

Appendix A

From: *“Temperaments, How They Impact You, Your Spouse & your Kids”*

By Joey & Carla Link

Temperament Assessment

Compiled by Joey & Carla Link from Multiple sources

Below are the strengths and weaknesses for each of the four temperaments.
On the left side of each trait, put your initial next to the ones that describe you.
On the right side of each trait, put your spouse’s initial by those that describe him/her.

The (1) _____

The (2) _____

Strengths:

Born Leader
Optimistic
Dynamic and powerful
Quick thinker
Visionary
Independent
Likes challenges
Decisive
Thrives on activity
Self-confident
Strong-minded
Solves problems
Witty
Self-sufficient
Decisive
Motivates others
Excels in emergencies
Won’t give up
Courageous
Energetic
Goal-oriented

Weaknesses:

Domineering, rude
Won’t admit when wrong
Won’t apologize
Strong-willed
Opinionated
Angers easily
Argumentative
Bossy
Not detail-oriented
Must be in control
Sarcastic
Impatient
Will win at all cost
Demanding
High standard for others
Impulsive
Thrives on opposition
Easily bored
Arrogant
Doesn’t tolerate mistakes
Thinks he knows everything

Strengths:

Enthusiastic
Joyful
Talkative
Good storyteller
Makes others feel welcome
Makes friends easily
Spontaneous
Extrovert
Curious
Encourager
Apologizes quickly
Lively
Optimistic
Funny, fun-loving
Warm, kind and compassionate
Easy-going
Expressive
Trusting
Inspires others
Creative, imaginative
Doesn’t hold grudges

Weaknesses:

Easily distracted
Forgetful
Dominates conversations
No follow-through
Lies
Exaggerates
Talks too much
Interrupts constantly
Aren’t good listeners
Roller-coaster emotions
Disorganized
Impractical
Doesn’t stay on task
People pleasers
Gives in to peer pressure
Impulsive
Won’t sit still
Loud
Restless energy
Insecure
Lacks self-worth
Hates to be alone
Can’t say “no”

_____ **Total** _____

_____ **Total** _____

The (3) _____

The (4) _____

Strengths:

- Calm
- Easy-going
- Patient
- Competent
- Likes routine
- Works well under pressure
- Dry sense of humor
- Diplomatic
- Analytical
- Observant
- Good listener
- Negotiates well
- Objective
- Good in crisis
- Laid-back
- Steady, agreeable
- Dependable, reliable
- Efficient
- Does not anger easily
- Administrative
- Consistent

Weaknesses:

- Lack of initiative
- Unemotional
- Procrastinates
- Stubborn
- Hard to motivate
- Will not take risks
- Lazy
- Slow to move
- Resistant to change
- Lack of energy
- Doesn't like making decisions
- Original couch-potato
- Lacks enthusiasm
- Low energy
- Watches instead of participates
- Aloof
- Doesn't like to talk
- Permissive
- Sarcastic
- Discouraging
- Not goal-oriented

Strengths:

- Gifted
- Creative
- Self-sacrificing
- Sensitive
- Schedule-oriented
- Loyal
- Persistent
- Thorough
- Deep thinker
- Sets high standards
- Finishes what he starts
- Pays attention to details
- Serious, purposeful
- Sensitive to others
- Well-organized
- Likes lists
- Faithful friend
- Hard working
- Thoughtful
- Reliable
- Highly intelligent
- Retreats in social settings

Weaknesses:

- Perfectionist
- Legalist
- Controlled by emotions
- Moody
- Easily depressed
- Negative thinker
- Quick shift in moods
- Unreasonable expectations
- Self-focused
- Easily offended
- Won't take risks
- Critical, judgmental
- Slow to make decisions
- Guilt people into doing things
- Manipulates
- Overanalyzes situations
- Over thinker
- Easily depressed
- Sulks, pouts, whine
- Fearful of rejection
- Not social

_____ **Total** _____

_____ **Total** _____

Count all the checkmarks for each temperament (strengths & weaknesses). The one with the highest number would be your primary temperament and the one with the second-highest number is your secondary (blend). After adding your totals, switch papers with your spouse and record their totals under yours.

Temperaments: (1) = Choleric; (2) = Sanguine; (3) = Phlegmatic; (4) = Melancholy

We have compiled this temperament assessment primarily from the strengths and weaknesses shared in *The Spirit-Controlled Temperament* by Tim LaHaye in addition to other sources. It is not a formal test nor by any means exhaustive. It is a tool to help point couples and parents from the study "**Temperaments, How Temperaments Impact You, Your Spouse & Your Kids**" by Joey & Carla Link in the right direction in determining their temperament blend.