

## Getting to Know You: A Temperament Guide for Parents

### **POPULAR SANGUINES** “Let’s do it the fun way.”

- **Want to have fun**
- **Strengths: talk about anything, anytime, optimistic, enjoy people**
- **Weakness: disorganized**
- **Need attention, approval, acceptance**
- **Like people who listen & laugh, praise & approve**
- **When stressed: eat, shop, blame others**

#### Parents can help by:

- **Criticize less**
- **Listen to their lots of ideas**
- **Laugh often**

### **POWERFUL CHOLERIC** “Let’s do it my way.”

- **Want control**
- **Strengths: take charge, quick correct judgments**
- **Weaknesses: too bossy, insensitive**
- **Need: to learn to obey parents**
- **Like people who support & submit**
- **When stressed: tighten control, work harder.**

#### Parents can help by:

- **Giving choices**
- **Tell them “One day you will get to make all the decisions.”**
- **Teach them to be good sports.**
- **As teens put them in control in ministries.**

### *Peaceful Phlegmatics* “Let’s do it the easy way.”

- *Want to keep the peace*
- *Strengths: balanced, dry humor, pleasing*
- *Weaknesses: hidden will of iron, lack energy*
- *Need respect, feel worthy, & understood.*
- *Like people who make decisions for them.*
- *When stressed: hide, become passive.*

#### Parents can help by:

- *Listen to them*
- *Don’t push them to their strong willed point.*
- *Give them respect, understanding, emotional support*

### *Perfect Melancholies* “Let’s do it the right way.”

- *Want it done right*
- *Strengths: organized, set goals, have high standards, faithful*
- *Weaknesses: easily depressed, too focused on details, remember negatives.*
- *Need: stability and support.*
- *Like people who are deep, serious, intellectual*
- *When stressed get depressed or recount problems*

#### Parents can help by:

- *Listening to problems then have them tell you one good thing.*
- *Need a space of their own in the house.*