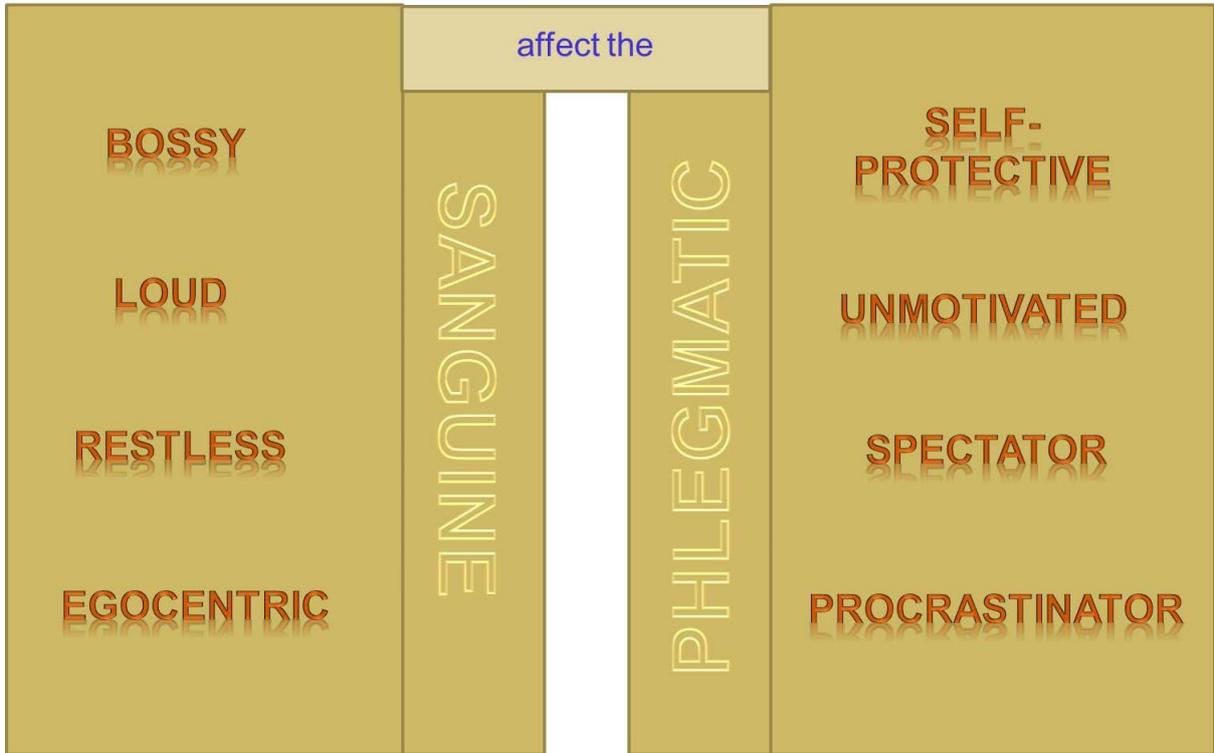


**The Mix – how does the extrovert affect the introvert?**

How does the....



In these diagrams we are looking primarily at how the weaknesses of one temperament affect another. This is to enable us to understand what we do to ourselves, to others and what others do to us. We have picked out a key feature in a few temperament combinations but there are many variations on each theme. In the example above, we are looking at how the way in which the Sanguine tries to control – i.e. by being on top – would affect a Phlegmatic.

What would a Phlegmatic feel around a bossy Sanguine?

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Can you see any other ways in which the Sanguine would affect the Phlegmatic?

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Do you have personal experience of any of these interactions?

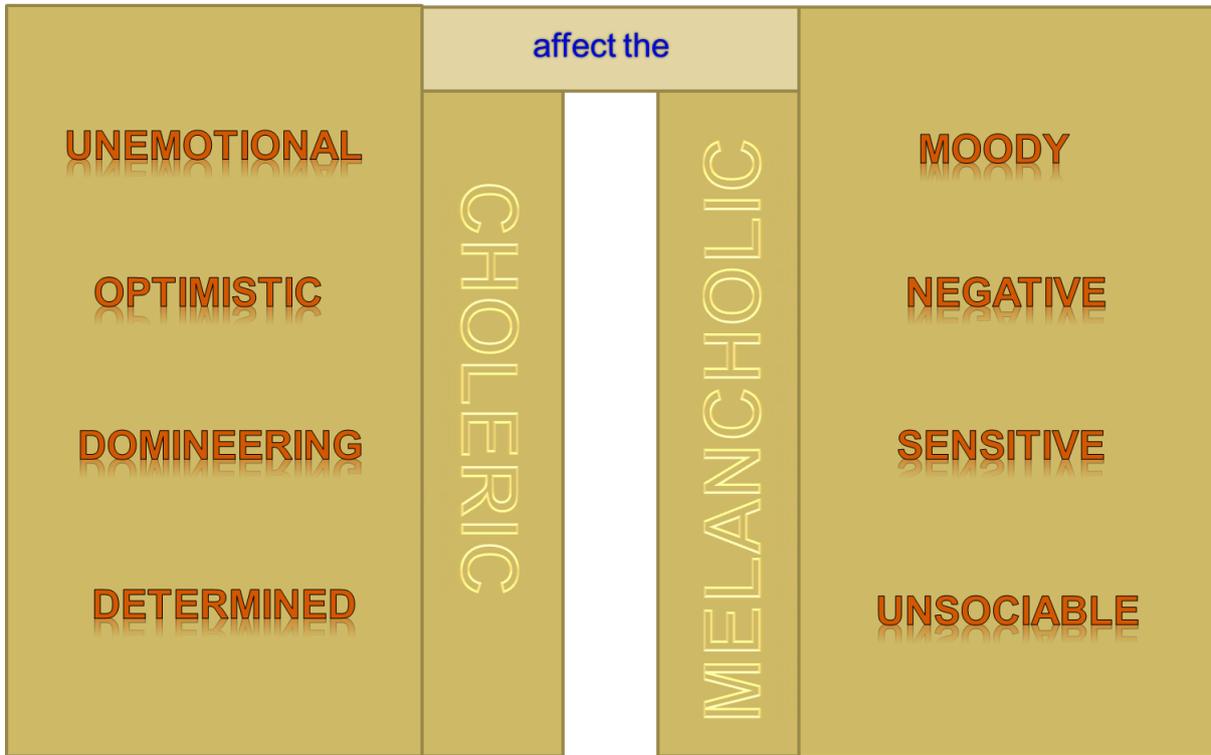
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How does the....



The sheer strength of a Choleric can put a Melancholic under pressure. As with all these temperament blends, it is helpful to think about what goes on inside a person who has both of these temperaments. What we do to ourselves we will do to others and, by understanding the interaction between our own temperament, we will gain many insights into why we respond to people as we do. Can you see any other ways in which the Choleric could affect the Melancholic?

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What could go on inside someone with these two temperaments?

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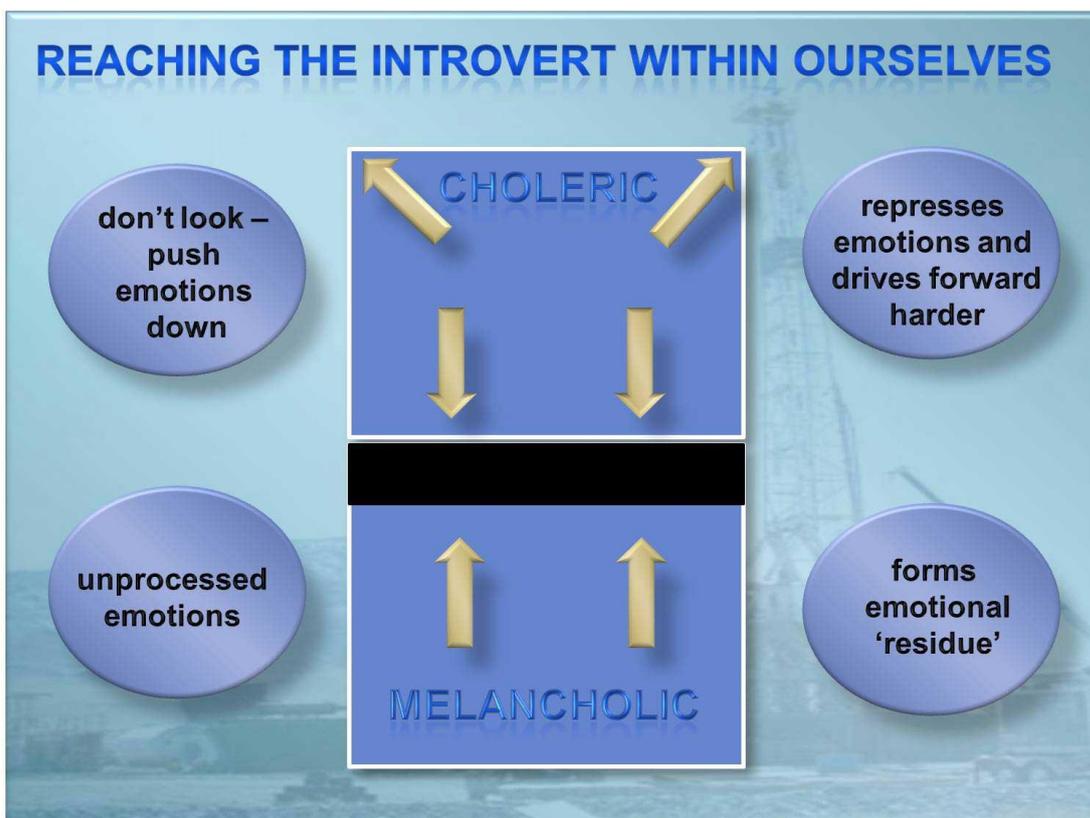
Do you have personal experience of any of these interactions?

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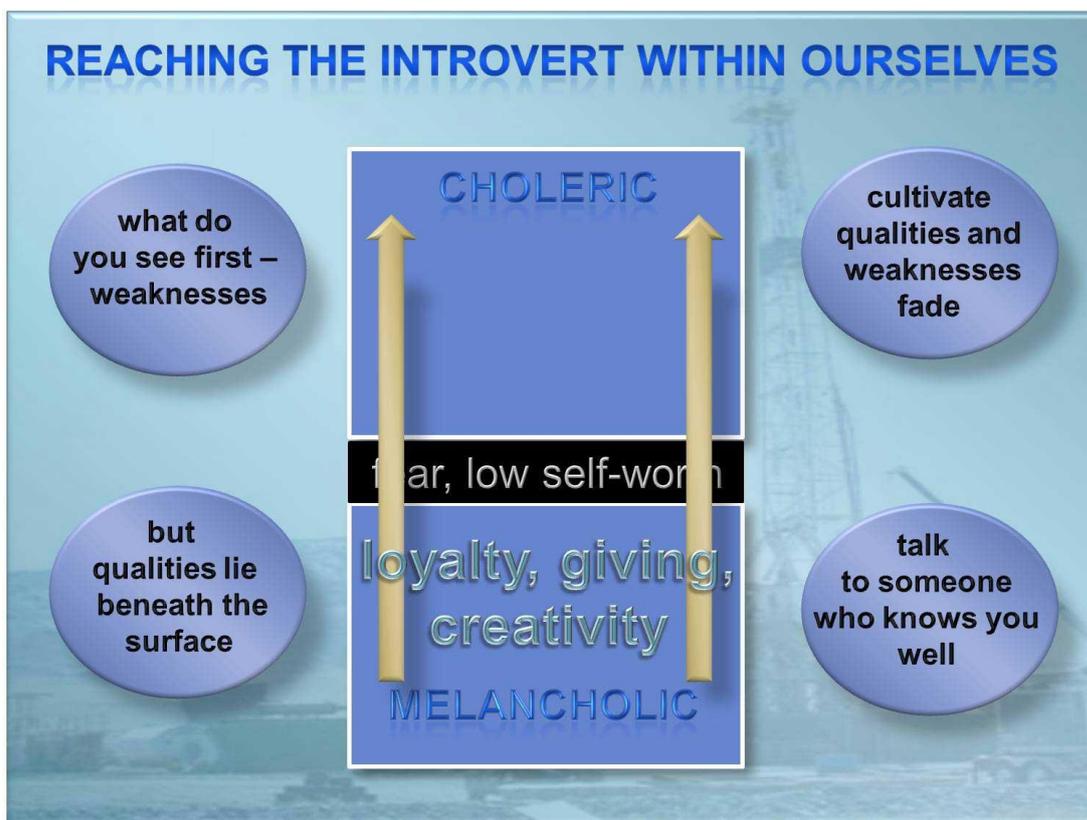
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If we are to live as whole people we have to get in touch with, value and then live in, our introvert. Many of us, for whatever reason, have not processed the emotions within our introvert over the years therefore it represents a place of fear, anxiety and confusion. The principles in this diagram apply to all the combinations of extrovert and introvert and the interactions between the Phlegmatic and Melancholic in the 'double introvert'.

Cholerics do not like to look at their feelings so they quickly repress their emotions, drive outwards and become aloof in the process. The result, of course, is that the emotions in both temperaments never get processed. All the negatives in the introvert float to the top of the tank and form an emotional 'residue' that further decreases the chances of ever delving into the introvert temperament. The more turbulent the emotions, the harder the Choleric drives outward in order to get away from what it cannot cope with. The result is that the characteristics of the Choleric become exaggerated while the cause of the problems is neglected.



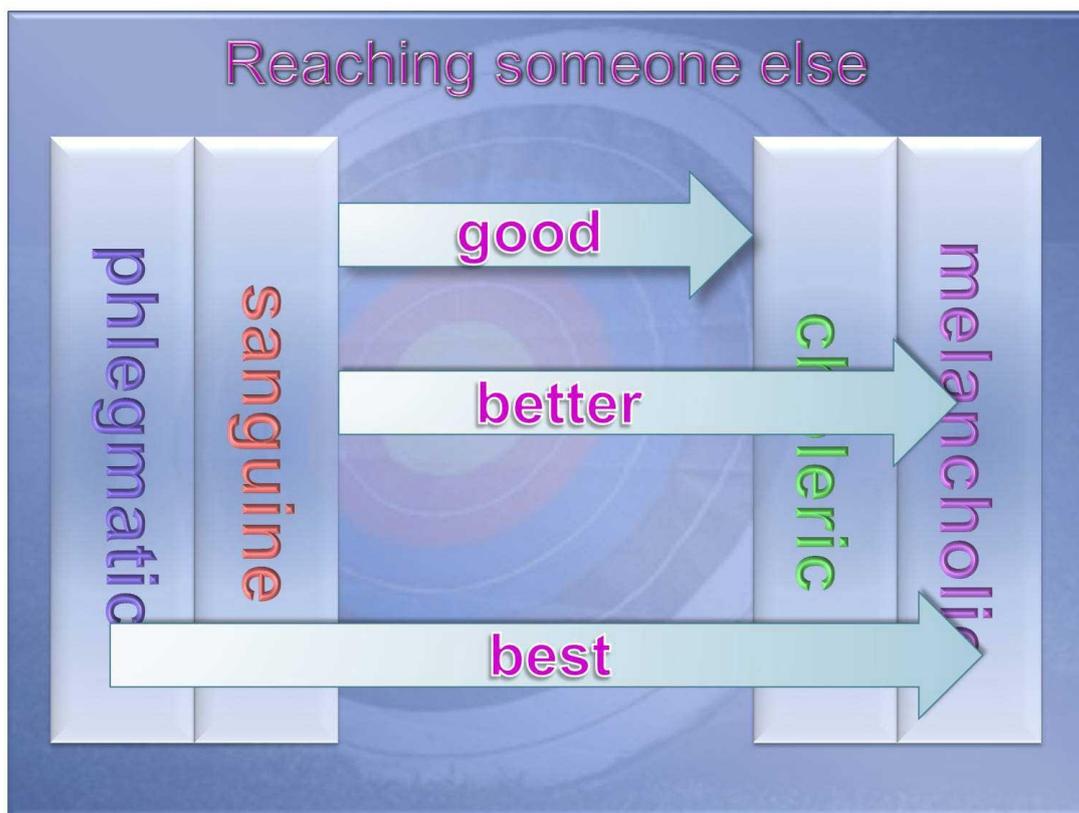
There has to come a point when we decide that we are going to start to live differently. We have to choose to look within. It is like driving a car when we know the engine is in need of a service and is not functioning properly. It is time to look at what is going on inside us.

It will not be easy because over the years we have developed ways of coping without looking. We may well have become comfortable within those coping mechanisms.

When you first look within it may not be a pretty sight because, floating on the surface are all the negatives of our introvert temperament. We need to find someone we can trust to talk out those negatives until we reach what lies beneath them. Remember that the weaknesses are only the strengths gone to seed. Get down beneath that 'residue' and we will find qualities within that we never knew existed.

Life then becomes a journey of discovery of the depths that God has put within us. As we focus on the qualities and choose to live in them we find that the weaknesses lose their power and are no longer the focus of our lives.

We can determine that today is going to be the start of a new way of living.



In our example we have depicted a Sanguine Phlegmatic trying to get through to a Choleric Melancholic. The principles apply to all the temperament blends. This could be a wife trying to get to her husband's heart, a friend to a friend or a parent to a child. Sometimes we talk about the need to 'connect' in a relationship. This diagram will help us to understand what is involved in making that connection. Many people can look back on happy childhoods and wonder why they are still struggling as adults today. In some cases the reason will be that they were loved by their parents but the parents did not know how to make the connection with each other and their children.

If we try and relate to another by simply using our extrovert then, not only will that relationship be severely limited, but it is likely to run into conflict as we tend to use our extrovert as a defence. We can imagine the dynamics that could exist between a Sanguine who tries to be on top and a Choleric who has to win!

If we use our extrovert to try to reach the other person's introvert, then we run the risk of squashing that introvert. The reality is that, if we are going to be effective in touching someone else's life in depth, then we will have to first reach our own introvert.

We can therefore safely say that our ability to form meaningful relationships is dependent on the extent to which we have formed a relationship with ourselves! If we are comfortable with ourselves we will be at ease with others. If we want to be effective in supporting others and helping them on their journey we will have to reach our own hearts first.