

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.