

Master the Operation of Your Chorus
Friday, August 5
1:00 P.M. - General Session
Dottie Dedrick, Faculty

Personality Traits / Know Yourself And How You Relate To Others.

On the internet go to:

<http://72244.netministry.com/images/PersonalityScoreSheet.pdf>

Print, take, and score the test from Florence Littaur. Bring the results with you for this class.

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Personality Plus

Personality Plus talks about four key personality types. Any such system has to make generalizations, trying to find a balance between accurate portrayals and a usable number of types. The Personality Plus system allows for extensions by mixing profiles, such as describing someone as a Choleric Sanguine, rather than just Choleric or Sanguine. The system exists not simply to describe an individual's personality type but rather to highlight those aspects of personality which relate to interactions between people.

The 'Personality Plus' personality profiles

Choleric: This is the commander-type. Choleric are dominant, strong, decisive, stubborn and even arrogant.

Melancholy: This is the mental-type. Their typical behavior involves thinking, assessing, making lists, evaluating the positives and negatives, and general analysis of facts.

Sanguine: This is the social-type. They enjoy fun, socializing, chatting, telling stories - and are fond of promising the world, because that's the friendly thing to do.

Phlegmatic: This is the flat-type. They are easy going, laid back, nonchalant, unexcitable and relaxed. Desiring a peaceful environment above all else.

Positives and Negatives

None of these types is specifically described as positive or negative - each having upsides and downsides. The book makes it clear that the characteristics are for observing and identifying, rather than judging.

- A Choleric is focused on getting things done, but can run rough-shod over others. They are decisive and stubborn.
- A Melancholy is a highly talented person, they have brilliant ideas, although sometimes they can paralyze themselves with over-analysis. Lists and "doing things the right way" are characteristics of this personality type.
- A Sanguine gets on well with people and can get others excited about issues, but cannot always be relied upon to get things done. They love interacting with others and play the role of the entertainer in group interactions. They have a tendency to over-promise and under-deliver.
- A Phlegmatic is neutral - they tend not to actively upset people, but their indifference may frustrate people. They try not to make decisions, and generally go for the status quo. They care about people and harmony.

Interactions

The Personality Plus system is less about identifying a person's profile, and more about the implications that may have for group interactions. As such, it is for understanding group dynamics.

- A Choleric might get frustrated by a Phlegmatic who doesn't seem to want to get things done now. This pairing however can work well, though, because Choleric tend to tell people what to do, and Phlegmatics tend to do what they are told. This coupling often have relationships with each other - although interestingly this may introduce a downward spiral, where the Choleric becomes increasingly commanding, and the Phlegmatic becomes more indifferent through their interactions.
- Melancholies might make lists and work through them point by point, and get frustrated by Sanguines who tend to bounce from one idea to the next, often without completing the first.

A simplification might be that a Choleric likes it "my way", a Melancholy likes it "the right way", a Sanguine likes it "the fun way", and a Phlegmatic likes it "the easy way".

The four temperament types

Each of the four types of humors corresponded to a different personality type.

Sanguine

The Sanguine temperament personality is fairly extroverted. People of a sanguine temperament tend to enjoy social gatherings, making new friends and tend to be boisterous. They are usually quite creative and often daydream. However, some alone time is crucial for those of this temperament. Sanguine can also mean very sensitive, compassionate and thoughtful. Sanguine personalities generally struggle with following tasks all the way through, are chronically late, and tend to be forgetful and sometimes a little sarcastic. Often, when pursuing a new hobby, interest is lost quickly when it ceases to be engaging or fun. They are very much people persons. They are talkative and not shy. People of sanguine temperament can often be emotional.

Choleric

A person who is choleric is a do-er. They have a lot of ambition, energy, and passion, and try to instill it in others. They can dominate people of other temperaments, especially phlegmatic types. Many great charismatic military and political figures were choleric. They like to be leaders and in charge of everything.

Melancholic

A person who is a thoughtful ponderer has a *melancholic* disposition. Often very considerate and get rather worried when they could not be on time for events, melancholics can be highly creative in activities such as poetry and art - and can become occupied with the tragedy and cruelty in the world. A *melancholic* is also often a perfectionist. They are often self-reliant and independent; one negative part of being a melancholic is sometimes they can get so involved in what they are doing they forget to think of others.

Phlegmatic

Phlegmatics tend to be self-content and kind. They can be very accepting and affectionate. They may be very receptive and shy and often prefer stability to uncertainty and change. They are very consistent, relaxed, calm, rational, curious, and observant, making them good administrators. They can also be very passive-aggressive.

From Wikipedia, the free encyclopedia

Personality Plus is a book by Florence Littauer ([ISBN 1-85424-509-00](https://www.amazon.com/dp/1854245090))