

PERSONALITY CHART

	CHOLERIC LION	SANGUINE OTTER	PHLEGMATIC GOLDEN RETRIEVER	MELANCHOLY BUMBLEBEE
NUMBER ONE DESIRE:	- Control	- Fun	- Peace	- Perfection
EMOTIONAL NEEDS:	- Sense of control - Loyalty - Achievement - Credit for good work	- Attention - Affection - Approval - Acceptance	- Respect - Peace and quiet - Feeling of Self-worth - Lack of Stress	- Sensitivity - Space - Support - Silence
OFTEN TOLD:	- Relax. - Calm down.	- Be serious. - Focus.	- Get motivated. - Show some enthusiasm.	- Be more positive. - Don't take things so personally.
WORK STRENGTHS:	- Goal-oriented - Sees solutions quickly - Solutions are usually right - Moves quickly to action - Very productive	- Thinks creatively and colorfully - Has energy and enthusiasm - Inspires others to work - Makes work fun - Volunteers for jobs readily	- Objectively solves problems - Mediates between people - Competent and steady - Great under pressure - Doesn't cause relational problems	- Attention to detail & schedule - High standards of performance - Persistent and thorough - Great at charts, graphs, lists, etc. - Good at follow through
RELATIONSHIP STRENGTHS:	- Excels in emergencies - Isn't needy - Exudes confidence - Can help solve problems	- Loves people - Doesn't hold grudges - Makes friends laugh/smile - Great cheerleader for friends	- Easy to get along with - Very pleasant and enjoyable - Not demanding or needy - Doesn't offend or get offended	- Compassionate - Faithful and devoted - Will listen to and help solve others' problems
PARENTING STRENGTHS:	- Provides sense of security - Sound, trusted leadership - Motivates family to action - Organizes household	- Makes the home fun - Well-liked by child's friends - Finds humor in everything - Enjoys children	- Relaxed and patient - Doesn't overreact or argue - Not in a hurry, able to enjoy kids - Exudes peace and calm	- Sets high standard - On time and orderly - Sensitive and compassionate - Appreciates musical/artistic talent
EASILY STRESSED WHEN:	- Life is out of control - People won't follow their lead - Others aren't working as hard	- Life isn't fun - Others aren't having fun - Isn't liked by others	- Life is full of conflict - Confrontation with others - Is left in charge without help	- Life is out of order - No one seems to understand - Standards aren't met
REACTS TO STRESS BY:	- Tightening control - Working harder - Exercising more - Ending offending relationship	- Shopping - Creating excuses - Blaming others - Finding a fun group	- Hiding from it - Eating - Reading, watching TV, iPad, etc. to tune out life	- Becoming emotional - Recounting problems - Giving up - Withdrawing
ARE AFRAID OF:	- Losing a job, family, or health - Having rebellious child - Having an unsupportive spouse	- Being disliked - Having to live by a schedule - Having to keep up with finances	- Facing major personal problems - Big changes - Having to be solely responsible	- Making a mistake - No one truly understanding - Having to give up perfection
COMMUNICATION STYLE:	- Direct, to the point - Matter of fact - Not a lot of fluff	- Enthusiastic, energetic - Inspiring - Storytelling	- Good listener - Calm and collected - Thoughtful listener	- Sensitive to others - Factual - Listens to others' problems
RECOGNIZED BY:	- Self-confidence - Wants to lead/be in charge - Walks with purpose	- Loud talking and laughter - Bright, colorful clothing - Center of attention	- Calm demeanor and tone - Relaxed posture and nature - Patience	- Serious and sensitive nature - Meticulously well-groomed - Thoughtful and intelligent