

QUESTIONNAIRE TO HELP IN DETERMINING YOUR DOMINANT TEMPERAMENT

Extract from
THE FOUR TEMPERAMENTS
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(Hock's entire work and the temperament exam is available at
http://www.angelicum.net/html/four_temperaments.html)

To help you discover your temperament. Be completely honest in answering the questions. They refer to your natural inclination rather than your present practice, acquired by effort and self control. The numbers added at the end will give the key to the respective temperament.

Yes

No

Doubtful

1. Are you quickly excited at offenses and inclined to retaliate and oppose an insult immediately?
2. Do you look at life always from the serious side?
3. Do you easily lose confidence in your fellow men?
4. Are you greatly inclined to flatter those whom you love?
5. Are you won by quiet explanation of reasons and motives, but embittered and driven to strong resistance by harsh commands?
6. Do you love company and amusements?
7. Does your thinking easily turn into reflection which may stir you up profoundly, yet not let your excitement be noted outwardly?
8. Are you vehemently provoked by disorder or injustice?
9. Do you have, and show, very little interest in what goes on about you?
10. Do you find it hard to trust people, and are you always afraid that others have a grudge against you?
11. Do you dislike prolonged reflection, and are easily distracted?
12. Do you usually not feel an offense at the moment, but feel it so much more keenly a few hours later, or even the next day?

13. Is it very hard for you to deny yourself some favorite food?
14. Do you easily get angered by an offense, but soon are pleasant again?
15. Are you a person of enthusiasm, i.e. are you not satisfied with the ordinary, but aspire after great and lofty things, temporal or spiritual?
16. Are you unwilling to admit a weakness or a defeat, and consequently try to deceive others, even by outright lies?
17. Do you love silence and solitude and seclusion from the crowds?
18. Do you easily become jealous, envious, and uncharitable?
19. Do you feel happy when in a position to command?
20. Do you spend much time deliberating, yet reach decisions only with difficulty?
21. Do you like to be flattered?
22. Do you easily complain of insignificant ailments, constantly fear grave sickness?
23. Are you very much inclined to ease, to eating and drinking?
24. Do you feel discouraged by difficulties in your undertakings?
25. Do you find it difficult to form new acquaintances, to speak among strangers, to find the right words to express your sentiments?
26. Do you pay keen interest to your appearance and that of others; to a beautiful face, to fine and modern clothes?
27. Do you persevere under great difficulties until you reach your goal?
28. Do you become suspicious and reticent by a rude word or unfriendly mien?
29. Is it very hard to guard your eyes, ears, tongue, and keep silent?
30. Are you loathe to appear in public and to be praised?
31. Do you allow others to be preferred to you, but at the same time feel slighted because you are being ignored?
32. Do you dislike, even hate, caresses and sentimentality?
33. Can you be heartless, even cruel, in regard to the sufferings of others, even trample cold bloodedly upon the welfare of others, if you cannot otherwise reach your goal?
34. Do you have little inclination to work, preferring repose and leisure?

35. Do you lack perseverance; does interest in things fade quickly?
36. Are you inclined to inordinate intimacy and flirtation?
37. Do you lack courage in correcting people; it may show itself in these two forms: a) you go about it so carefully and tenderly that it can hardly be called a correction, or b) you shout your correction excitedly and angrily?
38. Do you see everything, hear, and talk about everything?
39. Do you love light work which attracts attention, where there is no need of deep thinking or great effort?
40. Do you consider yourself as Somebody; as extraordinary, as always right, and not needing the help of others?
41. Do you belittle, or by remarks and unfair means even persecute those who dare oppose you?
42. Can you quickly pass from tears to laughter? and vice versa?
43. Are you easily captivated by every new idea or mood?
44. Do you love variety in everything?
45. Do you remain composed, thoughtful, deliberate, with a sober and practical judgment, in the face of suffering, failure, offenses?
46. Do you like to poke fun at others, tease them, play tricks, on them?
47. Does a strong aversion easily take root in your heart against persons from whom you have suffered or in whom you find fault, sometimes so strong that you do not want to speak to them or cannot stand the sight of them without new excitement?
48. Do you get vehemently excited by contradiction, resistance, and personal offenses and do you show this excitement in harsh words which may be, and sound like being polite, yet hurt to the core?
49. Which of these bad dispositions are yours (check one or two): a) obstinacy, anger, pride? b) sloth, lack of energy? c) lack of courage, dread of suffering? d) talkativeness, inconsistency?
50. Which of these good traits come natural to you (check one or two): a) good nature, repose of mind? b) sympathy for others, love for solitude and prayer? c) strong will, energy, fearlessness, ambition? d) cheerfulness, facility to get along well with difficult people?

Key

Some of the preceding questions refer to two or more temperaments; they are overlapping. The choleric temperament is indicated by the following numbers: 1, 5, 8, 15, 16, 19, 27, 32, 33, 40, 41, 47, 48, 49a, 50c.

The sanguine temperament: 4, 6, 11, 13, 14, 20, 21, 24, 26, 29, 34, 35, 36, 38, 39, 42, 43, 44, 46, 49d, 50d.

The melancholic temperament: 2, 3, 5, 7, 10, 12, 13, 17, 18, 20, 22, 24, 25, 28, 30, 31, 37, 47, 49c, 50b.

The phlegmatic temperament: 9, 23, 34, 35, 45, 49b, 50a.

Note: Answer the questions first, honestly, simply, sincerely; then try to classify according to the numbers. The next list will arrange the different characteristics according to each temperament. It will help to get an even better knowledge of one's temperament(s).

CHARACTER TRAITS ARRANGED ACCORDING TO TEMPERAMENTS

Sanguine Temperament

1. Is self-composed, seldom shows signs of embarrassment, perhaps forward or bold.
2. Eager to express himself before a group; likes to be heard.
3. Prefers group activities; work or play; not easily satisfied with individual projects.
4. Not insistent upon acceptance of his ideas or plans; agrees readily with others' wishes; compliant and yielding.
5. Good in details; prefers activities requiring pep and energy.
6. Impetuous and impulsive; his decisions are often (usually) wrong.
7. Keenly alive to environment, physical and social; likes curiosity.
8. Tends to take success for granted. Is a follower; lacks initiative.
9. Hearty and cordial, even to strangers; forms acquaintanceship easily.
10. Tends to elation of spirit; not given to worry and anxiety; is carefree.
11. Seeks wide and broad range of friendships; is not selective; not exclusive in games.
12. Quick and decisive in movements; pronounced or excessive energy output.
13. Turns from one activity to another in rapid succession; little perseverance.
14. Makes adjustments easily; welcomes changes; makes the best appearance possible.
15. Frank, talkable, sociable, emotions readily expressed; does not stand on ceremony.
16. Frequent fluctuations of mood; tends to frequent alterations of elation and depression.

Choleric Temperament

1. Is self-composed; seldom shows embarrassment, is forward or bold.
2. Eager to express himself before a group if he has some purpose in view.
3. Insistent upon the acceptance of his ideas or plans; argumentative and persuasive.
4. Impetuous and impulsive; plunges into situations where forethought would have deterred him.
5. Self-confident and self-reliant; tends to take success for granted.
6. Strong initiative; tends to elation of spirit; seldom gloomy or moody; prefers to lead.
7. Very sensitive and easily hurt; reacts strongly to praise or blame.
8. Not given to worry or anxiety. Seclusive.
9. Quick and decisive in movement; pronounced or excessive energy output.
10. Marked tendency to persevere; does not abandon something readily regardless of success.
11. Emotions not freely or spontaneously expressed, except anger.
12. Makes best appearance possible; perhaps conceited; may use hypocrisy, deceit, disguise.

Melancholic temperament

Is self-conscious, easily embarrassed, timid, bashful.
 Avoids talking before a group; when obliged to he finds it difficult.
 Prefers to work and play alone. Good in details; careful.
 Deliberative; slow in making decisions; perhaps overcautious even in minor matters.

Lacking in self-confidence and initiative; compliant and yielding.
Tends to detachment from environment; reserved and distant except to intimate friends.
Tends to depression; frequently moody or gloomy; very sensitive; easily hurt.
Does not form acquaintances readily; prefers narrow range of friends; tends to exclude others.
Worries over possible misfortune; crosses bridges before coming to them.
Secretive; seclusive; shut in; not inclined to speak unless spoken to.
Slow in movement; deliberative or perhaps indecisive; moods frequent and constant.
Often represents himself at a disadvantage; modest and unassuming.

Phlegmatic Temperament

Deliberative; slow in making decisions; perhaps overcautious in minor matters.
Indifferent to external affairs.
Reserved and distant.
Slow in movement.
Marked tendency to persevere.
Constancy of mood.