



DISCOVERING THE TEMPERAMENTS

BIRDS ON A WIRE

DISCOVER YOUR TEMPERAMENT

Step 1: Circle the word in each row that best describes you.

TAKES CHANCES	LIKES TO LEAD	LOYAL	HIGH IDEALS
RATIONAL	FUN-LOVING	DARING	BALANCED
NON-DEMANDING	DEEP/THOUGHTFUL	IMAGINATIVE	SINGLE-MINDED
PRODUCTIVE	UNDERSTANDING	DETAILED	LIKES VARIETY
UNFLUSTERED	RESERVED	MOTIVATOR	AUTHORITATIVE
LOGICAL	ENJOYS NEW THINGS	DECISION-MAKER	MEDIATOR
ENERGETIC	OPINIONATED	AVOIDS CONFLICT	PREDICTABLE
CONSCIENTIOUS	EXPRESSIVE	LEADER	NURTURING
PATIENT	PRACTICAL	FORGIVING	ADVENTUROUS
GOAL-DRIVEN	PATIENT	FAITHFUL	LOVES PEOPLE
DISLIKES CHANGE	TIDY	PROMOTER	COMPETITIVE
PERSISTENT	PLAYFUL	INDEPENDENT	TOLERANT
TALKATIVE	ENJOYS CHALLENGES	DEEP RELATIONSHIPS	SENSITIVE
CREATIVE	POSITIVE	BRAVE	GOOD LISTENER
ACCEPTING	EVALUATES	ENTHUSIASTIC	IMPULSIVE
DOER	EASYGOING	LIKES ORDER	OPEN/FRIENDLY
STEADY	CAUTIOUS	ENERGETIC	ACHIEVER
PERFECTIONIST	ANIMATED	VISIONARY	WILLING

Step 2: Count the number of words you circled for each color, and record it below.

Totals: Red _____ Yellow _____ Green _____ Blue _____

Take our Colors Quiz online at:
birdsonawiremoms.com/personality-quiz



THE TEMPERAMENTS

POPULAR SANGUINE

BASIC DESIRE: **HAVE FUN**

EMOTIONAL NEEDS:
**ATTENTION
AFFECTION
APPROVAL
ACCEPTANCE**

CONTROLS BY: **CHARM**

POWERFUL CHOLERIC

BASIC DESIRE: **HAVE CONTROL**

EMOTIONAL NEEDS:
**LOYALTY
SENSE OF CONTROL
APPRECIATION
CREDIT FOR WORK**

CONTROLS BY: **ANGER**

PEACEFUL PHLEGMATIC

BASIC DESIRE: **HAVE PEACE**

EMOTIONAL NEEDS:
**PEACE AND QUIET
FEELING OF WORTH
LACK OF STRESS
RESPECT**

CONTROLS BY:
PROCRASTINATION

PERFECT MELANCHOLY

BASIC DESIRE: **HAVE
PERFECTION**

EMOTIONAL NEEDS:
**SENSITIVITY
SUPPORT
SPACE
SILENCE**

CONTROLS BY: **MOODS**



TEMPERAMENT STRENGTHS AND WEAKNESSES

POPULAR SANGUINE

Strengths:

Appealing personality	Volunteers for jobs
Talkative, storyteller	Thinks up new activities
Good sense of humor	Looks great on the surface
Memory for color	Creative and colorful
Physically hold on to listener	Has energy and enthusiasm
Emotional and demonstrative	Starts in a flashy way
Enthusiastic and expressive	Inspires others to join
Cheerful and bubbly	Charms other to work
Curious	Makes friends easily
Good on stage	Loves people
Wide-eyed and innocent	Thrives on compliments
Lives in the present	
Changeable disposition	
Sincere at heart	
Always a child	

Weaknesses:

Compulsive talker	Never grows up	Wants to be popular
Exaggerates and elaborates	Would rather talk	Looks for credit
Dwells on trivia	Forgets obligations	Dominates conversations
Can't remember names	Doesn't follow through	Interrupts and doesn't listen
Scares others off	Confidence fades fast	Answers for others
Too happy for some	Undisciplined	Fickle and forgetful
Has restless energy	Priorities out of order	Makes excuses
Egotistical	Decides by feelings	Repeats stories
Blusters and complains	Easily distracted	
Naïve, gets taken in	Wastes time talking	
Controlled by circumstances	Hates to be alone	
Gets angry easily		
Seems phony to some		



TEMPERAMENT STRENGTHS AND WEAKNESSES

POWERFUL CHOLERIC

Strengths:

Born leader	Sees the whole picture
Dynamic and active	Organizes well
Compulsive need for change	Seeks practical solutions
Must correct wrongs	Moves quickly to action
Strong-willed and decisive	Delegates work
Unemotional	Insists on production
Not easily discouraged	Makes the goal
Independent and self-sufficient	Stimulates activity
Exudes confidence	Thrives on opposition
Can run anything	Has little need for friends
Goal oriented	



Will work for group activity
Will lead and organize
Is usually right
Excels in emergencies

Weaknesses:

Bossy	Little tolerance for mistakes	Tends to use people
Impatient	Doesn't analyze details	Dominates others
Quick tempered	Bored by trivia	Decides for others
Can't relax	May make rash decisions	Knows everything
Too impetuous	May be rude or tactless	Can do everything better
Doesn't shy from controversy	Manipulates people	Is too independent
Enjoys arguments	Demanding of others	Possessive of friends and mate
Won't give up when losing	End justifies the means	Can't say, "I'm sorry"
Comes on too strong	Work may become his/her idol	May be right, but unpopular
Inflexible	Demands loyalty in the ranks	
Is not complimentary		
Dislikes tears and emotions		
Is unsympathetic		



TEMPERAMENT STRENGTHS AND WEAKNESSES

PEACEFUL PHLEGMATIC

Strengths:

Low-key personality
Easygoing and relaxed
Calm, cool and collected
Patient, well-balanced
Consistent life
Quiet, but witty
Sympathetic and kind
Keeps emotions hidden
Happily reconciled to life
All-purpose person
Competent and steady
Peaceful and agreeable
Has administrative ability

Mediates problems
Avoids conflicts
Good under pressure
Finds the easy way
Easy to get along with
Pleasant and enjoyable
Inoffensive
Good listener

Dry sense of humor
Enjoys watching people
Has many friends
Has compassion and concern

Weaknesses:

Unenthusiastic
Fearful and worried
Indecisive
Avoids responsibility
Quiet will of iron
Selfish
Too shy and reticent
Too compromising
Self-righteous
Not goal-oriented
Lacks self-motivation
Hard to get moving

Resents being pushed
Lazy and careless
Discourages others
Would rather watch
No sense of urgency
Dampens enthusiasm
Stays uninvolved

Is not exciting
Indifferent to plans
Judges others
Sarcastic and teasing
Resists change



TEMPERAMENT STRENGTHS AND WEAKNESSES

PERFECT MELANCHOLY

Strengths:

Deep and thoughtful	Orderly and organized
Analytical	Neat and tidy, economical
Serious and purposeful	Sees the problems
Talented and creative	Finds creative solutions
Artistic or musical	Needs to finish what he starts
Philosophical and poetic	Likes charts, graphs, figures, lists
Appreciative of beauty	Makes friends cautiously
Sensitive to others	Content to stay in the background
Self-sacrificing	Avoids causing attention
Conscientious	Faithful and devoted
Idealistic	
Schedule-oriented	
Perfectionist, high standards	
Detail-conscious	
Persistent and thorough	

Weaknesses:

Remembers the negatives	Not people-oriented	Withdrawn and remote
Moody and depressed	Depressed over imperfections	Critical of others
Enjoys being hurt	Chooses difficult work	Holds back affection
Has false humility	Hesitant to start projects	Dislikes those in opposition
Off in another world	Spends too much time planning	Suspicious of people
Low self-image	Prefers analysis to work	Antagonistic and vengeful
Has selective hearing	Self-deprecating	Unforgiving
Self-centered	Hard to please	Full of contradictions
Too introspective	Standards often too high	Skeptical
Guilt feelings	Deep need for approval	
Persecution complex	Lives through others	
Tends to hypochondria	Insecure socially	

