



### My Temperament Checklist

**Name:**

**Date:**

Please score 0-5 against each of these temperament traits: 0 = definitely not, and 5 = definitely yes. In the first column put your own assessment of yourself. Ask someone who knows you well to fill in the second column and the third is for re-assessment if you wish to change anything. **Please add up the scores** and write the name of the person filling in the second column and their relationship to you:

name of person filling in the second column:

relationship:

Trait	1	2	3
Aesthetic – appreciation of what is good and beautiful			
Analytical – always working things out, seeking to understand			
Creative – can take many different forms – music, art, home-making etc.			
Critical – tends to see what is wrong in a person or situation			
Gifted – often with exceptional talent			
Impractical – emotions can impair judgements			
Loyal – does not make friends easily but is faithful when a true friend is found			
Moody – subject to his emotions			
Negative – always sees the negatives before the positives			
Perfectionist – no room for error!			
Principled – has a clear picture of the way things should be			
Revengeful – strong sense of justice turned nasty			
Rigid – inflexible because there is security in what you are familiar with			
Self-absorbed – indulges his emotions			
Self-sacrificing – ability to give himself away			
Sensitive – ability to home in on what others miss and to feel things keenly			
Subjective – turns it all back on himself			
Unsociable – happy with his own company			
<b>Total score for Melancholic</b>			



<b>Trait</b>	<b>1</b>	<b>2</b>	<b>3</b>
Anxious – misuse of the desire for order			
Calm – wonderful ability to detach his emotions from all around him			
Conservative – careful consideration			
Dependable – solid as a rock – when involved			
Diplomatic – his dislike of confrontation can come in useful			
Easy-going – laid back almost to the horizontal			
Efficient – can be very organised			
Fearful – feels vulnerable and fragile – leads readily to collapse			
Humorous – dry but not always sweet			
Indecisive – why take responsibility if you don't need to?			
Lazy – line of least resistance			
Leader – when involved and using his strength to good effect			
Practical – appreciation of life and constructive			
Procrastinator – perhaps it will all go away			
Selfish – got to hold on to what you have			
Self-protective – avoid pain at all costs			
Spectator – requires no effort to observe			
Unmotivated – all depends on what he chooses to get involved in			
<b>Total score for the Phlegmatic</b>			



<b>Trait</b>	<b>1</b>	<b>2</b>	<b>3</b>
Angry – don't come between him and his goal			
Confident – if you think it you can do it			
Crafty – there are ways and means			
Decisive – no time to waste			
Determined – head down and get on with it			
Domineering – things will be done his way			
Inconsiderate – reach the goal – whatever the cost			
Independent – he is quite capable of doing it on his own			
Leader – knows where he is going			
Logical – the use of a good mind			
Mental level – represses feelings			
Optimistic – the tank is always half full			
Productive – he will keep going till the job is done			
Proud – holds himself aloof			
Sarcastic – misuse of a good mind			
Self-sufficient – in need of no-one			
Strong-willed – nothing will stand in his way			
Unemotional – emotions equals weakness			
<b>Total score for Choleric</b>			



<b>Trait</b>	<b>1</b>	<b>2</b>	<b>3</b>
Bossy – has to be on top			
Carefree – nothing seems to bother him			
Compassionate – will always take the kindly route			
Egocentric – has to be in the centre			
Enthusiastic – throws himself into everything			
Exaggerator – it all has to be bigger and better			
Fearful – of his own superficiality			
Friendly – makes friends easily			
Generous – to a fault!			
Loud – you know he is there			
Outgoing – lacks inhibitions			
Personable – just makes people feel comfortable			
Restless – limited concentration span			
Talkative – not afraid to share his thoughts and feelings			
Undisciplined – spontaneity is not always a virtue			
Unreliable – he doesn't even trust himself			
Warm – a big, soft heart			
Weak-willed – tends to go with the flow			
<b>Total score for Sanguine</b>			
<b>Total score for All temperaments</b>	<b>Melancholic</b>		
	<b>Phlegmatic</b>		
	<b>Choleric</b>		
	<b>Sanguine</b>		