Some Characteristics of the Four Temperaments as Given in *Spiritual Theology* by Jordan Aumann, O.P. (pp. 140-145)

A. Sanguine Temperament

a. Description

i. quick and strong reactions, short in duration, easily forgotten
ii. Extraverts

b. Assets

i. friendly and cheerful
ii. generous
iii. sincere
iv. sensitivity to others’ suffering
v. spontaneity
vi. optimistic
vii. practical approach to life
viii. make friends easily
ix. active and creative imagination
x. quick learner, though often superficial

c. Liabilities

i. superficiality
ii. risk of hasty judgments
iii. more interested in breath of knowledge than depth
iv. inconstancy
v. easily gives in to temptation because of the impression of the moment
vi. often abandons efforts requiring a long duration
vii. easily distracted in prayer
viii. sensuality
ix. often victim of gluttony and lust
x. lack energy and perseverance to fight temptations of the flesh

d. Helps to advance

i. foster reflection
ii. strengthen the will
iii. foster a constancy in spiritual exercises despite aridity
iv. practice custody of the senses
v. mortification
vi. practice of meditation

B. Melancholic Temperament

a. Description

i. weak regarding response to stimuli
ii. difficult to arouse
iii. don’t forget easily after repeated stimuli

b. Assets

i. inclined to reflection and the interior life
ii. long suffering
iii. sensitive and compassionate toward those who suffer
iv. sharp and profound intellect
v. drawn usually more to speculative sciences
vi. normally don’t experience the vehemence of passions as the other temperaments

C. Choleric Temperament

a. Description

i. easily and strongly aroused
ii. long and lasting impressions
iii. great saints or great sinners

b. Assets

i. great energy
ii. constancy
iii. strong wills
iv. practical
v. produces strong leaders and administrators
vi. not procrastinators
vii. face difficulties head-on

C. Choleric Temperament

b. Assets

i. great energy
ii. constancy
iii. strong wills
iv. practical
v. produces strong leaders and administrators
vi. not procrastinators
vii. face difficulties head-on

c. Liabilities

i. sometimes do today what should be left for tomorrow
ii. can become hard and obstinate
iii. strong movements of anger
iv. arrogance
v. vanity
vi. can be insensitive to others less talented
vii. often lacking in tact
viii. sometimes cold and often appear as egoists

d. Helps to advance
   i. they need to control and direct their energies
   ii. need to cultivate true humility of heart
   iii. foster in themselves compassion toward others
   iv. practice treating others with tenderness and compassion
   v. they need a detachment from themselves

D. Phlegmatic Temperament

a. Description
   i. rarely aroused and, if they are, it is weak
   ii. impressions last only briefly and leave no lasting trace
   iii. slow in movement and activity
   iv. they are often robust and possess an amiable face

b. Assets
   i. work steadily
   ii. not usually irritated by insults
   iii. good common sense and sober in mind
   iv. good articulators
   v. excel in science due to slow and assiduous work
   vi. work quietly without fanfare

c. Liabilities
   i. slow to make decisions
   ii. they lose many opportunities of grace due to sluggishness
   iii. they can “live in their own world” oblivious to the happenings around them
   iv. not prone to mortification and penance

d. Helps to Advance
   i. need to inculcate in them some deep convictions toward sanctity and seeking perfection
   ii. they need to be guarded from apathy
   iii. they need self-mastery to spur their dormant powers to be put into action