

Personality Types



- **Personality type** refers to the psychological classification of different types of individuals. Personality types are sometimes distinguished from personality traits. According to type theories, for example, **introverts and extroverts** are two fundamentally **different** categories of people.



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. However, choleric also tend to be either **highly disorganized or highly organized**. They do not have in-between setups, only one extreme to another. As well as being leader-like and assertive, choleric also fall into deep and sudden depression. Essentially, they are very much **prone to mood swings**.



Type A



- Type A personality types are characterized by people who are often **workaholics**. They tend to be **impatient, competitive, ambitious, and sometimes aggressive**. They like to **go fast in life**, getting things done as quickly as possible while juggling other tasks in the process. Type A individuals have difficulty staying relaxed because they tend to work nonstop, such as taking work with them on vacation. Although they get errands done, they are usually unhappy.

Melancholic

- The melancholic temperament is fundamentally introverted and thoughtful. Melancholic people often were perceived as **very pondering and considerate, getting rather worried when they could not be on time for events.** Melancholics can be highly creative in activities such as poetry and art - and can become preoccupied with the tragedy and cruelty in the world. Often they are perfectionists. **They are self-reliant and independent;** one negative part of being a melancholic is that they can get so involved in what they are doing they forget to think of others.



Type B

- Type B personality types are the opposites of Type A. They **relax** more often, described as being **laid-back, don't take life too seriously, and tend to be easygoing and peaceful**. They are not as competitive and driven as Type A.



Phlegmatic

- The phlegmatic temperament is fundamentally **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 may be receptive and **shy and often prefer stability to uncertainty and change**. They are **consistent, relaxed, calm, rational, curious, and observant**, qualities that make them good administrators. They can also be passive-aggressive.



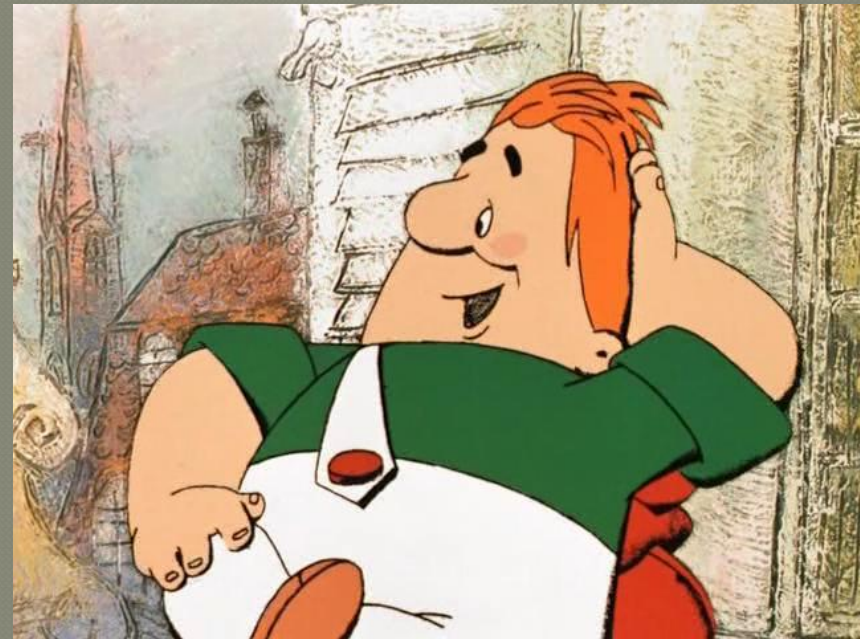
Type C

- Type C individuals are very pleasant but hide their thoughts and emotions. Expressing themselves is a great difficulty so they are often stressful and have weak immune systems compared to the other personality types. Type C people also tend to be lonely.



Sanguine

- The sanguine temperament is fundamentally **impulsive and pleasure-seeking**; **sanguine people are sociable and charismatic**. 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 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 they pursue a new hobby, **they lose interest as soon as it ceases to be engaging or fun**. They are very much people persons. They are talkative and not shy. Sanguines generally have an almost **shameless nature**, certain that what they are doing is right. They have no lack of confidence.



Type D

- The last personality type is the hardy personality. These people live on stress and let it drive them. They feel like they are **in control of their lives**, living by a set of commitments. When a challenge arises for a hardy type, the person will accept it and take on the challenge. Hardy personality types are less aggressive than Type A people.

