



# A Confident Mom

## Understanding My Child's Personality



### Phlegmatic

A phlegmatic's number one goal in life is to have peace. Phlegmatic children are low-key and easygoing. They have a good sense of humor and don't get upset easily. They bring balance to their relationships and usually have few enemies because they are so likable.

- Their motto is: Let's do it the easy way.
- Their emotional needs include peace and quiet, downtime, and a feeling of worth.
- Their strengths include the tendency to be calm and peaceful. They are the peacemakers who are steady, consistent, and kind, and they are great listeners too.
- Their challenges include being hard to motivate, resistant to exertion, and conflict avoidant. They can also be stubborn and tend to procrastinate.

### Choleric

A choleric's number one goal in life is control. Choleric children are dependable, hard workers, and natural-born leaders. They like to have a sense of control and can be counted on to get things done. They also have strong opinions and aren't shy about sharing them.

- Their motto is: Just do it.
- Their emotional needs are control, appreciation, loyalty, and getting credit.
- Their strengths include being organized, task-oriented, and competent. They are gifted at seeing a situation, thinking through things, and coming to the right conclusion.
- Their challenges include being overly determined, stubborn, and strong-willed. They want to be in control and do things their way, which sometimes comes across as bossy, rude, and inconsiderate.

### Sanguine

A sanguine's number one goal in life is to have fun. Sanguine children are energetic, loving, adventurous, and fun. They enjoy quality time with friends and family, enjoy being the center of attention, and are often very entertaining.

- Their motto is: Let's do it the fun way.
- Their emotional needs include attention, affection, and a sense of approval.
- Their strengths include their ability to make friends quickly, a great sense of humor, and storytelling abilities. They can charm their way into all kinds of situations and out of all kinds of trouble.
- Their challenges include attention-seeking, which can overshadow others. They tend to back out of commitments if they aren't fun, and they are sensitive to criticism and take it extremely personally.

### Melancholy

A melancholy's number one goal is perfection. Melancholy children are thoughtful and sensitive. They work well alone and strive for perfection. They are also careful, organized, and have great attention for details.

- Their motto is: Let's do it the right way.
- Their emotional needs include sensitivity, space, solitude, and quiet.
- Their strengths include being able to work well alone and having an artistic sensibility along with the ability to be analytical. They love schedules, accuracy, and rules to follow.
- Their challenges include being shy, clingy, perfectionistic, afraid to fail, sensitive to criticism, and seeing problems instead of solutions. They can also be a little moody.