

# International Conversation Cafe

Lifestyle Topic:           Temperaments

The word "temperament" itself comes from Latin "*temperare*", meaning, *to mix*. When we talk about temperaments we are talking about our natural inclinations and perspectives on life. The ancient Greeks divided the temperaments into four types.

## **Choleric**

The choleric temperament is usually ambitious and leader-like. They have a lot of aggression, energy, and/or passion, and try to instill it in others. They can dominate people of other temperaments, especially the more passive types. Many great charismatic (appealing) military and political figures were choleric. They like to be in charge of everything.

*Name some people that are choleric. These could be people you know or famous people in history.*

*When is it good to have a choleric around?*

*Are there times when a choleric is not wanted?*

## **Sanguine**

The sanguine temperament is usually impulsive and pleasure-seeking; sanguine people are sociable and charismatic (captivating). They tend to enjoy social gatherings, making new friends and tend to be boisterous. They are usually quite creative and often daydream.

*Do you know anyone with a sanguine temperament? When are they most fun to have around?*

*When does a sanguine become annoying?*

*What does it mean to "daydream?" What are some of the things you daydream about?*

## **Phlegmatic**

The phlegmatic temperament is usually relaxed and quiet, ranging from warmly attentive to lazily sluggish. Phlegmatics tend to be content with themselves and are kind. They are accepting and affectionate. They are consistent, relaxed, calm, rational, curious, and observant, qualities that make them good administrators.

*What are some annoying things about phlegmatics?*

*Do you know any phlegmatics? What do you enjoy about them?*

## **Melancholic**

The melancholic temperament is usually **introverted** and thoughtful. Melancholic people often were perceived as very (or overly) pondering and considerate. They tend to worry more than most. . A melancholic can be highly creative in activities such as **poetry** and art. Often they are perfectionists.

*Explain the difference between introvert and extrovert.*

*What are the positive and negative things about a melancholic temperament?*

## **In Conclusion**

*What temperament are you?*

*What temperament is your best friend, spouse, roommate?*

*What are the dangers of thinking you "know" what temperament someone is?*