



I SAID THIS, YOU HEARD THAT



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THE CHOLERIC: DEBORAH AND PAUL

YOU HAVE AN OPPORTUNITY, EVERY DAY, WITH EVERY PERSON YOU ENCOUNTER, TO _____ OR TO _____ WITH YOUR WORDS.

EPHESIANS 4:29

YOUR TEMPERAMENT IS THE _____ BEHIND YOUR PERSONALITY.

TEMPERAMENT IS YOUR INNATE WIRING FROM GOD - WHAT YOU ARE NATURALLY PREDISPOSED TO - LIKE YOUR EYE COLOR OR YOUR FINGERPRINT.

PERSONALITY IS HOW YOU DISPLAY YOUR THOUGHTS AND FEELINGS. IT'S INFLUENCED BY BIRTH-ORDER, EDUCATION, AND EXPERIENCES. THIS EVOLVES OVER TIME.

SANGUINES

INNATE NEEDS

Approval
Acceptance
Attention
Affection

CHOLERIC

INNATE NEEDS

Loyalty
Sense of Control
Appreciation
Credit for Work

PHLEGMATICS

INNATE NEEDS

Harmony
Feeling of Worth
Lack of Stress
Respect

MELANCHOLICS

INNATE NEEDS

Safety
Sensitivity
Support
Space & Silence

WORDS DON'T CARRY _____ WEIGHT FOR EVERYONE

PROVERBS 15:4

	Need...	Which sounds or looks like...	
SANGUINES	Approval	Being liked for who they are, without needing to change	"Come! It's better when you're there."
	Acceptance	Being invited and included	
	Attention	Having your full focus, especially eye contact	
	Affection	Being noticed or acknowledged	
CHOLERIC	Loyalty	Being prioritized, knowing you had their back	"Wow! You put a lot of time and effort into this."
	Sense of Control	Everyone pulling their weight, following the plan	
	Appreciation	Being valued for their unique strengths	
	Credit for Work	Being valued for their contributions	
MELANCHOLICS	Safety	Being able to trust their surroundings and relationship	"You have a lot on your plate right now, so I took care of this for you."
	Sensitivity	Being understood	
	Support	Being offered or provided help	
	Space & Silence	Having time to decompress, process or think	
PHLEGMATICS	Harmony	Everyone getting along or everything going smoothly	"You always have a great perspective. I'd love to hear your thoughts."
	Feeling of Worth	Being valued for their unique strengths	
	Attention	An absence of conflict and combative words	
	Affection	Being asked for their thoughts or opinions	

CHOLERIC STRENGTHS: DYNAMIC LEADER, DELEGATES WELL, RESPONSIBLE, DECISIVE, ENERGETIC, ADVENTUROUS, CONFIDENT, PERSUASIVE, BOLD, RESOURCEFUL, SELF-DIRECTED, DISCIPLINED, COMPETITIVE, PRODUCTIVE, DRIVEN, INFLUENTIAL, PRACTICAL, CORRECTS WRONGS

CHOLERIC WEAKNESSES: BOSSY, IMPATIENT, INFLEXIBLE, DOMINATES, HEADSTRONG, PRIDEFUL, INTOLERANT, NERVY, SELFISH, ARROGANT, AGGRESSIVE, CAN'T RELAX, RUDE, MANIPULATIVE, DEMANDING, UNSYMPATHETIC, TOO INDEPENDENT, WORKAHOLICS

LET'S MEET SOME CHOLERIC IN THE BIBLE:

DEBORAH'S STORY - JUDGE 4-5, JUDGES 4:9, JUDGES 5:31

LISTEN **FOR** GOD.
LISTEN **TO** GOD.
TAKE ACTION **WITH** GOD.

PAUL'S STORY - ACTS 22, ACTS 22:6-11, EPHESIANS 1:18-19, EPHESIANS 1:19-21

WE ARE NOT OUR **PAST**.
JESUS MAKES CHANGE **POSSIBLE**.
GOD GIVES US **POWER** TO DO HARD THINGS.

Practice

Putting others first and verbalizing your appreciation for them

Greeting others with a sincere smile and giving them your full attention

Waiting until you're asked before sharing your opinions

Listening all the way to the end- trying to understand, not just formulating your response

Making requests instead of issuing demands; saying please

Pausing for a deep breath when you feel yourself getting angry and/or loud

Connecting with people, not just completing projects

Moderating your tone and volume

Owning your mistakes and apologizing out loud

Praying for others instead of trying to fix them or giving them unsolicited advice

Lightening up, cutting loose, stepping away from work and tasks, actually taking a vacation

Giving others complete ownership over the method and time frame of completing tasks

HOW SHOULD YOU COMMUNICATE WITH A CHOLERIC?

- AVOID GETTING INTO TOO MUCH DETAIL
- STATE THE FACTS AND GIVE SOME EXAMPLES, WITHOUT JOKES OR SARCASM
- USE KINDNESS AND ENCOURAGEMENT
- FIRST MAKE IT CLEAR THAT YOU ARE ON THE CHOLERIC'S SIDE
- AVOID THE APPEARANCE OF A HEAD TO HEAD COMBAT OR ELSE THE CHOLERIC WILL BE TEMPTED BY NATURE TO FIGHT AND DEFEND

HEALTHY, PRODUCTIVE, CHRIST-HONORING COMMUNICATION WILL ALWAYS BALANCE WHAT _____ TO BE SAID WITH _____ IT SHOULD BE SAID.

THE _____ THING SAID IN THE _____ WAY WILL ALWAYS BE RECEIVED IN A HURTFUL WAY.

YOU HAVE THE ABILITY TO _____ AND _____ HOW YOU WILL LIVE TODAY.

I HAVE A TENDENCY TO (BE) _____

I WILL CHOOSE TO (BE) _____

SANGUINES

I have a tendency to interrupt but I will choose to be a good listener

CHOLERIC

I have a tendency to be bossy, but I will choose to delegate well

PHLEGMATICS

I have a tendency to avoid responsibility, but I will choose to be cooperative

MELANCHOLICS

I have a tendency to be critical, but I will choose to be compassionate

WHAT IS THE PART THAT YOU PLAY IN MAKING SURE YOUR NEEDS ARE MET?

- YOU CHOOSE YOUR WORDS
- YOU CHOOSE YOUR TONE
- YOU CHOOSE YOUR MOTIVATION

WHAT IS GOD'S PART IN MEETING YOUR NEEDS?

- GOD KNOWS YOU AND CARES - PHILIPPIANS 4:19
- GOD HELPS YOU TO PRIORITIZE - MATTHEW 6:8
- GOD GIVES YOU THE POWER TO CHANGE - EPHESIANS 3:20

Fill in the blanks: hurt, help, why, equal, needs, how, right, wrong, pause, choose