

Personality Test

Taken from Florence Littauer's Personality Plus: How to Understand Others by Understanding Yourself

Directions: In each of the following rows of four words across, choose the one word that most often applies to you. Continue through all forty lines; be sure each number is marked. If you are not sure which word "most applies," ask a spouse or a friend, and think of what your answer would have been when you were a child.

Strengths

- | | | | | |
|-----|--|---|---------------------------------------|--|
| 1. | <input type="checkbox"/> Adventurous | <input type="checkbox"/> Adaptable | <input type="checkbox"/> Animated | <input type="checkbox"/> Analytical |
| 2. | <input type="checkbox"/> Persistent | <input type="checkbox"/> Playful | <input type="checkbox"/> Persuasive | <input type="checkbox"/> Peaceful |
| 3. | <input type="checkbox"/> Submissive | <input type="checkbox"/> Self sacrificing | <input type="checkbox"/> Sociable | <input type="checkbox"/> Strong willed |
| 4. | <input type="checkbox"/> Considerate | <input type="checkbox"/> Controlled | <input type="checkbox"/> Competitive | <input type="checkbox"/> Convincing |
| 5. | <input type="checkbox"/> Refreshing | <input type="checkbox"/> Respectful | <input type="checkbox"/> Reserved | <input type="checkbox"/> Resourceful |
| 6. | <input type="checkbox"/> Satisfied | <input type="checkbox"/> Sensitive | <input type="checkbox"/> Self reliant | <input type="checkbox"/> Spirited |
| 7. | <input type="checkbox"/> Planner | <input type="checkbox"/> Patient | <input type="checkbox"/> Positive | <input type="checkbox"/> Promoter |
| 8. | <input type="checkbox"/> Sure | <input type="checkbox"/> Spontaneous | <input type="checkbox"/> Scheduled | <input type="checkbox"/> Shy |
| 9. | <input type="checkbox"/> Orderly | <input type="checkbox"/> Obliging | <input type="checkbox"/> Outspoken | <input type="checkbox"/> Optimistic |
| 10. | <input type="checkbox"/> Friendly | <input type="checkbox"/> Faithful | <input type="checkbox"/> Funny | <input type="checkbox"/> Forceful |
| 11. | <input type="checkbox"/> Daring | <input type="checkbox"/> Delightful | <input type="checkbox"/> Diplomatic | <input type="checkbox"/> Detailed |
| 12. | <input type="checkbox"/> Cheerful | <input type="checkbox"/> Consistent | <input type="checkbox"/> Cultured | <input type="checkbox"/> Confident |
| 13. | <input type="checkbox"/> Idealistic | <input type="checkbox"/> Independent | <input type="checkbox"/> Inoffensive | <input type="checkbox"/> Inspiring |
| 14. | <input type="checkbox"/> Demonstrative | <input type="checkbox"/> Decisive | <input type="checkbox"/> Dry Humor | <input type="checkbox"/> Deep |
| 15. | <input type="checkbox"/> Mediator | <input type="checkbox"/> Musical | <input type="checkbox"/> Mover | <input type="checkbox"/> Mixes easily |
| 16. | <input type="checkbox"/> Thoughtful | <input type="checkbox"/> Tenacious | <input type="checkbox"/> Talker | <input type="checkbox"/> Tolerant |
| 17. | <input type="checkbox"/> Listener | <input type="checkbox"/> Loyal | <input type="checkbox"/> Leader | <input type="checkbox"/> Lively |
| 18. | <input type="checkbox"/> Contented | <input type="checkbox"/> Chief | <input type="checkbox"/> Chart maker | <input type="checkbox"/> Cute |
| 19. | <input type="checkbox"/> Perfectionist | <input type="checkbox"/> Pleasant | <input type="checkbox"/> Productive | <input type="checkbox"/> Popular |
| 20. | <input type="checkbox"/> Bouncy | <input type="checkbox"/> Bold | <input type="checkbox"/> Behaved | <input type="checkbox"/> Balanced |

Weaknesses

- | | | | | |
|-----|---|--|---|---|
| 21. | <input type="checkbox"/> Blank | <input type="checkbox"/> Bashful | <input type="checkbox"/> Brassy | <input type="checkbox"/> Bossy |
| 22. | <input type="checkbox"/> Undisciplined | <input type="checkbox"/> Unsympathetic | <input type="checkbox"/> Unenthusiastic | <input type="checkbox"/> Unforgiving |
| 23. | <input type="checkbox"/> Reticent | <input type="checkbox"/> Resentful | <input type="checkbox"/> Resistant | <input type="checkbox"/> Repetitious |
| 24. | <input type="checkbox"/> Fussy | <input type="checkbox"/> Fearful | <input type="checkbox"/> Forgetful | <input type="checkbox"/> Frank |
| 25. | <input type="checkbox"/> Impatient | <input type="checkbox"/> Insecure | <input type="checkbox"/> Indecisive | <input type="checkbox"/> Interrupts |
| 26. | <input type="checkbox"/> Unpopular | <input type="checkbox"/> Uninvolved | <input type="checkbox"/> Unpredictable | <input type="checkbox"/> Unaffectionate |
| 27. | <input type="checkbox"/> Headstrong | <input type="checkbox"/> Haphazard | <input type="checkbox"/> Hard to please | <input type="checkbox"/> Hesitant |
| 28. | <input type="checkbox"/> Plain | <input type="checkbox"/> Pessimistic | <input type="checkbox"/> Proud | <input type="checkbox"/> Permissive |
| 29. | <input type="checkbox"/> Angered easily | <input type="checkbox"/> Aimless | <input type="checkbox"/> Argumentative | <input type="checkbox"/> Alienated |
| 30. | <input type="checkbox"/> Naive | <input type="checkbox"/> Negative attitude | <input type="checkbox"/> Nervy | <input type="checkbox"/> Nonchalant |
| 31. | <input type="checkbox"/> Worrier | <input type="checkbox"/> Withdrawn | <input type="checkbox"/> Workaholic | <input type="checkbox"/> Wants credit |
| 32. | <input type="checkbox"/> Too sensitive | <input type="checkbox"/> Tactless | <input type="checkbox"/> Timid | <input type="checkbox"/> Talkative |
| 33. | <input type="checkbox"/> Doubtful | <input type="checkbox"/> Disorganized | <input type="checkbox"/> Domineering | <input type="checkbox"/> Depressed |
| 34. | <input type="checkbox"/> Inconsistent | <input type="checkbox"/> Introvert | <input type="checkbox"/> Intolerant | <input type="checkbox"/> Indifferent |
| 35. | <input type="checkbox"/> Messy | <input type="checkbox"/> Moody | <input type="checkbox"/> Mumbles | <input type="checkbox"/> Manipulative |
| 36. | <input type="checkbox"/> Slow | <input type="checkbox"/> Stubborn | <input type="checkbox"/> Show-off | <input type="checkbox"/> Skeptical |
| 37. | <input type="checkbox"/> Loner | <input type="checkbox"/> Lord over others | <input type="checkbox"/> Lazy | <input type="checkbox"/> Loud |
| 38. | <input type="checkbox"/> Sluggish | <input type="checkbox"/> Suspicious | <input type="checkbox"/> Short tempered | <input type="checkbox"/> Scatterbrained |
| 39. | <input type="checkbox"/> Revengeful | <input type="checkbox"/> Restless | <input type="checkbox"/> Reluctant | <input type="checkbox"/> Rash |
| 40. | <input type="checkbox"/> Compromising | <input type="checkbox"/> Critical | <input type="checkbox"/> Crafty | <input type="checkbox"/> Changeable |

Personality Scoring Sheet

Transfer all your marks from the first sheet to this sheet and add up your totals. The words are in a different order on the profile and scoring sheets.

Strengths

	Popular Sanguine	Powerful Choleric	Perfect Melancholy	Peaceful Phlegmatic
1.	___ Animated	___ Adventurous	___ Analytical	___ Adaptable
2.	___ Playful	___ Persuasive	___ Persistent	___ Peaceful
3.	___ Sociable	___ Strong Willed	___ Self sacrificing	___ Submissive
4.	___ Convincing	___ Competitive	___ Considerate	___ Controlled
5.	___ Refreshing	___ Resourceful	___ Respectful	___ Reserved
6.	___ Spirited	___ Self reliant	___ Sensitive	___ Satisfied
7.	___ Promoter	___ Positive	___ Planner	___ Patient
8.	___ Spontaneous	___ Sure	___ Scheduled	___ Shy
9.	___ Optimistic	___ Outspoken	___ Orderly	___ Obliging
10.	___ Funny	___ Forceful	___ Faithful	___ Friendly
11.	___ Delightful	___ Daring	___ Detailed	___ Diplomatic
12.	___ Cheerful	___ Confident	___ Cultured	___ Consistent
13.	___ Inspiring	___ Independent	___ Idealistic	___ Inoffensive
14.	___ Demonstrative	___ Decisive	___ Deep	___ Dry humor
15.	___ Mixes easily	___ Mover	___ Musical	___ Mediator
16.	___ Talker	___ Tenacious	___ Thoughtful	___ Tolerant
17.	___ Lively	___ Leader	___ Loyal	___ Listener
18.	___ Cute	___ Chief	___ Chart maker	___ Contented
19.	___ Popular	___ Productive	___ Perfectionist	___ Pleasant
20.	___ Bouncy	___ Bold	___ Behaved	___ Balanced

Weaknesses

21.	___ Brassy	___ Bossy	___ Bashful	___ Blank
22.	___ Undisciplined	___ Unsympathetic	___ Unforgiving	___ Unenthusiastic
23.	___ Repetitious	___ Resistant	___ Resentful	___ Reticent
24.	___ Forgetful	___ Frank	___ Fussy	___ Fearful
25.	___ Interrupts	___ Impatient	___ Insecure	___ Indecisive
26.	___ Unpredictable	___ Unaffectionate	___ Unpopular	___ Uninvolved
27.	___ Haphazard	___ Headstrong	___ Hard to please	___ Hesitant
28.	___ Permissive	___ Proud	___ Pessimistic	___ Plain
29.	___ Angered easily	___ Argumentative	___ Alienated	___ Aimless
30.	___ Naive	___ Nervy	___ Negative attitude	___ Nonchalant
31.	___ Wants credit	___ Workaholic	___ Withdrawn	___ Worrier
32.	___ Talkative	___ Tactless	___ Too sensitive	___ Timid
33.	___ Disorganized	___ Domineering	___ Depressed	___ Doubtful
34.	___ Inconsistent	___ Intolerant	___ Introvert	___ Indifferent
35.	___ Messy	___ Manipulative	___ Moody	___ Mumbles
36.	___ Show-off	___ Stubborn	___ Skeptical	___ Slow
37.	___ Loud	___ Lord over others	___ Loner	___ Lazy
38.	___ Scatterbrained	___ Short tempered	___ Suspicious	___ Sluggish
39.	___ Restless	___ Rash	___ Revengeful	___ Reluctant
40.	___ Changeable	___ Crafty	___ Critical	___ Compromising

Totals:

The Four Temperaments Defined

Sanguine

The sanguine temperament is fundamentally impulsive and pleasure-seeking. Sanguine people were also considered fairly sociable and emotional. They 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

The choleric temperament is fundamentally 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 phlegmatic types. Many great charismatic military and political figures were choleric. They like to be in charge of everything.

Melancholic

The melancholic temperament is fundamentally introverted and thoughtful. Melancholic people often were perceived as very (or overly) pondering and considerate, getting rather worried when they could not be on time for events. Melancholies can be highly creative in activities such as poetry and art - and can become preoccupied 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

The phlegmatic temperament is fundamentally relaxed and quiet, ranging from warmly attentive to lazily sluggish. Phlegmatics tend to be content with themselves and very 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.

Note: As Christians, and especially as Christian leaders, we should use personality tests to better understand ourselves and others. They are not intended to lock us in to one particular personality. i.e. We are not allowed to blame our sin on our personality type. We are not slaves to our personality, we are slaves to Christ. If Christ is changing us day by day, He will sand away our rough edges so that we will become more like Him.