



## SAVAYE ACADEMY FOR FAMILY LIFE EDUCATION STUDY GUIDE

### UNDERSTANDING PERSONALITY TRAITS FOR FAMILY HARMONY

#### Introduction to the Four Basic Personality Types

Self-awareness and acceptance promote self-valuing and eliminates self-condemnation and shame. We are often the product of our distinct nature and the environment that nurtured us. Each person has unique personality traits that shape how they think, feel, and interact. Understanding these traits improves communication and harmony within families. The four classic personality types—choleric, sanguine, phlegmatic, and melancholic—are often linked to colors for easy identification.

**“I thank you for the wonderful way that You have made me. Everything that You do is wonderful! I know it is true” Psalm 139:14**

#### 1. Choleric (Red): The Leader

- **Traits:** Confident, driven, goal-oriented, decisive.
- **Strengths:** Natural leader, strong-willed, thrives under pressure.
- **Challenges:** Can be controlling, impatient, or quick-tempered.
- **Tips for Harmony:**
  - Allow them to lead but set boundaries to balance control.
  - Communicate directly and respect their need for efficiency.

#### 2. Sanguine (Yellow): The People Person

- **Traits:** Energetic, outgoing, optimistic, talkative.
- **Strengths:** Great at socializing, spreads joy, adaptable.
- **Challenges:** Can be disorganized, impulsive, or easily distracted.
- **Tips for Harmony:**
  - Engage in fun activities and show enthusiasm for their ideas.
  - Provide gentle reminders to stay on track and finish tasks.

#### 3. Phlegmatic (Green): The Peacemaker

- **Traits:** Calm, reliable, easygoing, empathetic.
- **Strengths:** Great listener, avoids conflict, steady under stress.
- **Challenges:** Can be indecisive, resistant to change, or overly passive.
- **Tips for Harmony:**
  - Create a peaceful environment and be patient with their slower pace.
  - Encourage them to express their opinions and take initiative.

#### 4. Melancholic (Blue): The Thinker

- **Traits:** Analytical, perfectionist, reserved, detail oriented.
- **Strengths:** Highly organized, thoughtful, creative problem-solver.
- **Challenges:** Can be overly critical, pessimistic, or rigid.
- **Tips for Harmony:**
  - Acknowledge their need for order and support their creative pursuits.



- o Offer reassurance to counter their self-doubt and perfectionism.

### Living Harmoniously with Different Personality Types

- **Communicate Clearly:** Tailor your approach to each personality type—be direct with choleric, expressive with sanguine, calm with phlegmatic, and detailed with melancholics.
- **Appreciate Differences:** Recognize each person's unique strengths and contributions.
- **Non-Judgmental Acceptance:** Celebrate the differences rather than shaming.
- **Practice Flexibility:** Be willing to adapt to others' styles to maintain balance and harmony.

### Personality Type Test

Answer the following questions to identify your dominant personality type. Choose the option that best describes you:

#### 1. How do you approach tasks?

A. I take charge and focus on goals. (Choleric) B. I start enthusiastically but sometimes get sidetracked. (Sanguine) C. I prefer a steady, calm pace. (Phlegmatic) D. I analyze every detail before starting. (Melancholic)

#### 2. How do you handle conflicts?

A. I confront issues head-on and try to resolve them quickly. (Choleric) B. I joke or socialize to diffuse tension. (Sanguine) C. I avoid conflict and seek harmony. (Phlegmatic) D. I internalize and overthink the situation. (Melancholic)

#### 3. What energizes you the most?

A. Achieving results and leading others. (Choleric) B. Socializing and having fun. (Sanguine) C. Relaxing and spending time in peace. (Phlegmatic) D. Solving problems and perfecting ideas. (Melancholic)

### How to Use Your Results

- If most of your answers are **A**, your dominant trait is **Choleric (Red)**.
- If most of your answers are **B**, your dominant trait is **Sanguine (Yellow)**.
- If most of your answers are **C**, your dominant trait is **Phlegmatic (Green)**.
- If most of your answers are **D**, your dominant trait is **Melancholic (Blue)**.

By understanding your personality type and those of your family members, you can foster greater empathy, communication, and harmony in your relationships. Embracing and celebrating individual differences eliminates competition and comparison that breeds a sense of shame. or not being good enough.

**Action:** Identify the dominant personality trait for each member of the family