

How to Recognize the Temperaments

	Choleric	Sanguine	Phlegmatic	Melancholic
<i>Physical Appearance</i>	Short, stocky, upright	Slender, elegant, well-balanced	Big, fleshy, rotund	Large, bony, heavy-limbed with bowed head
<i>Walk</i>	Fun, digging heels in ground	Light, tripping on the toes	Rolling, ambling (steamroller)	Slow with drooping, sliding gait
<i>Eyes</i>	Energetic, active	Dancing, lively	Sleepy, often half-closed	Tragic, mournful
<i>Gestures</i>	Short, abrupt	Graceful, lively	Slow, deliberate	Drooping
<i>Manner of speaking</i>	Sharp, emphatic, deliberate to the point	Eloquent, with flowery language	Ponderous, logical, clear	Hesitating, halting, not completing sentences
<i>Relationships</i>	Friendly as long as recognized leader	Friendly to all, fickle, changeable	Friendly, but reserved, impassive	Poor, has sympathy only with fellow sufferers
<i>Habits</i>	Must jolly everyone else along	Is flexible, has no fixed habits	Likes routine, has set habits	Likes solitary occupations
<i>Food</i>	Enjoys spicy foods, well-prepared	Nibbles, likes nicely prepared things	Eats good square meals of anything	Is finicky, likes sweet things
<i>Dress</i>	Likes something individual and outstanding	Likes anything new, anything colorful	Has a conservative taste	Chooses drab clothes, is difficult to please
<i>Powers of Observation</i>	Observes what is of interest but forgets	Notices everything and forgets everything	Observes and remembers exactly when sufficiently awake	Observes little but remembers it
<i>Memory</i>	Poor	Like a sieve	Good concerning the world	Good concerning self
<i>Interests</i>	The world, self and the future	The immediate present	The present without getting involved	Self and the past
<i>Attitudes</i>	Commanding, aggressive, eventually understanding	Kind, understanding, sympathetic	Discerning, objective	Egotistical, vindictive, self-sacrificing in cases of suffering
<i>Disposition</i>	Boasting, enthusiastic generous, intolerant, impatient, gambling	Changeable, superficial, unreliable, kind, impatient, friendly	Faithful, stable, methodical, lethargic, self-centered, trustworthy, motherly	Self-absorbed, easily depressed, fearful, moody, tyrannical, helpful, artistic
<i>Paintings & Drawings</i>	Volcanoes, precipices with self overcoming obstacles, strong colors	Lots of bright colors, movement and detail	Bland, uninteresting, unfinished in appearance	Strong, harmonious colors, attempts too much detail