine-melancholic type is great at managing people, as well as very sympathetic and tactful and they are very warm and charming.
- Phlegmatic-choleric people also search for a perfect match, but can be tough-minded and analytical at the same time.

Generally, all phlegmatic types value marriage and it is their ultimate goal in relationship. They are the type that seeks for unconditional love - something that most other people don't even understand the concept of. If they realize that their partner is not their soul mate and will not become their soul mate, they will leave him or her in search for their one "true" match

## TEMPERAMENTS COMBINATIONS IN MARRIAGE

**S** **Sanguine** and **sanguine**- all they want to do is have fun. Nobody ever balances the checkbook, and they'll go bankrupt 3 or 4 times.

**S** **Choleric** and **choleric**- this is unusual, because they both can't be in control. When you hear somebody say, "This is my money; that's your money," it's always choleric. Choleric do not commingle their funds.

**S** **Melancholy** and **melancholy**- they'll be depressed together and paint the windows of the house black so nobody can see in.

**S** **Phlegmatic** and **phlegmatic**- together, they'll never make a decision to actually do anything. They'll want to *save all the animals*, all the cats. Nobody is going forward, because they all *want to save the world*.

**S** **Sanguine** and **choleric**- both are very direct. You'll have the biggest battles, fights, arguments you can imagine when sanguine marries choleric. Sanguine won't take choleric's controlling abuse. When you see a sanguine and choleric married, you can be sure there are a lot of heated, heated, heated arguments...and heated, heated, heated make up sessions after the arguments.

**Choleric** and **sanguine**- choleric doesn't get to control sanguine as much, because sanguine is so direct. You wind up with huge battle, arguments, fistfights, when they get in disagreements. Neither will give in, because they're both so direct.

**S** **Sanguine** and **melancholy**- melancholy has a lot of problems with depression. Sanguine helps melancholy get out of the funk. Melancholy wants to stay in the rut, but sanguine kicks melancholy in the butt and says, "Come on, let's go, let's get out of here, let's do some stuff!" It's magical for melancholy to marry sanguine, because melancholy will be brought up a notch or two. Melancholy is the only one in the group who can balance the checkbook. Sanguine will never do that.

**Melancholy** and **sanguine**- because melancholy is so indirect and self-contained, you have opposite ends of the spectrum. Sanguine is direct and open. Sanguine makes decisions on the fly; melancholy has to ponder it for 3 months. Sanguine can help melancholy think a little better on the run, and melancholy can help sanguine get their head out of the clouds and be more levelheaded.

**S** (**sanguine**)'s best match is **phlegmatic** because both are open with their feelings. Sanguine and phlegmatic don't struggle with or have to work on saying the words, "I love you." They'll talk things over it comes natural to both.

(**phlegmatic**)'s soul mate would be **Sanguine (sanguine)**- sanguine is open with their feelings, just like phlegmatic. Phlegmatic isn't outgoing, and sanguine will help phlegmatic be a little bit more outgoing, more spontaneous.



**S** **Choleric** and **melancholy**-both are self-contained. But that directness means that choleric has to control melancholy. Melancholy will look at it, analyze it, and figure, “Well, if I can put up with this person another 12.3 years, then I’ll have my own million dollars in the split on this deal, and I can go out and do my own thing.” With that thought, melancholy will put up with this.

**Melancholy** and **choleric**- both are self-contained. Choleric is direct, melancholy is indirect. Together they’ll build a massive wealth of income. However, they’ll never be together long enough to really enjoy the fruits of their labor. They’ll end up divorced. Nevertheless, along the way, they will create multiples of income. The problem is, since they’re both self-contained, they are not open with their feelings with each other. They don’t talk much. Choleric is about action and melancholy is about thinking about action.

**S** **Choleric** and **phlegmatic**- best color for choleric to marry is phlegmatic, because choleric has to be always in control, and only phlegmatic will allow that. Doesn’t matter which is male or female. Phlegmatic will let choleric have total control. They get along great in that aspect.

**Phlegmatic** and **Choleric (choleric)** - phlegmatic is the only color who can be married to choleric long-term. Choleric is a control freak. Choleric will tell phlegmatic what to wear and what not to wear...and phlegmatic will do it. Choleric will get their way and phlegmatic will take that type of abuse for a long, long, long time.

**S** **Melancholy** and **phlegmatic**- it’s a good fit, because they are both indirect. However, melancholy will put phlegmatic down into this muck, mire, and funk, and they’ll have a hard time getting out of it. Phlegmatic needs to be more open and tell melancholy right from the start, what they want out of the relationship, and what they expect. If phlegmatic tells melancholy that, melancholy will be fine. They’ll follow along with it and do it. However, you better start young and early in that marriage.

**Phlegmatic** and **Melancholy (melancholy)**- melancholy may absolutely adore phlegmatic, worship the ground they walk on, but they do not say “I love you” often enough. Phlegmatic needs to hear, everyday, all the time, “*I love you, I appreciate you, you’re beautiful, you’re handsome.*” But melancholy doesn’t do that. They think, “*Hey, I told you 20 years ago that I love you. If I change my mind, I’ll let you know.*”

**S** DISCUSSION, Q&A, etc.

### **USE IF TIME.....**

**2 S** **Raymond, husband not help so wife do, 5 min – what temperament?**  
**Raymond wants to make more decisions 6.5 – what temperament?**

**S** SUMMARY – what temp is each person

**S** The secret to the best possible marriage (James Dobson)

CHANGE what can be altered

EXPLAIN that which can be understood

TEACH that which can be learned

REVISE that which can be improved

RESOLVE that which can be settled, and

NEGOTIATE that which is open to compromise.

**S** DAYLIGHT SAVINGS TIME STARTS move clocks ahead

**S** PRAY AND CLOSE

IF NEEDED.....

**S** **APPLY TO HUSBAND, WIFE for each temperament & need/duty**

	MAN	WOMAN
NEED	PROVIDE, GUIDE	SECURITY, LOVE
DUTY	SACRIFICIAL LOVE	SUBMIT, RESPECT

