

Temperament and environment

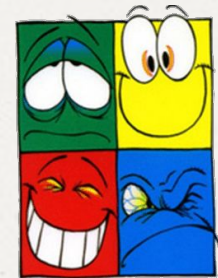
Algozha Yedige

Most clearly seen in the human temperament stressful, non-standard situations.



One of the first and most popular is a test to determine the temperament of the Eysenck, psychiatrist scientist who created the first classification types.

- o Count how many times you have selected the option "and" the number of times an option "b", option "b" and the option "r". Multiply each of the four sums of the number 5.
- o Thus, you get a percentage of the answers "a", "b", "c", "d". To check yourself, calculate the amount in%, should get 100%.
- o "A" - choleric;
"B" - sanguine;
"C" - phlegmatic;
"D" - melancholic.



- o If the percentage of a certain temperament 40% or more, this temperament is dominant if 30 - 39% of this type of temperament is pronounced, 20 - 29% good enough expressed, and they should be taken into account, 20% - are mild, 10% - do not count .



- o
1. a) restless, fidgety;
b) a happy and cheerful;
c) a consistent and reliable;
d) shy and self-conscious.
 2. a) inconsistency, hot-tempered;
b) an energetic and businesslike;
c) calm and cool;
g) is lost in the new environment.
 3. a) impatient;
b) often do not bring it to the end;
c) Careful and judicious;
g) makes it difficult to make contact with strangers.
 4. a) Cutting and straightforward in dealing with people;
b) tend to overestimate yourself;
c) is able to wait;
d) Do not believe in their own strength.
 5. a) determination and enterprising;
b) the ability to quickly grasp new;
c) silent and do not like to talk in vain;
g) It is easy to carry alone.
 6. a) stubborn;
b) instability in interests and inclinations;
c) possess a calm, smooth speech, with stops;
d) Do you feel overwhelmed and confused when failures.
 7. a) The resourceful in dispute;
b) Easy going through failure and trouble;
c) the restraint and patience;
g) inclined to go in yourself.
 8. a) risk-averse;
b) It is easy to adapt to different circumstances;
c) The fact bring to an end;
g) get tired quickly.
 9. a) work in spurts;
b) enthusiastically takes up a new business;
c) Do not waste power;
g) has a quiet, mild speech.
 10. a) forgiving, and thick-skinned;
b) cools rapidly, if it uninteresting;
c) to adhere strictly to the agenda, plans to work;
d) One can not help adapt to the nature of the interlocutor.



Sanguine.

- o For species represented temperament actual increased life activity. Such a person quickly responds to all that would get his attention. It has enough memorable live facial expressions, expressive. Any little thing he can amuse or annoy. Particular cause for the emergence of aggression is not required. In the words of a person can determine the mood of a person with this type of temperament. Sanguine is quite functional, actively taken as an interesting occupation, business. These are good workers who can be disciplined and responsible. Sanguine inherent flexibility of mind, impulsiveness, resourcefulness, variability of mood for this type of temperament is also characterized by a tendency to instability, a sufficiently large mobility.



Choleric.

- o This temperament is inherent low sensitivity, high enough activity. Such people are usually unrestrained in their emotions and feelings, very hot-tempered, inert. However, it should be said that the choleric have a high resistance, difficult to change their principles and interests. Movement of a man with a choleric type sharp and swift. High efficiency and energy - it is their "hobby."



Phlegmatic person.

- o Such a type characteristic of very high activity, low sensitivity, and extremely emotional. Phlegmatic difficult to surprise and amuse. He is able to remain extremely calm even when everything around him laugh. Even in big trouble, he remains calm and level-headed. Characterized as inexpressive facial expressions, a little slow speech. However, a person with such a temperament can be very resourceful and efficient. It features a large patience and a high self-control. In all of this it is difficult to converge with unfamiliar people, very rare and difficult to climb. The main advantages of this type of temperament - poise, solidity and permanence of the individual.



Melancholy.

- o This is a man with high sensitivity. Even insignificant occasion it can cause upset and tears. Melancholic very touchy, are all perceived to heart. Movement and expressionless facial features, voice mostly quiet. Such people are usually not confident, shy, any difficulty makes them give up. Melancholic difficult to converge with people, and low-power unpressing. Efficiency, as a small business activity. In quiet situations, they can easily cope with life's challenges. Closed in themselves, unsociable, quiet, easily vulnerable - it is about the melancholic.

Interesting Facts

- o Sanguine temperament (from Latin sanguinis sanguis - "Blood")

air symbol

Orientation: East

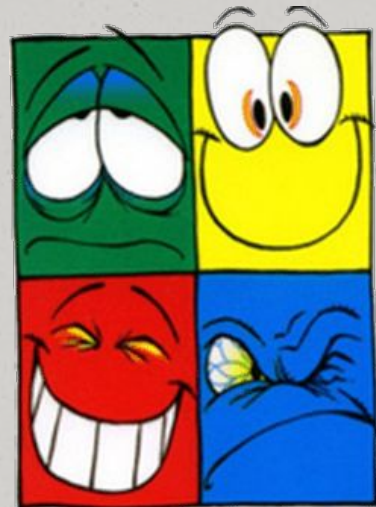
Its formula - "trust but verify."

- o Phlegmatic temperament (Latin from Greek phlegmaticus phlegma -.. "Mucus, phlegm")

the element of water

Orientation: North

Its formula is - "do not rush"





Interesting Facts

- o The choleric temperament (Latin cholericus from the Greek chole -.. "Bile")
fire element
Orientation: South
Its formula - “
- o Melancholic temperament (Latin melancholicus from the Greek melas -.. "Black", and chole - "bile"),
the elements of the earth.
Party: West
Its formula is - "do no harm" no rest"



Interesting Facts

- o Melancholic choose purple and some shades of blue and green.

Phlegmatic - between white, ivory or green.

Choleric people who are excited and quickly lose control of himself - green or blue-green, especially red, but never choose white.

Sanguine confident, bright living and believe that red-orange, terracotta, amber are the best



Thank you for attention