Temperament Self-Assessment

In the list below mark each word which describes you. Have a friend or spouse do the same on another sheet. Please be honest, marking both the positive and negative words that are applicable.

"A"

_____ Very quiet
_____ Pessimistic
_____ Introvert
_____ Not aggressive
_____ Spectator in life
_____ Indecisive
_____ Slow and lazy
_____ Easy going
_____ Calm and cool
_____ Efficient
_____ Dependable
_____ Witty, dry humor
_____ Teases
_____ Selfish
_____ Orderly habits
_____ Stingy
_____ Stubborn
_____ Works well under pressure

_____ TOTAL

"B"

_____ Emotional
_____ Compassionate
_____ Impractical
_____ Easily discouraged
_____ Undisciplined
_____ Difficulty keeping resolutions
_____ Weak-willed
_____ Talkative
_____ Enjoyable
_____ Friendly
_____ Restless
_____ Difficulty concentrating
_____ Lives in present
_____ Egotistical
_____ Impulsive
_____ Difficulty with appointments
_____ Optimistic
_____ Outgoing

_____ TOTAL

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"C"

_____ Deep feeling
_____ Sensitive
_____ Self-centered
_____ Easily offended
_____ Self-sacrificing
_____ Faithful friend
_____ Likes behind the scenes
_____ Suspicious
_____ Introspective
_____ Perfectionist
_____ Harbors resentment
_____ Creative
_____ Moody
_____ Critical
_____ Indecisive
_____ Pessimistic
_____ Idealistic
_____ Introvert

_____ TOTAL

"D"

_____ Optimistic
_____ Goal-oriented
_____ Self-confident
_____ Self-sufficient
_____ Activist
_____ Domineering
_____ Aggressive
_____ Leadership ability
_____ Slick-to-it-iveness
_____ Strong willed
_____ Hot-tempered
_____ Insensitive
_____ Unsympathetic
_____ Determined
_____ Decisive
_____ Sarcastic
_____ Practical
_____ Outgoing

_____ TOTAL

Compiling the Temperament Assessments

Total the scores from each column of both assessment (your own plus either your friend or spouse) in the spaces below:

A: _____ + _____ = _____

B: _____ + _____ = _____

C: _____ + _____ = _____

D: _____ + _____ = _____

The highest score was (circle one): A B C D

The second highest score was: A B C D

Your probable combination of temperament is:

_____ (highest) - _____ (second highest)

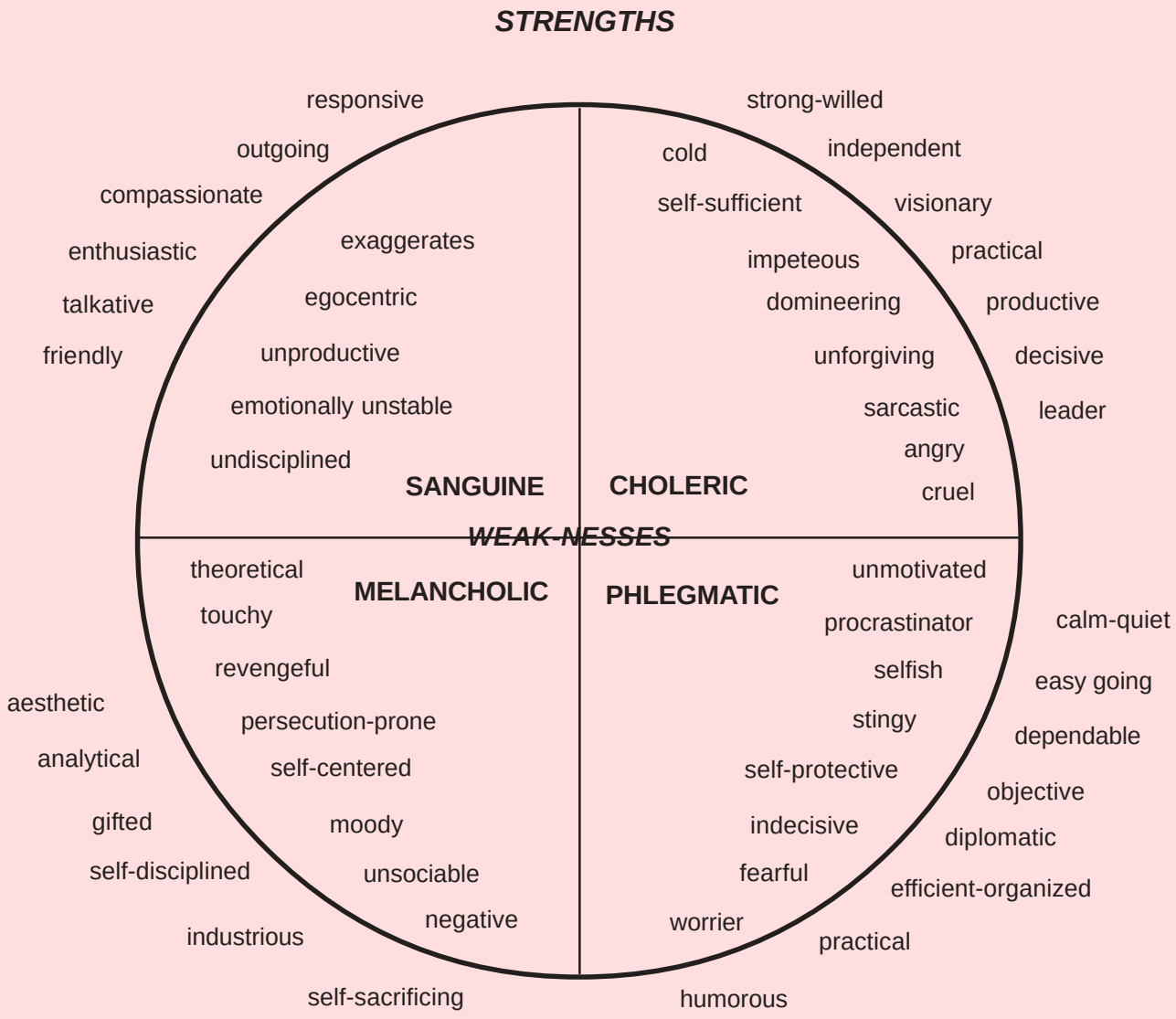
The temperaments represented by lists A-D are:

"A" Phlegmatic
"B" Sanguine
"C" Melancholy
"D" Choleric

Your probable combination of temperaments is:

_____ - _____

Temperament Strengths and Weaknesses



from Tim LaHaye in Transformed Temperaments