

Sanguine in Affection Strengths

In the temperament area of Affection, Sanguine strengths include being able to express and receive large amounts of love and affection. Sanguines in Affection are warm, easy to get to know, and emotionally open.

Sanguine in Affection Weaknesses

The weakness in the temperament area of Affection is that Sanguines can be easily devastated if not constantly reassured that they are loved and appreciated. They are very demanding of other people for love and affection and are plagued with feelings of jealousy when the love and attention (that they feel belongs exclusively to them) is given to others.

Melancholy in Inclusion Strengths

In the area of Inclusion, the Melancholy has some very definite strengths which, when controlled, can cause the Melancholy to do many great and wonderful things. These strengths include: **introvert, loner, great thinker, genius-prone, very artistic and creative, often found alone in thought, perfectionistic, slow-paced, great understanding of tasks and systems, a critical and challenging mind, and seeing both the pitfalls and the end results of a project** undertaken. You can see that once these strengths are brought under the ordinances of God, the Melancholy in Inclusion is capable of great things.

Melancholy in Inclusion Weaknesses

When Melancholies sink to their weaknesses, the following will happen: they become **extremely moody**, suffer from "*black*" **depressions**, **reject people**, **set standards** neither they nor anyone else can meet, **develop habits** that are very hard to break, have **suicidal tendencies**, **low self-esteem** and are **pessimistic**. Therefore, when Melancholies sink to their weaknesses, **they can be destructive to themselves and others**.

Melancholies have a fear of economic failure that prevents them from going forward. This can also be a strength in that they are thrifty and live within their means.

These are the temperament traits that are present in every person who is a Melancholy in Inclusion, regardless of his or her Control and Affection areas.

Melancholy in Control Strengths

When rising to their strengths, persons with the Melancholy in Control are capable of wonderful things. The strengths of this Melancholy are: **good decision-making capabilities**, ability to take responsibility in known areas, and very **good leadership** ability-if allowed to deal in known areas or handle things at their own speed. They adhere to the rules, and they need very little control over the lives and behavior of others.

M= Melancholy [Small "C" next to a letter means "Compulsive" Ex Mc]

P= Phlegmatic

C= Choleric

G= Sanguine

S= Supine

Sanguine in Inclusion Strengths

In the temperament area of Inclusion, the Sanguine has some very definite strengths. The temperament strengths of the Sanguine include: being friendly, outgoing, inspiring to others, relationship oriented, enthusiastic, warm, optimistic, ability to see the bright side of life, and the good in other people. Sanguines genuinely like people, are rarely found alone, and freely interact with people. When looking at these strengths, you can see the potential for doing good works for God when Sanguines are brought under God's ordinances.

Sanguine in Inclusion Weaknesses

The weaknesses of a Sanguine in Inclusion are those that can become very destructive to the Sanguine, both emotionally and spiritually. These include: being talkative, always the center of the conversation, apt to take on the behavior and morals of the people around them, impulsive, undisciplined, rude, prone to exaggerate, need to appear successful (even to the point of exaggeration), will ignore responsibilities in order to be with people.

Sanguine in Control Strengths and Weaknesses

The Sanguines' strengths and weaknesses correlate with his or her dependent/ independent conflict. On one side, Sanguines are driven to control the behavior of the people around them. After taking on too many responsibilities and decisions, they will be driven to the other side of the temperament need, which is to be narcissistic, self-indulgent, lacking persistence, and weak-willed. At the time when the Sanguine manifests independence, he or she will be a solicitous, caring person who will do things for other people, almost to the point of servitude. *Sanguines in Control will take on the responsibility for making many decisions to receive recognition.* Their need for attention and approval, recognition, and acceptance molds them. Sanguines in Control can be very charming, gracious people; however, they will not stay in this part of the need long. They are endlessly driven back and forth between the two needs like a pendulum. The longer they stay on one side of their temperament, the more they are driven back to the other side. These swings are not strengths or weaknesses but are temperament needs that must be met. The problem with this narcissistic swing is that Sanguines can indulge themselves in *gambling and alcoholic binges, drugs, sexual sins*, etc. The need to be self-indulgent is not a weakness, but the way this self-indulgence is met is the weakness. The only thing that can help this Sanguine in Control is to find a life situation where he or she can make a smooth swing from one temperament need to another.

Melancholy in Control Weaknesses

When Melancholies in Control sink to their weaknesses, they are capable of the following destructive behavior: rigidity, inflexibility, sensitivity to failure, fear of the unknown, fear of failure, rebelliousness and procrastination.

These are the temperament traits that are present in every person who is a Melancholy in Control, regardless of his or her Inclusion and Affection areas.

Melancholy in Affection Strengths

The Melancholy in Affection has strengths that can lead them to great accomplishments. Melancholies are faithful and loyal friends and self-sacrificing. Their feelings run deep and tender (even though they lack the ability to express these feelings). Melancholies can easily empathize with others and have the ability to make deep commitments.

Melancholy in Affection Weaknesses

When Melancholies in Affection sink to their weaknesses, they become destructive to themselves and their deep relationships. *They* dissect the past with theoretical "*what ifs*" i.e., "*what if*" he had given me flowers, I would feel loved; "*what if*" I were prettier, they would love me more. Also, *they are* critical of others, angry, cruel, vengeful, emotional, rarely tell people how they feel, have a low self-image and are sensitive to rejection.

The loss of a deep relationship (close friend, spouse, family, etc.) is devastating to the Melancholy in Affection. This is viewed as a weakness because they never seem to be able to recover. It is a deep emotional scar that remains throughout their lives.

The major weakness of Melancholies in Affection is that they are sexually oriented but not romantically inclined. They "have sex" with their spouse; they do not "make love" to them. This causes a lot of marital problems.

These are the temperament traits that are present in each person who is a Melancholy in Affection, regardless of his or her Inclusion and Control areas.

Phlegmatic in Inclusion Strengths

In the temperament area of Inclusion, Phlegmatic strengths include the ability to perform tedious tasks and to relate to both tasks and people. Phlegmatics in Inclusion are calm, easygoing, extremely efficient and perfectionistic.

The Phlegmatic in Inclusion can function quite well in a hostile social setting. Nothing "ruffles their feathers."

Phlegmatic in Inclusion Weaknesses

In the temperament area of Inclusion, the Phlegmatic weaknesses include unwillingness to become involved, tendency to be an observer rather than a participant, and use of a verbal defense that often hurts others.

Phlegmatic in Control Strengths

In the temperament area of Control, the Phlegmatic's strengths include the tendency to be **very practical, conservative, peace-loving, and a good peace maker/arbitrator.**

Phlegmatic in Control Weaknesses

In the temperament area of Control, Phlegmatic weaknesses include **indecisiveness, the tendency to procrastinate, and being very difficult to motivate. Phlegmatics in Control use verbal defenses that often hurt others.** This verbal defense is used against anyone who tries to motivate or control them, particularly Cholerics.

Phlegmatic in Affection Strengths

In the temperament area of Affection, Phlegmatic strengths include being **well-balanced, easy-going, non-demanding, calm, and having realistic demands for love and affection.**

Phlegmatic in Affection Weaknesses

In the temperament area of Affection, Phlegmatic weaknesses include **unwillingness to become involved in deep relationships, tendency to be an observer only, rarely self-sacrificing, unemotional and unexpressive.** Verbal defenses are used to protect low energy supply with regard to physical and sexual involvement.

These are the temperament traits that are present in each person who is a Phlegmatic in Affection, regardless of his or her Inclusion and Control areas.

Choleric in Inclusion Strengths

In the temperament area of Inclusion the Choleric has some excellent strengths, which include being **open, friendly, confident, outgoing, optimistic and tough-minded.** This person is **perfectionistic** and has a **good mind** for envisioning new projects and is an **extrovert** of a highly selective nature.

Choleric in Inclusion Weaknesses

In the temperament area of Inclusion, the Choleric also has some weaknesses. Cholerics are often **hot-tempered** and, although everyone uses people to some extent, the Choleric in Inclusion "carries the flag." They are **people users**, however, they call themselves "**people motivators.**" In addition, because of being easily frustrated in their attempts to "motivate" people, Cholerics harbor **anger** and are sometimes **cruel.**

Cholerics in Inclusion have another weakness which they view as a strength, they always dominate social conversations. Cholerics are not necessarily rude, just domineering in all social interaction. They **control** the social scene.

These temperament traits are present in each person who is a Choleric in Inclusion, regardless of his or her Control and Affection areas.

Choleric in Control Strengths

The strengths of a Choleric in Control include being tough-willed, a good leader, capable of making intuitive decisions, capably taking on responsibilities, and possessing the will power to carry things through to completion.

Choleric in Control Weaknesses

Weaknesses of the Choleric in Control include anger, cruelty, capability of undertaking any behavior to keep control, associating with weak people, and resenting their weaknesses.

These are the temperament traits that are present in each person who is a Choleric in Control, regardless of his or her Inclusion and Affection areas.

Choleric in Affection Strengths

In the temperament area of Affection, Choleric strengths include being **open, optimistic, outgoing**, they express **a great deal of love and affection**, and approach only **select people for deep relationships**.

Choleric in Affection Weaknesses

In the temperament area of Affection, Choleric weaknesses include having **indirect behavior** and **rejecting people, rejecting the love and affection of people**, and being **cruel** to those who reject their manipulation for love and affection.

These temperament traits are present in each person who is a Choleric in Affection, regardless of his or her Inclusion and Control areas.

Supine in Inclusion Strengths

In the area of Inclusion, Supine strengths include **a great capacity for service, liking people, and the desire to serve others. Supines possess an inborn gentle spirit.**

Supine in Inclusion Weaknesses

The Supines' Inclusion weaknesses include indirect behavior that expects others to read their minds, high fear of rejection, and harboring anger viewed as "hurt feelings."

These temperament traits are present in each person who is a Supine in Inclusion, regardless of his or her Control and Affection areas.

Supine in Control Strengths

The strengths of a Supine in Control include dependability, ability to enforce "the policies" set by others, and to serve those they follow, their caretakers, with absolute loyalty.

Supine in Control Weaknesses

The Supine in Control weaknesses include aggressive disorders, open dependence, defensive against loss of position, weak willpower, difficulty in saying no to self and others, tendency to feel powerless and at the mercy of others.

Supines in Control need others to make and be responsible for their decisions. However, they definitely become angry if their "*choice*" or "*preference*" is denied or opposite decisions are made by those in control.

These are the temperament traits that are present in each person who is a Supine in Control, regardless of his or her Inclusion and Affection areas.

Supine in Affection Strengths

In the temperament area of Affection, the Supine strengths include the ability to respond to love and to open up emotionally when they feel emotionally "*safe*." If treated properly, Supines in Affection are capable of absolute and total commitment to deep personal relationships.

Supine in Affection Weaknesses

In the temperament area of Affection, the Supine weaknesses include the inability to initiate love and affection. Supines in Affection require constant reassurance that they are loved, needed, and appreciated. Yesterday's assurance means nothing. Actually, reassurance received one hour ago means nothing. Others are expected to read their minds and they become angry, which is defined by them as "hurt" feelings, when affection needs are not met.

TEMPERAMENT STRENGTHS AND WEAKNESSES

CHOLERIC (C) [Cc Compulsive]

Choleric in Inclusion Strengths

In the temperament area of Inclusion the Choleric has some excellent strengths, which include being open, friendly, confident, outgoing, optimistic and tough-minded. This person is perfectionistic and has a good mind for envisioning new projects and is an extrovert of a highly selective nature.

Choleric in Inclusion Weaknesses

In the temperament area of Inclusion, the Choleric also has some weaknesses. Cholerics are often hot-tempered and, although everyone uses people to some extent, the Choleric in Inclusion "carries the flag." They are people users, however, they call themselves "people motivators." In addition, because of being easily frustrated in their attempts to "motivate" people, Cholerics harbor anger and are sometimes cruel.

Cholerics in Inclusion have another weakness which they view as a strength, they always dominate social conversations. Cholerics are not necessarily rude, just domineering in all social interaction. They control the social scene.

These temperament traits are present in each person who is a Choleric in Inclusion, regardless of his or her Control and Affection areas.

Choleric in Control Strengths

The strengths of a Choleric in Control include being tough-willed, a good leader, capable of making intuitive decisions, capably taking on responsibilities, and possessing the will power to carry things through to completion.

Choleric in Control Weaknesses

Weaknesses of the Choleric in Control include anger, cruelty, capability of undertaking any behavior to keep control, associating with weak people, and resenting their weaknesses. These are the temperament traits that are present in each person who is a Choleric in Control, regardless of his or her Inclusion and Affection areas.

Choleric in Affection Strengths

In the temperament area of Affection, Choleric strengths include being open, optimistic, outgoing, they express a great deal of love and affection, and approach only select people for deep relationships.

Choleric in Affection Weaknesses

In the temperament area of Affection, Choleric weaknesses include having indirect behavior and rejecting people, rejecting the love and affection of people, and being cruel to those who

reject their manipulation for love and affection.

These temperament traits are present in each person who is a Choleric in Affection, regardless of his or her Inclusion and Control areas.

Choleric Strengths and Weaknesses

In this unit about the Choleric, consideration must be given to the method of teaching the Choleric about themselves. Obviously, it will be easy to teach them about their strengths. They are excellent leaders, very personable, and have excellent skills for socializing. They are also optimistic and have an excellent mind. They have high intellectual energies and use this to enable them to envision a project. They are able to layout a plan and accomplish the goals they set. The Choleric does have many strengths and would be pleased to sit and listen as you go over their strengths. On the other hand, when you begin to go over the weaknesses and negative areas of their temperament, they are going to feel a loss of approval and that, in many ways, you are putting them down.

It is important that you have the skills and ability to teach the Choleric about some of their weaknesses in such a way as to help them understand why they do what they do. Their needs come out of their basic traits. In other words, if a basic trait is a need to control others, then the need would be the need to have control over others. If the basic trait is that they are great accomplisshers, then the need is to find the people and the materials to accomplish the task at hand.

The needs are always a by-product of the basic traits. As with all other counseling clients, if you are counseling a Choleric, then you will be teaching them about themselves, working with them to identify their needs, and finding ways to meet those needs.

How do you accomplish what is necessary, teaching them what their weak areas are, so that you can move forward in helping them identify and meet the needs in a way that is conducive to the Holy Scriptures and ease the conflict in their life?

Let us take each weakness, one by one, and identify ways that you can teach and yet not cause the Choleric to feel put down or ridiculed.

Weakness Number 1

Using people to attain the goals they set for their own life

The counselor simply needs to tell the individual that, because they are very strong-minded, they project extreme confidence in their ability. Because they are extremely determined, they tend to be somewhat intolerant of other people. They are not always sensitive to the feelings and needs of others. They are so determined to accomplish those things they set out to accomplish that human beings fall along the wayside.

They need to apply the Golden Rule in their life in dealing with others, i.e., "Do unto others as you would have them do unto you." This needs to be presented in a way that will help the Choleric realize that, if they learn how to be more sensitive, kind and understanding to the needs and feelings of others, in the long run they will accomplish much more.

Weakness Number 2

Anger

The second weakness is anger. Obviously, this counselee knows, whether they admit it or not, that they have a serious problem with venting anger. They cause emotional and physical abuse to those they love. You, the therapist, must be able to bring this out and address this issue in a way that does not put down or belittle them.

In other words, it could be said like this: "You are a very determined person. You set goals and become very frustrated when the people around you do not carry their part of the load. When people let you down and do not do what you need or expect them to do, you are frustrated. You are very perfectionistic and sometimes expect more of others than they are capable of producing. You are a very demanding person. You tend to become very angry and intolerant to those around you. We need to work on this together and find ways that you can accomplish what you want and need to accomplish without becoming so angry and frustrated.

Weakness Number 3

Being headstrong

Cholerics are tough-minded and, once they make up their mind to do something, it is nearly impossible to change it. They need to know this, but it needs to be told to them in such a way that they can be turned around. The following is an excellent example that works with Cholerics.

"We realize that you are very intelligent, that you have an excellent mind and are very capable of doing what you set out to do. But let me ask you something. Do you know everything that there is to know about everything? (Obviously, their response will be "No!") You need to know that there is someone who does know everything about everything. This person could be a good friend to you if you will call upon Him. The Lord will help you achieve the things in life that you would like to achieve." Explain the following two conditions.

First: These are the things that He selects and the Cholerics accept.

Second: A person must always be willing to yield to Him.

"You have a very strong mind, and that is good. You are tough-minded and you are determined. However, if you are going to succeed and achieve the things in life you want to achieve, you are going to have to yield to the Lord."

The Cholerics temperament will actually see the Lord as an asset. This is not good, but that is the way they see Him. They must view the Lord as a person who will give them a free choice of will and never reject them or fail to acknowledge their accomplishments. God will unlock all the potential within them in order to help them achieve His goals.

Weakness Number 4

Unable to delegate authority

The Choleric counselee, who is perfectionistic and demands the very best from themselves and others, should know that they tend to take on more responsibility than they can handle. This causes them to crash and suffer from severe emotional and physical fatigue. They need to be told that their mistrust of people and their inability to delegate authority is, in the long run, going to cause them to fail to achieve their goals.

Even though they probably will not accept it, the Choleric needs to be informed that, if they do not begin to trust others and start delegating authority, they will probably suffer severe burnout. One indication that a Choleric is nearing burnout is *"excessive talking."* At this point they are not seeking help, and they do not care to hear what anyone else has to say. They talk and talk in an attempt to sort through the massive collection of unraveled thoughts and ideas in their mind. It is important for you to realize that *"burnout"* does not mean to get tired and need a few days off. Burnout is an extreme state of total emotional collapse that requires a long and tedious recovery process. *it is not to be taken lightly.* Cholerics are the ones who suffer burnout because *"no one else can do it as good as they."* Therefore, they do it all until they crash. It is almost like an airplane refusing to land and refuel, somehow convincing itself that it can go on and on and on.

Tell the counselee that in their quest for achievement they are going to have to learn to accept people as they are, with all their imperfections.

MELANCHOLY (M) [Mc Compulsive]

Melancholy in Inclusion Strengths

In the area of Inclusion, the Melancholy has some very definite strengths which, when controlled, can cause the Melancholy to do many great and wonderful things. These strengths include: *introvert, loner, great thinker, genius-prone, very artistic and creative, often found alone in thought, perfectionistic, slow-paced, great understanding of tasks and systems, a critical and challenging mind, and seeing both the pitfalls and the end results of a project* undertaken. You can see that once these strengths are brought under the ordinances of God, the Melancholy in Inclusion is capable of great things.

Melancholy in Inclusion Weaknesses

When Melancholies sink to their weaknesses, the following will happen: they become *extremely moody*, suffer from "*black*" *depressions, reject people, set standards* neither they nor anyone else can meet, *develop habits* that are very hard to break, have *suicidal tendencies, low self-esteem* and are *pessimistic*. Therefore, when Melancholies sink to their weaknesses, *they can be destructive to themselves and others*.

Melancholies have a fear of economic failure that prevents them from going forward. This can also be a strength in that they are thrifty and live within their means.

These are the temperament traits that are present in every person who is a Melancholy in Inclusion, regardless of his or her Control and Affection areas.

Melancholy in Control Strengths

When rising to their strengths, persons with the Melancholy in Control are capable of wonderful things. The strengths of this Melancholy are: **good decision-making capabilities**, ability to take responsibility in known areas, and very **good leadership** ability-if allowed to deal in known areas or handle things at their own speed. They adhere to the rules, and they need very little control over the lives and behavior of others.

Melancholy in Control Weaknesses

When Melancholies in Control sink to their weaknesses, they are capable of the following destructive behavior: rigidity, inflexibility, sensitivity to failure, fear of the unknown, fear of failure, rebelliousness and procrastination.

These are the temperament traits that are present in every person who is a Melancholy in Control, regardless of his or her Inclusion and Affection areas.

Melancholy in Affection Strengths

The Melancholy in Affection has strengths that can lead them to great accomplishments. Melancholies are **faithful** and **loyal friends** and **self-sacrificing**. Their feelings run deep and tender (even though they lack the ability to express these feelings). Melancholies can easily empathize with others and have the ability to make deep commitments.

Melancholy in Affection Weaknesses

When Melancholies in Affection sink to their weaknesses, they become destructive to themselves and their deep relationships. They dissect the past with theoretical "what if's", i.e., "what if" he had given me flowers, I would feel loved; "what if" I were prettier, they would love me more. Also, they are critical of others, angry, cruel, vengeful, emotional, rarely tell people how they feel, have a low self-image and are sensitive to rejection.

The loss of a deep relationship (close friend, spouse, family, etc.) is devastating to the Melancholy in Affection. This is viewed as a weakness because they never seem to be able to recover. It is a deep emotional scar that remains throughout their lives. The major weakness of Melancholies in Affection is that they are sexually oriented but not romantically inclined. They "have sex" with their spouse; they do not "make love" to them. This causes a lot of marital problems.

These are the temperament traits that are present in each person who is a Melancholy in Affection, regardless of his or her Inclusion and Control areas.

Melancholy Strengths and Weaknesses

One of the most important and interesting aspects about Creation Therapy is actually teaching the counselees about themselves, particularly in the positive areas of their temperament. In this unit, consideration will be given to the method of teaching a Melancholy about their weaknesses. It is difficult to even mention them because of their tendency to feel humiliated. They do not like to feel inferior, and simply mentioning they have weaknesses causes problems. They already have deep feelings of inferiority; therefore, you want to help them and not add to their problems.

The first consultation with a counselee is critical, regardless of their temperament. The initial session should be given to identifying their particular temperament and using teaching examples to explain it. It is suggested that you have a white or black board upon which to draw your examples. Draw a horizontal line on the board representing the ground. Then draw dots below the line representing seeds planted in the ground. The type of seed predetermines the type of tree or flower it produces, whether it is an oak or walnut. Then teach the counselee that they are unique and different. For example, the simple observation of a newborn baby will indicate that babies are different. Some laugh a lot, others like to be held, and some do not like to be held. They are unique at birth.

Tell the counselee, "What we are going to do during this session is to teach you a little bit about yourself." What points do we want to teach the Melancholy about themselves?

First, the Melancholy is extremely creative. All of the great artists, musicians and other creative people are usually of the Melancholy temperament.

Second, you can teach the Melancholy that they are task oriented—they relate better to tasks and systems than they do to people. They have very little understanding of people and relationships.

Third, you can teach them that Melancholies have a very high intellectual capacity; they are thinkers.

Fourth, they have the ability to see both the end result and the pitfalls in any job or project they undertake. They can mentally plan it out and see it in their mind's eye. Before they even begin the project, they can see the pit falls that lie ahead. Teach them that they tend to be slow paced, preferring to work at a slow, steady pace but tending to lose momentum as the day progresses. This leads to teaching them that they generally need quiet time alone every day to think, dream and regenerate.

They prefer to stay at home rather than to socialize, are self motivated, and are not motivated by either promise of reward nor threat of punishment. They first collect the facts, then make intellectual decisions based on the facts, with the decision being a motivating factor in their life. Explain to them that they tend to be perfectionistic. They set extremely high standards for themselves and equally high standards for the people around them.

Melancholies tend to be extremely private and very serious people. Their mood swings always follow their thinking process. They think their way into a state of depression, or they think their way into a state of hope. They prefer not to be pressured into social situations because they are very selective with whom they wish to associate. Their surface relationships are very few.

Because they are very capable of making decisions and taking on responsibilities, they make excellent managers and supervisors as long as they are allowed to move at their own pace and their supervisor does not try to control them. Their attitude is, "Let me alone and allow me to show you what I can do." They are independent. They are very good leaders. They like truth, reliability and dependability.

Melancholies are loyal and faithful friends and true to their word. They have very deep, but few, personal relationships. Those selective relationships must meet their need for love, affection and approval. They have very deep tender feelings, but they lack the mechanism to show these feelings.

They tend to be overly self-sacrificing, especially for those persons whom they consider their deep relationships and for mankind as a whole.

They are able to identify and empathize with the feelings of others. Because they tend to be very emotional and guarded, they seldom reveal how they feel inside.

The following is a composite list of the negative things that the counselor should know but not necessarily teach the Melancholy about themselves. If you do teach them about these negative areas, you must Use Extreme Caution And Gentleness.

Melancholy Weaknesses

They are very moody, a mood that generally follows their thinking process.

They have a fear of economic failure.

They have a low self-esteem. They constantly search the environment for messages that reinforce their belief that they are worthless.
They can be easily offended and insulted.

They have a severe problem with becoming very angry and seeking vengeance. Their mind will replay a situation over and over. They have an extremely difficult time forgiving. Their anger may be aroused if they are confronted about their mistakes, criticized, or made to look foolish. They have a tremendous fear of rejection in social situations, rejecting others before others have a chance to reject them. Their tendency is to be highly critical of themselves and everyone around them.

The need to look competent is greater than the need to be in control. They want to **appear** in control and competent, whether they are or not.

They tend to procrastinate, especially if they are pushed into taking on some unknown area of responsibility where they lack self-confidence.

They are extremely fearful of the unknown.

They are self-motivated. Therefore, they become angry if someone interferes in something they want to do or accomplish.

They are legalistic, rigid and uncompromising.

If someone else is their sole responsibility, they become anxious.

Loneliness plagues the Melancholy. Their introversion prevents them from showing or receiving the love and affection they so desperately desire.

Because they communicate indirectly they appear to others to be cold and withdrawn.

Outwardly they wear a mask that conceals the real person on the inside.

If you show this person too much physical love, affection or attention, they will feel crowded because they sense that their space has been invaded.

Phlegmatic in Inclusion Strengths

In the temperament area of Inclusion, Phlegmatic strengths include the ability to perform tedious tasks **and to** relate to both tasks **and** people. **Phlegmatics in Inclusion** are calm, easygoing, extremely efficient **and** perfectionistic.

The Phlegmatic in Inclusion can function quite well in a hostile social setting.

Nothing "ruffles their feathers."

Phlegmatic in Inclusion Weaknesses

In the temperament area of Inclusion, the Phlegmatic weaknesses include unwillingness to become involved, tendency to be an observer rather than a participant, and use of a verbal defense that often hurts others.

These temperament traits are present in each person who is a Phlegmatic in Inclusion regardless of his or her Control and Affection areas.

PHLEMATIC (P) [PC Compulsive]

Phlegmatic in Inclusion Strengths

In the temperament area of Inclusion, Phlegmatic strengths include the ability to perform tedious tasks and to relate to both tasks and people. Phlegmatics in Inclusion are calm, easygoing, extremely efficient and perfectionistic. The Phlegmatic in Inclusion can function quite well in a hostile social setting. Nothing "ruffles their feathers."

Phlegmatic in Inclusion Weaknesses

In the temperament area of Inclusion, the Phlegmatic weaknesses include unwillingness to become involved, tendency to be an observer rather than a participant, and use of a verbal defense that often hurts others.

These temperament traits are present in each person who is a Phlegmatic in Inclusion regardless of his or her Control and Affection areas.

Phlegmatic in Control Weaknesses

In the temperament area of Control, Phlegmatic weaknesses include **indecisiveness, the tendency to procrastinate, and being very difficult to motivate.**

Phlegmatics in Control use verbal defenses that often hurt others. This verbal defense is used against anyone who tries to motivate or control them, particularly Cholerics. These temperament traits are present in each person who is a Phlegmatic in Control, regardless of his or her Inclusion and Affection areas.

Phlegmatic in Affection Strengths

In the temperament area of Affection, Phlegmatic strengths include being well-balanced, easy-going, non-demanding, calm, and having realistic demands for love and affection.

Phlegmatic in Affection Weaknesses

In the temperament area of Affection, Phlegmatic weaknesses include **unwillingness to become involved in deep relationships, tendency to be an observer only, rarely self-sacrificing, unemotional and unexpressive.** Verbal defenses are used to protect low energy supply with regard to physical and sexual involvement. These are the temperament traits that are present in each person who is a Phlegmatic in Affection, regardless of his or her Inclusion and Control areas.

Weaknesses of A Phlegmatic

The weaknesses of a Phlegmatic all tend to be in the relationship area. They are task-oriented; therefore, they relate better to tasks and systems than they do to people. When dealing with tasks, job performance, dependability, etc., they have very few weaknesses. Anyone who has a Phlegmatic in their family whom they love will tell you

very quickly that he or she "does not care" and "does not love them. "

Phlegmatics are peacemakers, usually at any cost. This is considered a weakness, because confrontation is sometimes necessary and, in many cases, very healthy.

They are mere "observers" of life, allowing the events of life to pass them by. They are unexpressive, selfish and rarely sacrifice of themselves. The tendency is to be indecisive and to procrastinate in decision-making and the willingness to accept the responsibility for those decisions.

Phlegmatics are not emotionally cold or indifferent toward the people around them. They simply do not have the energy to invest in a relationship, and they use their wry sense of humor and wise cracking in order to keep the demands for physical affection to a bare minimum.

They tend to be self-centered, self-contained, self-righteous and very critical of others, especially those who attempt to inspire them or to tap into their already low energy reserve.

Strengths of A Phlegmatic

Phlegmatics have no need to socialize; however, for short periods of time they can relate to people when the need arises. Considered the most well-rounded of all temperaments, they do not have a problem with anger or unforgiveness, and it is quite difficult to "ruffle their feathers. " They are capable of tedious work that requires precision and accuracy. They are slow-paced and slow-moving, tending to lose momentum as the day progresses. Many would consider this as a weakness. However, their slow pace affords them the patience and ability to do the tedious work they are capable of performing.

Phlegmatics do not have a driving need to control the lives and behavior of others. They are very practical, down-to-earth people who are simply happy with things the way they are. They are not plagued with emotional outbursts or exaggerated feelings. Phlegmatics can tolerate being near people who are very loving and affectionate, or they can also tolerate being in the presence of people who reject them, are unaffectionate, or even hostile towards them. They are calm, easy-going, efficient and perfectionistic.

In this section, the major needs of the Phlegmatic temperament will be discussed as well as possible ways they can be met based on the Holy Scriptures.

Phlegmatics do not usually seek counseling. They will, however, come in for counseling in order to avoid conflict and to keep the peace. As stated earlier, it is very doubtful that you will ever encounter a pure Phlegmatic, particularly as a counselee. On the other hand, over fifty percent of those you counsel will, no doubt, have a blend of Phlegmatic in either their Inclusion, Control or Affection areas.

SANGUINE (G) [Gc Compulsive]

Sanguine in Inclusion Strengths

In the temperament area of Inclusion, the Sanguine has some very definite strengths. The temperament strengths of the Sanguine include: *being friendly, outgoing, inspiring to others, relationship oriented, enthusiastic, warm, optimistic, ability to see the bright side of life, and the good in other people. Sanguines genuinely like people, are rarely found alone, and freely interact with people.* When looking at these strengths, you can see the potential for doing good works for God when Sanguines are brought under God's ordinances.

Sanguine in Inclusion Weaknesses

The weaknesses of a Sanguine in Inclusion are those that can become very destructive to the Sanguine, both emotionally and spiritually. These include: being talkative, always the center of the conversation, apt to take on the behavior and morals of the people around them, impulsive, undisciplined, rude, prone to exaggerate, need to appear successful (*even to the point of exaggeration*), will ignore responsibilities in order to be with people.

These are the temperament traits that are present in all people who are Sanguine in Inclusion, regardless of their Control and Affection areas.

Sanguine in Control Strengths and Weaknesses

The Sanguines' strengths and weaknesses correlate with his or her dependent/ independent conflict. On one side, Sanguines are driven to control the behavior of the people around them. After taking on too many responsibilities and decisions, they will be driven to the other side of the temperament need, which is to be narcissistic, self-indulgent, lacking persistence, and weak-willed. At the time when the Sanguine manifests independence, he or she will be a solicitous, caring person who will do things for other people, almost to the point of servitude.

Sanguines in Control will take on the responsibility for making many decisions to receive recognition. Their need for attention and approval, recognition, and acceptance molds them. Sanguines in Control can be very charming, gracious people; however, they will not stay in this part of the need long. They are endlessly driven back and forth between the two needs like a pendulum. The longer they stay on one side of their temperament, the more they are driven back to the other side. These swings are not strengths or weaknesses but are temperament needs that must be met. The problem with this narcissistic swing is that Sanguines can indulge themselves in *gambling and alcoholic binges, drugs, sexual sins, etc.* ***The need to be self-indulgent is not a weakness***, but the way this self-indulgence is met is the weakness. The only thing that can help this Sanguine in Control is to find a life situation where he or she can make a smooth swing from one temperament need to another.

These are the temperament traits that are present in each person who is a Sanguine in Control, regardless of his or her Inclusion and Affection areas.

Sanguine in Affection Strengths

In the temperament area of Affection, Sanguine strengths include being able to express and receive large amounts of love and affection. Sanguines in Affection are warm, easy to get to know, and emotionally open.

Sanguine in Affection Weaknesses

The weakness in the temperament area of Affection is that Sanguines can be easily devastated if not constantly reassured that they are loved and appreciated. They are very demanding of other people for love and affection and are plagued with feelings of jealousy when the love and attention (that they feel belongs exclusively to them) is given to others.

GENERAL STRENGTHS AND WEAKNESSES

As with all temperaments, Sanguines also have weaknesses. They tend toward *very severe and destructive behavior*. They need a tremendous amount of attention, whether this attention comes by being bad or good. If good behavior gains them the attention they need, it will satisfy them. If not, then they will attempt bad behavior to gain that attention by screaming, pouting, crying and throwing severe temper tantrums.

In addition to their need for attention, they also have a need for love, acceptance, recognition and approval. Sanguines respond to the promise of reward, especially in the areas of love, affection and approval, needing praise, acceptance and adoration.

Sanguines are *usually unorganized and undisciplined*. They *do not relate well to tasks and ideas*. They only relate to people and relationships. If there is a task to be done, it must be done as quickly as possible in order for it to be set aside so they can be with people. Tasks are seen as a "necessary evil"

Less than two percent of the entire population, usually males, score as a Sanguine in the Control area. In all of our research through administering tests over the past seven years, only about fifty women scored in the Sanguine in Control area. You need to understand there is a dependent/independent conflict that goes on within the Sanguine. It works as follows.

On one hand, the Sanguine individual is quite *capable of making decisions*. An example score would be an *expressed Control score* of seven and a *responsive Control score* of seven. That means that this individual's temperament would swing like a pendulum. *The two most common triggers* that release the swing from independence to dependence are: lack of recognition and approval. Other temperament needs going unmet *because of overloading* themselves in order to gain recognition and approval.

The opposite swing from dependence to independence is caused by their inner feelings of worthlessness, guilt, selfishness and inadequacy. When they are on the dependence side of the pendulum, they are very self-indulgent and can become quite narcissistic. As these inner feelings begin to manifest themselves, the trigger is pulled; they get up off the couch and are ready to tackle the world.

SUPINE (S) [Sc Compulsive]

Supine in Inclusion Strengths

In the area of Inclusion, Supine strengths include a great capacity for service, liking people, and the desire to serve others. Supines possess an inborn gentle spirit.

Supine in Inclusion Weaknesses

The Supines' Inclusion weaknesses include indirect behavior that expects others to read their minds, high fear of rejection, *and* harboring anger *viewed as* "hurt feelings."

These temperament traits are present in each person who is a Supine in Inclusion, regardless of his or her Control and Affection areas.

Supine in Control Strengths

The strengths of a Supine in Control include dependability, ability to enforce "the policies" *set by others*, *and to* serve those they follow, *their caretakers*, *with* absolute loyalty.

Supine in Control Weaknesses

The Supine in Control weaknesses include aggressive disorders, open dependence, defensive against loss of position, weak willpower, difficulty in saying no to self and others, tendency to feel powerless and at the mercy of others.

Supines in Control need others to make and be responsible for their decisions. However, they definitely become angry if their "*choice*" or "*preference*" is denied or opposite decisions are made by those in control.

These are the temperament traits that are present in each person who is a Supine in Control, regardless of his or her Inclusion and Affection areas.

Supine in Affection Strengths

In the temperament area of Affection, the Supine strengths include the *ability to respond to love* and to *open up emotionally* when they feel emotionally "safe." If treated properly, Supines in Affection are capable of absolute and total commitment to deep personal relationships.

Supine in Affection Weaknesses

In the temperament area of Affection, the Supine weaknesses include the *inability to initiate love* and *affection*. *Supines in Affection* require constant reassurance that they are loved, needed, and appreciated. Yesterday's assurance means nothing. Actually, reassurance received one hour ago means nothing. Others are expected to read their minds and they become angry, which is defined by them as "hurt" feelings, when affection needs are not met.

These are the temperament traits that are present in each person who is a Supine in Affection, regardless of his or her Inclusion and Control areas.

These individuals tend to be *extremely self-sacrificing* and volunteer for every area of responsibility they encounter. They quickly accept the responsibility as president of the women's group or of the Lions Club. They feel this will provide them with the love, affection, attention, recognition and approval they so desperately need. However, *they do not follow through* with their areas of responsibility. Soon, they begin to lose the approval of the other individuals in the group. This causes them to swing into areas of self-indulgence in which they will simply quit the job or walk out of the areas of responsibility they have accepted. They are the type of people who will over-indulge in hunting, eating, shopping, or drinking. The circle is endless, and it causes many problems in the life of a Sanguine. Their family, loved ones and friends become confused, and they lose respect in their ability to follow through with any type of responsibility. They want the recognition that comes with holding the position but not the responsibility.

Having a Sanguine in Control score is like being a Choleric in Control half of the time and a Supine in Control the other half of the time. I am sure you can readily and easily see how confusing it is to the Sanguine's family and to everyone who loves them. It is confusing to the Sanguine. How can a *Creation Therapist* help a person like this?

The counselee has *two very important but opposite needs* that must be met, *recognition* for being responsible and *self-indulgence*. The swing cannot be ignored. *IT IS REAL!* It is a need. It will operate. The question is, can it be harnessed and allowed to operate in a controlled sense? The answer, of course, is yes!

A Compiled List Of The Weaknesses Of A Sanguine

Hot-tempered but quick to forgive and forget.

Impulsive. Acts without thinking and makes decisions based on their emotions.

Exaggerates without intending to lie. It is how they actually perceive the situation.

Short attention span.

Fear of rejection.

Anxiety, if they are forced to be away from people.

Adopts the behavior and morality of others in order to remain the center of attention. If they get attention with bad behavior, they will not give up the bad behavior.

Needs to be the center of attention.

Requires great amounts of recognition.

Extremely low self-esteem.

Irresponsible in regard to tasks, especially when the opportunity to socialize arises.

Stress caused by inactivity. They live their lives at a fast and furious pace.

Spends money without worrying about where it comes from or what it might be needed for.

They love sales and are attracted to colorfully packaged items.

Will adopt the morality of the crowd. When they leave the disciplined environment, the Sanguine will also leave the discipline.

Indulges in gambling and alcoholic binges, drugs, sexual sins, etc.

The self-indulgence is not the weakness; it is the way it is met that is the weakness.

They will turn their back on deep relationships because they have no trouble replacing them.

General Supine Strengths and Weaknesses

As with all temperaments, the Supine has both strengths and weaknesses. On the side of strength, they are servants with a gentle spirit and have a humble approach to life. They are *very faithful, loyal friends if treated properly, dependable*, and have an *extremely teachable spirit*. They are relationship-oriented and *need a great deal of love, affection and approval*. Their energy is regenerated by a change of environment and by interacting with people. They are motivated by the fear of punishment.

Weaknesses include having a severe fear of rejection, internalizing anger, and "*masking*" their anger as "*hurt feelings*". Their anger turns into *bitterness, unforgiveness and resentment*. Because they are unable to communicate what they want, they expect other people to read their mind. They feel used, are unable to make decisions or take on responsibility. Therefore, they are not good leaders. They suffer from a great deal of anxiety and are *controlled by guilt feelings*.

The problem with teaching the counselee about their unique temperament is that they already have *very low self-esteem* and a *poor self-image*. Therefore, as a *Creation Therapist* counselor, you must refrain from pointing out any of their negative characteristics. You can tell them they have a fear of rejection and work with them in finding ways to see themselves as acceptable, but it would be very damaging to point out some of the other negative characteristics, such as blatantly telling them they are unable to make decisions. This is information that you must know but should not thrust upon the counselee. However, they do need to be told that they "*mask*" their anger as "*hurt feelings*," and they need to be taught that it is all right to say "*no*." The Supine needs a deep personal friend or spouse who will share in making decisions with them and accepting the responsibility for those decisions. If they are employed or seeking employment, they need to find a job that provides them with a situation where they can undertake tasks while interacting with people. They are not task-oriented, but they perform tasks in order to please people.

They need to find a life situation where they do not have to act independently for long periods of time, be expected to make decisions, or find themselves in positions of leadership. They must learn to recognize their anger as anger and to deal with it constructively. Things that will ease their anxiety is talking on the telephone, watching television, or reading books about people. Teach them that God is always near and will take care of them to help lessen their fear. By learning to receive love and affection from the Lord in order to supplement what they do not receive from human beings, they will be helped in preventing sexual sins such as fornication, adultery and romantic and sexual fantasies. Supines generally have a tremendous problem in these areas.

Weaknesses of the Supine

Supines appear to be introverts when in reality they are extroverts. They must be recognized and invited individually or they consider themselves to be left out. This results in anger that they "*mask*" as "*burtfeellngs*. "

Supines are slow-paced and lose momentum as the day progresses. They have a severe fear of rejection, and they protect themselves from it by placing the burden of proof upon others. Others must prove they want to associate with the Supine and initiate surface relationships. Supines possess a great ability for service, but they must receive constant recognition for that service. They suffer from indirect behavior, expect others to read their mind, and if not recognized for service they will become angry, which is internalized as "*hurt feelings*. "This leads to bitterness and unforgiveness.

Sometimes their behavior is so indirect that it becomes neurotic in nature. They are weak-willed because when they want to say "*no*, "they do not know how. They suffer from feelings of being used, never being sure if they are doing the right thing. They also suffer from high degrees of anxiety and lack leadership ability. They allow guilt feelings to control them and are easily manipulated by people who use guilt as a manipulating force. In the compulsive areas, their need for love, affection and approval is unrealistic.

Strengths of the Supine

Obviously, the greatest strengths of the Supine are the *inborn Godly characteristics* such as the following:

Humility

A "servant's" heart

Gentle spirit

These strengths are not great in number. However, they are extremely great in content. No other temperament is so *giving, caring, thoughtful and sensitive* as the Supine. If they receive the recognition they desperately need and are treated properly, these temperament strengths remain in operation throughout their life. Being treated badly or unfairly causes them to lose these precious inborn qualities. Forgiveness is the means to regain them.