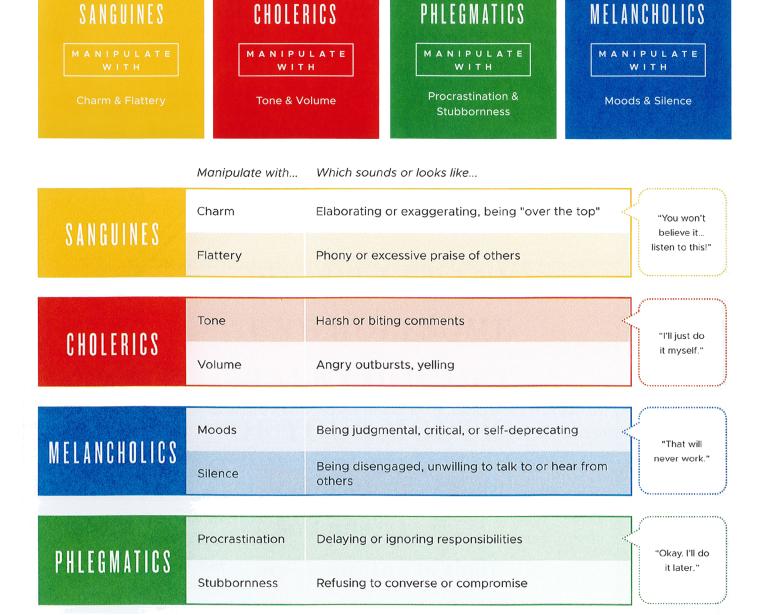




## **INSIDE-OUT**

We slip into manipulating so naturally, we may not even notice we're doing it. So let's review what it may sound or look like for each temperament in our everyday lives.



Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. **Ephesians 4:29** 





## **STRENGTHS**

### **WEAKNESSES**

# **SANGUINES**

**CHOLERICS** 

# **PHLEGMATICS**

# **MELANCHOLICS**

Т.	Lives	m	tne	Ш	om	ent
2	Show	ic i	amo	+i/	ane	on

- 2. Shows emotions openly
- 3. Inspiring
- 4. Great storyteller
- 5. Optimistic
- 6. Joyful
- 7. Curious
- 8. Cheerful
- 9. Sincere
- 10. Popular
- 1. Dynamic leader
- 2. Delegates well
- 3. Ability to correct wrongs
- 4. Decisive
- **5.** Calm in emergencies
- 6. Independent and self-sufficient
- 7. Energetic
- 8. Adventurous
- 9. Appears confident
- 10. Energized by challenges
- 1. Kind, considerate
- 2. Balanced
- 3. Accommodating
- 4. Easygoing and relaxed
- 5. Consistent
- 6. Quiet but witty
- 7. Listens well
- 8. Diplomatic
- 9. Steady, even-tempered
- 10. Friendly
- 1. Empathetic
- 2. Deep and thoughtful
- 3. Analytical
- 4. Serious and purposeful
- 5. Conscientious
- 6. Honest
- 7. Creative
- 8. Musical, artistic
- 9. Works well alone
- 10. Great listener

- 1. Compulsive talker
- 2. Exaggerates and elaborates
- 3. Dwells on trivial things
- 4. Can't remember names
- 5. Scares others off
- 6. Too happy for some
- 7. Has restless energy
- 8. Egotistical
- 9. Blusters and complains
- 10. Naïve
- 1. Bossy
- 2. Impatient
- 3. Quick-tempered
- 4. Can't relax
- 5. Doesn't shy from controversy
- 6. Enjoys arguments
- 7. Won't give up when losing
- 8. Comes on too strong
- 9. Inflexible
- 10. Is not complimentary
- 1. Unenthusiastic
- 2. Fearful
- 3. Worried
- 4. Indecisive
- 5. Avoids responsibility
- 6. Selfish
- 7. Too shy
- 8. Too compromising
- 9. Self-righteous
- 10. Lacks self-motivation
- 1. Remembers the negatives
- 2. Moody
- 3. Enjoys being hurt
- 4. Has false humility
- 5. Off in another world
- 6. Low self-image
- 7. Has selective hearing
- 8. Reserved
- 9. Too introspective
- 10. Feelings of guilt