

Temperament Therapy

Our inborn temperament is placed within us by God while we are in our mother's womb. This temperament will remain with us throughout our lives. How we do (or do not) express this temperament can be affected by the following:

- Our upbringing (how we were raised as children)
- Our environment
- Our education and training
- By the work of the Holy Spirit in our lives

Temperament determines how we interact with our environment and the people around us. Temperament also determines our perception and understanding of ourselves and of the people who love us.

Sometimes A Mask

Sometimes a person can learn or select behavior that is very different from their inborn temperament. This *mask* hides the true temperament. As a result this person's temperament needs are not met, and he/she feels stress and conflict.

Our Conflicts...

Every person is unique and has different temperament needs. When we attempt to get these needs met apart from our relationship with God, we have conflict in our lives. These conflicts are caused by:

- Trying to get our needs met apart from God's plan for our lives.
- Not getting certain needs met because we are spending all our energy meeting some needs while ignoring others.
- Reacting in a negative (angry, frustrated) way to unmet temperament needs.

Strengths and Weaknesses

Every temperament has strengths and weaknesses. The description of your temperament will include strengths and weaknesses which are usually demonstrated in someone who had your temperament profile. *This does not mean that you personally show these strengths and weaknesses in your individual, unique life.* It does show you some of the areas of strengths that can be encouraged as well as some areas of weaknesses that you can be aware of.

Three Areas of Temperament

The three areas of temperament are as follows:

1. **Inclusion** - the need to establish and maintain a satisfactory relationship with people in the area of surface relationships, associations and socialization (parties, social gatherings, and people who come in and out of our lives every day).
 - How many people do I approach for socializing?
 - How many people do I want to approach me for socializing?

- **Control** - the need to establish and maintain a satisfactory relationship with people in respect to issues of control and power.
 - How many people do I want to control?
 - How many people will I allow to control me?
- **Affection** - the need to establish and maintain a satisfactory relationship with others in regard to love and affection (deep one-on-one relationships such as spouses, girlfriends or boyfriends, parents, children, and trusted friends).
 - How much love and affection do I express to others?
 - How much love and affection do I want expressed to me?

Things To Remember

As you read or discuss your profile, it is critical to remember That this is a general diagnosis and not a specific interpretation of your life or behavior. It is valuable because it will help you discover the strengths you may develop as well as the weaknesses you may resist. It will also reveal unmet needs that can cause stress and conflict in your life and your relationships with others. It is difficult to consider possible weaknesses in our lives, but if we are open to change, understanding our weaknesses can help us resolve conflicts and improve our relationships with loved ones.

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