

Temperament Testing Scale

Instructions: On the scales below, indicate the degree to which each of the adjective pairs represents you. Do not over think these items. Numbers 1 and 7 indicate a very strong feeling. Numbers 2 and 6 indicate a strong feeling. Numbers 3 and 5 indicate a fairly weak feeling. Number 4 indicates you are undecided.

1.	Animated	1 2 3 4 5 6 7	Withdrawn
2.	Daring	1 2 3 4 5 6 7	Hesitant
3.	Sociable	1 2 3 4 5 6 7	Alienated
4.	Confident	1 2 3 4 5 6 7	Worrier
5.	Extrovert	1 2 3 4 5 6 7	Introvert
6.	Bold	1 2 3 4 5 6 7	Timid
7.	Funny	1 2 3 4 5 6 7	Dull
8.	Productive	1 2 3 4 5 6 7	Lazy
9.	Mixes easily	1 2 3 4 5 6 7	Loner
10.	Sure	1 2 3 4 5 6 7	Doubtful
11.	Talker	1 2 3 4 5 6 7	Listener
12.	Unsatisfied	1 2 3 4 5 6 7	Satisfied
13.	Scatterbrained	1 2 3 4 5 6 7	Analytic
14.	Domineering	1 2 3 4 5 6 7	Diplomatic
15.	Inconsistent	1 2 3 4 5 6 7	Consistent
16.	Involved	1 2 3 4 5 6 7	Uninvolved
17.	Haphazard	1 2 3 4 5 6 7	Systematic
18.	Frank	1 2 3 4 5 6 7	Mediator
19.	Irrational	1 2 3 4 5 6 7	Rational
20.	Short-tempered	1 2 3 4 5 6 7	Laidback

SCORING: To compute your scores, add your scores for each item as indicated below:

Sanguine-Melancholy Continuum - Add All Odd Questions -- Get Score _____

Choleric-Phlegmatic Continuum - Add All Even Questions -- Get Score _____

Scores for each continuum should be between 10 and 70.

Sanguine-Melancholy Continuum - Scores between 10 & 35 indicate a Sanguine

Nature. Scores above 45 indicate a Melancholy Nature.

Choleric-Phlegmatic Continuum - Scores between 10 & 35 indicate a Choleric Nature. Scores above 45 indicate a Phlegmatic Nature.

The Further you are away from 40 on both continuums indicates the strength of that temperamental state.

First example, if you are a solid 10 on the Sanguine-Melancholy Continuum, then you are VERY Sanguine in nature, and if you are a solid 70 Choleric-Phlegmatic Continuum, then you are VERY Phlegmatic, which would give you a temperamental blend of Sanguine-Phlegmatic.

Second Example, if you are a solid 30 on the Sanguine-Melancholy Continuum, then you are Moderately Strong Sanguine in nature, and if you are a solid 70 Choleric-Phlegmatic Continuum, then you are VERY Phlegmatic, which would give you a temperamental blend of Sanguine-Phlegmatic with a primary temperament of Phlegmatic and a Secondary temperament of Sanguine.

Use this Scale to understand your results.

10-20	VERY STRONG
20-30	STRONG
30-35	FAIRLY STRONG
35-40	AVERAGE
45-50	FAIRLY STRONG
50-60	STRONG
60-70	VERY STRONG

If you find yourself in the weak to average on both scales, you may be phlegmatic in nature because they have a tendency of blending very well on both scales.

Source:

Richmond, V. P., Wrench, J. S., Gorham, J. (2001). *Communication, affect, and learning in the classroom* (3rd Ed.). Acton, MA: Tapestry Press.