



# DISCOVERING THE TEMPERAMENTS

BIRDS ON A WIRE

# DISCOVER YOUR TEMPERAMENT

**Step 1: Circle the word in each row that best describes you.**

TAKES CHANCES	LIKES TO LEAD	LOYAL	HIGH IDEALS
RATIONAL	FUN-LOVING	DARING	BALANCED
NON-DEMANDING	DEEP/THOUGHTFUL	IMAGINATIVE	SINGLE-MINDED
PRODUCTIVE	UNDERSTANDING	DETAILED	LIKES VARIETY
UNFLUSTERED	RESERVED	MOTIVATOR	AUTHORITATIVE
LOGICAL	ENJOYS NEW THINGS	DECISION-MAKER	MEDIATOR
ENERGETIC	OPINIONATED	AVOIDS CONFLICT	PREDICTABLE
CONSCIENTIOUS	EXPRESSIVE	LEADER	NURTURING
PATIENT	PRACTICAL	FORGIVING	ADVENTUROUS
GOAL-DRIVEN	PATIENT	FAITHFUL	LOVES PEOPLE
DISLIKES CHANGE	TIDY	PROMOTER	COMPETITIVE
PERSISTENT	PLAYFUL	INDEPENDENT	TOLERANT
TALKATIVE	ENJOYS CHALLENGES	DEEP RELATIONSHIPS	SENSITIVE
CREATIVE	POSITIVE	BRAVE	GOOD LISTENER
ACCEPTING	EVALUATES	ENTHUSIASTIC	IMPULSIVE
DOER	EASYGOING	LIKES ORDER	OPEN/FRIENDLY
STEADY	CAUTIOUS	ENERGETIC	ACHIEVER
PERFECTIONIST	ANIMATED	VISIONARY	WILLING

**Step 2: Count the number of words you circled for each color, and record it below.**

Totals: Red \_\_\_\_\_ Yellow \_\_\_\_\_ Green \_\_\_\_\_ Blue \_\_\_\_\_

Take our Colors Quiz online at:  
[birdsonawiremoms.com/personality-quiz](http://birdsonawiremoms.com/personality-quiz)



# THE TEMPERAMENTS

## POPULAR SANGUINE

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BASIC DESIRE: **HAVE FUN**

EMOTIONAL NEEDS:  
**ATTENTION  
AFFECTION  
APPROVAL  
ACCEPTANCE**

CONTROLS BY: **CHARM**

## POWERFUL CHOLERIC

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BASIC DESIRE: **HAVE CONTROL**

EMOTIONAL NEEDS:  
**LOYALTY  
SENSE OF CONTROL  
APPRECIATION  
CREDIT FOR WORK**

CONTROLS BY: **ANGER**

## PEACEFUL PHLEGMATIC

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BASIC DESIRE: **HAVE PEACE**

EMOTIONAL NEEDS:  
**PEACE AND QUIET  
FEELING OF WORTH  
LACK OF STRESS  
RESPECT**

CONTROLS BY:  
**PROCRASTINATION**

## PERFECT MELANCHOLY

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BASIC DESIRE: **HAVE  
PERFECTION**

EMOTIONAL NEEDS:  
**SENSITIVITY  
SUPPORT  
SPACE  
SILENCE**

CONTROLS BY: **MOODS**



# TEMPERAMENT STRENGTHS AND WEAKNESSES

## POPULAR SANGUINE

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### Strengths:

Appealing personality	Volunteers for jobs
Talkative, storyteller	Thinks up new activities
Good sense of humor	Looks great on the surface
Memory for color	Creative and colorful
Physically hold on to listener	Has energy and enthusiasm
Emotional and demonstrative	Starts in a flashy way
Enthusiastic and expressive	Inspires others to join
Cheerful and bubbly	Charms other to work
Curious	Makes friends easily
Good on stage	Loves people
Wide-eyed and innocent	Thrives on compliments
Lives in the present	
Changeable disposition	
Sincere at heart	
Always a child	

### Weaknesses:

Compulsive talker	Never grows up	Wants to be popular
Exaggerates and elaborates	Would rather talk	Looks for credit
Dwells on trivia	Forgets obligations	Dominates conversations
Can't remember names	Doesn't follow through	Interrupts and doesn't listen
Scares others off	Confidence fades fast	Answers for others
Too happy for some	Undisciplined	Fickle and forgetful
Has restless energy	Priorities out of order	Makes excuses
Egotistical	Decides by feelings	Repeats stories
Blusters and complains	Easily distracted	
Naïve, gets taken in	Wastes time talking	
Controlled by circumstances	Hates to be alone	
Gets angry easily		
Seems phony to some		





# TEMPERAMENT STRENGTHS AND WEAKNESSES

## POWERFUL CHOLERIC

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### Strengths:

Born leader	Sees the whole picture
Dynamic and active	Organizes well
Compulsive need for change	Seeks practical solutions
Must correct wrongs	Moves quickly to action
Strong-willed and decisive	Delegates work
Unemotional	Insists on production
Not easily discouraged	Makes the goal
Independent and self-sufficient	Stimulates activity
Exudes confidence	Thrives on opposition
Can run anything	Has little need for friends
Goal oriented	



Will work for group activity  
Will lead and organize  
Is usually right  
Excels in emergencies

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### Weaknesses:

Bossy	Little tolerance for mistakes	Tends to use people
Impatient	Doesn't analyze details	Dominates others
Quick tempered	Bored by trivia	Decides for others
Can't relax	May make rash decisions	Knows everything
Too impetuous	May be rude or tactless	Can do everything better
Doesn't shy from controversy	Manipulates people	Is too independent
Enjoys arguments	Demanding of others	Possessive of friends and mate
Won't give up when losing	End justifies the means	Can't say, "I'm sorry"
Comes on too strong	Work may become his/her idol	May be right, but unpopular
Inflexible	Demands loyalty in the ranks	
Is not complimentary		
Dislikes tears and emotions		
Is unsympathetic		



# TEMPERAMENT STRENGTHS AND WEAKNESSES

## PEACEFUL PHLEGMATIC

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### Strengths:

Low-key personality  
Easygoing and relaxed  
Calm, cool and collected  
Patient, well-balanced  
Consistent life  
Quiet, but witty  
Sympathetic and kind  
Keeps emotions hidden  
Happily reconciled to life  
All-purpose person  
Competent and steady  
Peaceful and agreeable  
Has administrative ability

Mediates problems  
Avoids conflicts  
Good under pressure  
Finds the easy way  
Easy to get along with  
Pleasant and enjoyable  
Inoffensive  
Good listener

Dry sense of humor  
Enjoys watching people  
Has many friends  
Has compassion and concern

### Weaknesses:

Unenthusiastic  
Fearful and worried  
Indecisive  
Avoids responsibility  
Quiet will of iron  
Selfish  
Too shy and reticent  
Too compromising  
Self-righteous  
Not goal-oriented  
Lacks self-motivation  
Hard to get moving

Resents being pushed  
Lazy and careless  
Discourages others  
Would rather watch  
No sense of urgency  
Dampens enthusiasm  
Stays uninvolved

Is not exciting  
Indifferent to plans  
Judges others  
Sarcastic and teasing  
Resists change



# TEMPERAMENT STRENGTHS AND WEAKNESSES

## PERFECT MELANCHOLY

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### Strengths:

Deep and thoughtful	Orderly and organized
Analytical	Neat and tidy, economical
Serious and purposeful	Sees the problems
Talented and creative	Finds creative solutions
Artistic or musical	Needs to finish what he starts
Philosophical and poetic	Likes charts, graphs, figures, lists
Appreciative of beauty	Makes friends cautiously
Sensitive to others	Content to stay in the background
Self-sacrificing	Avoids causing attention
Conscientious	Faithful and devoted
Idealistic	
Schedule-oriented	
Perfectionist, high standards	
Detail-conscious	
Persistent and thorough	

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### Weaknesses:

Remembers the negatives	Not people-oriented	Withdrawn and remote
Moody and depressed	Depressed over imperfections	Critical of others
Enjoys being hurt	Chooses difficult work	Holds back affection
Has false humility	Hesitant to start projects	Dislikes those in opposition
Off in another world	Spends too much time planning	Suspicious of people
Low self-image	Prefers analysis to work	Antagonistic and vengeful
Has selective hearing	Self-deprecating	Unforgiving
Self-centered	Hard to please	Full of contradictions
Too introspective	Standards often too high	Skeptical
Guilt feelings	Deep need for approval	
Persecution complex	Lives through others	
Tends to hypochondria	Insecure socially	



Will listen to complaints  
Can solve others' problems  
Deep concern for other people  
Moved to tears with compassion  
Seeks ideal mate

