

*Which Temperament Are You?*

Name: \_\_\_\_\_

**PART I**

**Instructions:** There are four sections below, each with a different group of words in it. In the blank next to each word, rank from 1-5 how much the word describes you.

1	2	3	4	5
I am definitely NOT that way	I'm usually not like that	That is sometimes me	That is mostly true about me	That is definitely me

Remember to be honest and objective – think about how you truly are, not how you want to be seen. Think about the characteristics that come to you naturally (the good characteristics and the not-so-good ones).

SECTION 1	SECTION 2	SECTION 3	SECTION 4
____ emotional	____ optimistic	____ feels things deeply	____ very quiet
____ self-absorbed	____ determined	____ criticizes often	____ selfish
____ interrupts others	____ bossy	____ unsure of yourself	____ unenthusiastic
____ compassionate	____ likes to set and meet goals	____ sensitive	____ negative
____ does things without thinking through them	____ makes decisions easily	____ doesn't make decisions easily	____ regular daily habits
____ disorganized	____ gets to the point	____ hard to please	____ hesitant
____ doesn't think realistically	____ self-confident	____ self-centered	____ shy
____ funny	____ sarcastic	____ pessimistic	____ ungenerous
____ forgetful	____ workaholic	____ depressed easily	____ mind wanders
____ easily discouraged	____ self-sufficient	____ easily offended	____ not aggressive
____ very positive	____ thinks realistically	____ thinks deeply about ideals	____ stubborn
____ easily angered	____ stubborn	____ loner	____ worrier
____ undisciplined	____ influential	____ self-sacrificing	____ likes to watch rather than participate
____ extrovert	____ outgoing	____ introvert	____ works well under pressure
____ refreshing	____ dominating	____ faithful friend	____ doesn't make decisions easily
____ lively/spirited	____ adventurous	____ likes to analyze	____ adapts well to new situations
____ easily swayed	____ aggressive	____ considerate	____ slow and lazy
____ spontaneous	____ competitive	____ likes to be behind-the-scenes	____ obeys others
____ talkative	____ leadership ability	____ suspicious	____ easygoing

____ delightful/cheerful	____ daring	____ respectful	____ cautious and distant
____ enjoyable	____ persevering	____ reflects about self often	____ calm and cool
____ popular	____ bold	____ planner	____ content/satisfied
____ friendly/sociable	____ strong-minded	____ perfectionist	____ efficient
____ “bouncy”	____ persuasive	____ scheduled	____ patient
____ restless	____ gets angry easily	____ unforgiving/resentful	____ dependable
____ difficulty concentrating	____ capable and clever	____ orderly	____ good listener
____ playful	____ insensitive to others	____ creative	____ witty/dry humor
____ difficulty keeping resolutions	____ vocal and direct	____ detailed	____ pleasant
____ lives in the present	____ unsympathetic	____ moody	____ teases others
____ difficulty with appointments	____ productive	____ gifted (musically or athletically)	____ consistent
<b>**Do not add any numbers together until after reading the instructions for Part II on the next page.**</b>			
<b>TOTAL = _____</b>	<b>TOTAL = _____</b>	<b>TOTAL = _____</b>	<b>TOTAL = _____</b>

### PART II

#### Instructions:

- 1) Once you have filled in numbers for every description in all four sections, go back and cross out all the descriptions that you scored with a 1 or a 2. That score is so low that it doesn't really influence your score in any section.
- 2) Now, add up all the 3s, 4s, and 5s in each section and write your total for each section at the bottom of the page in the appropriate box.

The section with the highest score is your **Primary Temperament**, and the section with the second highest score is your **Secondary Temperament**. Each person is a blend of all the temperaments in some way, but we are mainly a mix of two temperaments.

*What's my Temperament?*

SECTION 1	SECTION 2	SECTION 3	SECTION 4
<b>Sanguine</b> ("the life of the party")	<b>Choleric</b> ("the go-getter")	<b>Melancholic</b> ("the lone thinker")	<b>Phlegmatic</b> ("the peacemaker")

1. My Primary Temperament: \_\_\_\_\_
2. My Secondary Temperament: \_\_\_\_\_