

THE FIVE TEMPERAMENTS

The following is a brief word description of each of the five temperaments in Inclusion/Control/Affection:

Melancholy

The following words describe a pure Melancholy in the areas of Inclusion/Control/Affection:

slow-paced	perfectionist
strong-willed	self-motivated
low self-esteem	possibly suicidal
appears arrogant	detests exposure
withdrawn/loner	legalistic
independent/rebel	self-sacrificing
task-oriented	faithful, loyal friend
emotionally guarded	fears rejection
depressed/negative	lives in mind/moody
requires truth/order	fears economic failure
requires dependability	creative/artistic
intellectual energies	deep, tender feelings

Sanguine

The following words describe a pure Sanguine in the areas of Inclusion/Control/Affection:

undisciplined	rude
people-oriented	exaggerator
upbeat/open/friendly	reward-oriented
talkative	superficial
optimistic	self-indulgent
fast paced	affectionate
sunshine	sexually oriented
cheerful/inspiring	“hot” tempered
outgoing/carefree	fears rejection
extravagant/impulsive	“skin” hungry

Choleric

The following words describe a pure Choleric in the areas of Inclusion/Control/
Affection:

personable	cruel, abusive temper
people motivators	charming
dictators	self-reliant
requires recognition	good leader
strong-minded	task oriented
chameleon	guilt-free
lacks emotions	detest weakness
confident	burnout
well organized	disciplined
controlling	sexually controlling

Phlegmatic

The following words describe a pure Phlegmatic in the areas of Inclusion/Control/
Affection:

slow-paced	stable
self-contained	extremely stubborn
observers	“dry” sense of humor
well-rounded	calm/easy going
peacemakers	tolerates people
selfish	unemotional
efficient	tires easily
uninvolved	task oriented

Supine

From Hippocrates to Tim LaHaye there have been four temperaments: Melancholy, Sanguine, Choleric and Phlegmatic.

We perfected the fifth temperament: The Supine.

One of the dictionary definitions of Supine is... "lying on the back or with the face turned upward." The Supine is the bowing temperament, with a tendency to see everyone else as valuable and themselves as nearly worthless.

The following words describe a pure Supine in the areas of Inclusion/Control/Affection:

gentle spirit
servant
low self-esteem
weak-willed
faithful/supportive
indirect behavior
lonely
sensitive
fear of rejection
internalizes anger
people-oriented

victim
unstable
dependent
people pleaser
true/loyal
responder
reward-oriented
compassionate
"hurt" feelings
indirect behavior
punishment-oriented