

Temperament Test

Name: _____ Date: _____ dd / mm / yyyy

For each question, choose the response that best describes you. Be honest and choose the option that fits you most of the time. Please note that this test is NOT intended for diagnosing mental issues or personality disorders. It serves as a tool to reveal aspects of your personality and provide discussion points and insights for potential future personality assessments.

When faced with a challenge, I am most likely to:

- ☐ Approach it with enthusiasm and optimism. ☐ Tackle it head-on with determination and focus.
☐ Analyze the situation and plan my approach carefully. ☐ Stay calm and composed, adapting as needed.

In social situations, I tend to:

- ☐ Easily make new friends and enjoy being the center of attention. ☐ Take charge and enjoy leading others in group activities.
☐ Connect with a few close friends and engage in meaningful conversations.
☐ Prefer a relaxed and laid-back atmosphere, avoiding conflicts.

My work or study habits can be described as:

- ☐ Energetic and spontaneous, with bursts of productivity. ☐ Driven and goal-oriented, with a focus on results.
☐ Thoughtful and detail-oriented, aiming for perfection. ☐ Patient and steady, with a consistent and organized approach.

When facing a problem, I am more likely to:

- ☐ Trust my instincts and come up with creative solutions. ☐ Confront it directly and take decisive action.
☐ Analyze the situation thoroughly before making a decision. ☐ Wait for the right moment and maintain a sense of calm.

In a group project, I am inclined to:

- ☐ Bring energy and creativity to the team dynamic. ☐ Take charge and ensure everyone is working towards the goal.
☐ Focus on my specific tasks and contribute with precision. ☐ Maintain harmony within the group and avoid conflicts.

My reaction to unexpected changes is usually:

- ☐ Excitement and adaptability, seeing opportunities in change. ☐ Immediate action and finding solutions to navigate the change.
☐ Initial resistance, followed by a careful adjustment period.

I prefer a daily routine that is:

- ☐ Dynamic and flexible, with room for spontaneity. ☐ Structured and organized, with clear goals and timelines.
☐ Thoughtful and purposeful, balancing work and leisure.

When dealing with criticism, I am likely to:

- ☐ Brush it off easily and focus on the positive aspects. ☐ Take it constructively and use it to improve.
☐ Reflect deeply on the feedback and consider multiple perspectives. ☐ Stay composed, acknowledging it without getting upset.

My communication style is often:

- ☐ Expressive and animated, using gestures and enthusiasm. ☐ Direct and assertive, getting straight to the point.
☐ Thoughtful and detailed, conveying ideas with precision. ☐ Calm and supportive, focusing on maintaining harmony.

When under stress, I am more likely to:

- ☐ Seek social interactions and activities to distract myself. ☐ Channel the stress into focused productivity.
☐ Withdraw and reflect on the situation in solitude. ☐ Maintain a calm exterior and patiently work through challenges.

I enjoy activities that involve:

- ☐ Excitement, variety, and new experiences. ☐ Competition, leadership, and achieving tangible results.
☐ Intellectual stimulation, analysis, and problem-solving. ☐ Relaxation, harmony, and a sense of well-being.

In a decision-making process, I tend to prioritize:

- ☐ Intuition and the potential for enjoyment. ☐ Efficient and practical solutions.
☐ Thorough analysis and careful consideration. ☐ Maintaining peace and avoiding conflicts.

My reaction to a disagreement is usually:

- ☐ Willingness to compromise and find a middle ground. ☐ Assertiveness and a focus on finding a solution.
☐ Analyzing the different perspectives before reaching a conclusion. ☐ Avoidance of conflict and a preference for peace.

I am energized by:

- ☐ Social interactions and group activities. ☐ Accomplishing goals and overcoming challenges.
☐ Engaging in thoughtful and meaningful conversations. ☐ A peaceful and calm environment.

My friends would describe me as:

- ☐ Energetic, outgoing, and fun-loving. ☐ Ambitious, determined, and confident. ☐ Thoughtful, detail-oriented, and reflective.
☐ Easygoing, patient, and laid-back.

SCORING

Total number of A's: _____

Total number of B's: _____

Total number of C's: _____

Total number of D's: _____

My overall temperament style is: _____

Interpretation: Mostly As - Sanguine - Those characterized as Sanguine tend to be outgoing, akin to an extrovert. They exhibit qualities that facilitate easy friendships and maintain optimism the majority of the time. Mostly Bs - Choleric - Those with a choleric temperament possess traits that make them notably influential individuals. They are typically deeply committed and purposeful in their endeavors, positioning them naturally as leaders. Mostly Cs- Melancholic - Individuals with a melancholic temperament tend to be serious and exhibit a slow response to others. By nature, they often prefer solitude and require a specific reason to engage in social interactions. Mostly Ds - Phlegmatic - A phlegmatic temperament often manifests in a strong inclination to avoid conflicts. Their service-oriented approach tends to position them as passive figures in various settings, be they positive or negative. These individuals usually lack high ambition and a sense of urgency, largely due to their passive disposition.