

## Helpful Hints for the Phlegmatic

[www.Pastoral-Counseling-Center.org](http://www.Pastoral-Counseling-Center.org)

### Special Things That Significant Others Can Do For The Counselee

1. Do not force them to socialize. People drain their energy reserves.
2. Share decisions and be willing to accept part of the responsibility for the consequences.
3. Show them they are loved and appreciated by using only a moderate amount of physical attention and doing special things for them.
4. Do not force Phlegmatics to take on full responsibility for someone else.
5. Understand their limited energy reserves and do not push them beyond that level.
6. Find special ways to keep them involved in deep personal relationships.
7. Be the aggressor in deep relationships.
8. Do not become angry and hostile because of their unwillingness to initiate affection.
9. Recognize that their wry, cutting sense of humor is only a defense mechanism to protect themselves and their low energy levels.

### What the Counselee Can Do To Help Themselves

1. Find employment where they can undertake tedious tasks without being required to interact with people for long periods of time.
2. Maintain a proper balance of diet, exercise, work, and relaxation to insure proper energy balance.
3. Learn to show deep, tender feelings in ways that are comfortable and others can understand.
4. Be inspired to do something about the injustice they see.
5. Be inspired to stay involved in life.
6. Be inspired to stay involved with the deep relationships in their lives.
7. Set activity guidelines to keep from sleeping their lives away.
8. Control their critical attitude about others.
9. Be more willing to make sacrifices for others.
10. Learn to be more flexible and less stubborn.

### Behavior Changes To Bring Them Closer To God

1. Learn to interact with God and Christ as they would any other surface relationship.
2. Learn to inspire themselves to do something about the injustices they see.

3. Learn that submission to God unlocks potential.
4. Learn to inspire themselves to be more open and loving with the Lord.
5. Learn to make decisions according to the Will of God and look to Him to defend them.
6. Learn to submit to the Will of God in order to lessen stubbornness.
7. Learn that only through expending energy and becoming deeply involved with personal relationships can they reach maturity. Phlegmatics have a tendency to deal with their personal relationships with Christ in the same way they do any other deep relationship, being spectators and not getting too deeply involved.
8. Learn to see the rights and feelings of others according to the Word of God. Phlegmatics will unthinkingly make humorous remarks about the rights and feeling of others.
9. Learn to depend on the opinions of God, not the opinions of people.

Copyright 2009 By  
Pastoral-Counseling-Center.org  
941-756-2232