



**Your name:**

**Date:**

**Your child's name:**

**Your child's age:**

Completing the form below for your child will give you an indication of their temperaments. Please score 0-5 against each of these characteristics: 0= definitely not, and 5 = definitely yes. In the first column put your assessment of your child. The second column is for the other parent to put his or her assessment of the same child. If the other parent is not available then ask someone who knows your child well to fill it in for you.

Please add up the final scores for each temperament, ie. Phlegmatic, Choleric, Melancholic, Sanguine, and complete the boxes at the end. It is likely your child will have 2 temperaments – sometimes 3 – and these will be indicated by the highest scores. However, this is only a guide to help you understand your child as you read through the course. To read more about the temperaments and temperament mixes click [here](#).

Is your child.....	1	2
quiet		
happy doing his /her own thing		
no trouble		
a peacemaker		
an observer		
controlling		
a worrier		
stubborn		
<b>Phlegmatic total</b>		
strong		
independent		
determined		
confident		
an achiever – no time for play		
interested in books and pencils – not toys		
competitive		
frustrated		
<b>Choleric total</b>		



✚ sensitive		
✚ artistic		
✚ creative		
✚ a perfectionist		
✚ inflexible		
✚ negative		
✚ moody		
✚ critical		
<b>Melancholic total</b>		
✚ compassionate		
✚ friendly		
✚ outgoing		
✚ kind		
✚ loud		
✚ restless		
✚ untidy		
✚ bossy		
<b>Sanguine total</b>		
Total score for Phlegmatic		
Total score for Choleric		
Total score for Melancholic		
Total score for Sanguine		
<p><b>Possible temperament mix:</b></p> <p>Please note: Everyone has at least 2 temperaments and most people are a combination of extrovert (Choleric, Sanguine) and introvert (Phlegmatic, Melancholic), though some people may be 'double introverts'. Everyone has at least one introvert temperament.</p>		