**SANGUINE**

**San/Chol** – This is the strongest “extrovert” of all the blends because both primary types are extroverted. They are people-oriented and enthusiastic but with the resolutions of the Choleric tempering the lack of organization of the Sanguine. He is almost always a sports enthusiast and is ideal in sales. He can talk too much and can be obnoxious if threatened. The forgetfulness of the Sanguine and the caustic nature of the Choleric may make them hurtful without realizing it.

**San/Mel** – They are highly emotional people whose moods can fluctuate from highs to lows and back again quickly. The Sanguine’s outgoing nature often allows the Melancholy's critical nature to surface too easily. It is very easy for a San/Mel to "get down" on themselves, and to realize their potential, it is best that they work with others.

**San/Phleg** – The overpowering outgoing nature of the Sanguine is tempered by the gracious Phlegmatic. These are extremely happy and carefree individuals who live to help people. They would not purposely hurt anyone, but they must fight a lack of workplace motivation; they would rather visit than work.

**CHOLERIC**

**Chol/San** – The second strongest extrovert is an active and purposeful individual; he is almost fearless and has high levels of energy. Whatever his profession, his brain is always active and engaged. His weaknesses combine the quick anger of the Sanguine with the resentment of the Choleric. He gets AND gives ulcers. He may leave people (including spouse and children) shell-shocked and resentful because of his angry outbursts.

**Chol/Mel** – The Choleric/Melancholy is very industrious and capable. He is both Industrious and detailed. He combines verbal aggressiveness with sharp attention to detail. He is very competitive and forceful. He can be autocratic and opinionated with work habits that keep after details until the job is completely finished. He finds interpersonal relationships difficult due to the hard-to-please nature of the Choleric and the perfectionistic nature of the Melancholy.

**Chol/Phleg** – This is the most subdued of the outgoing temperaments. He is extremely capable in the long run though he may not impress you that way at first. He is organized and a good planner. He often gets more accomplished than other temperaments because he always thinks in terms of enlisting others to help him. His weaknesses include a tendency to quietly harbor bitterness rather than letting it out. Acknowledging weaknesses is difficult for him and he tends to worry about his performance in life activities.

**PHLEGMATIC**

**Phleg/San** – This is the easiest to get along with being congenial, happy, and people-oriented.  
They make excellent administrators and other jobs that involve getting along with people. He may  
lack motivation and discipline and may fall short of his true capabilities. He may "putter around"  
for years without making progress.

**Phleg/Chol** – This is the most active of the introverts, but he'll never be a ball of fire. He can be an excellent counselor because he is an active listener. He is practical and helpful and patient. He may lack motivation and may become stubborn if threatened. He may also have a tendency toward being sedentary and passive. He needs to be around other people as he is externally motivated.

**Phleg/Mel** – This is gracious and quiet, does the proper thing and is dependable. He wobbles between patience and criticism and may tend toward negativism. They can be afraid of over-extending themselves so may avoid involvement in a group.

**MELANCHOLY**

**Mel/San** – They are detailed and organized; the Melancholy is tempered by the outgoing and warm Sanguine. He makes an excellent teacher as his organized side is well versed in the facts and his Sanguine side makes him enjoyable to listen to. If he goes into sales it will be sales that calls for exacting detail and the presentation of many facts. He is an emotional person – from being moved to tears to being critical and hard on others. Both temperaments can be fearful which may make this an insecure person with a poor self-image.

**Mel/Chol** – This is both a perfectionist and a driver which may lead him into law or medicine. They mix decisiveness and determination. Because of the critical nature of the Melancholy they may be very difficult to please. If they become negative about someone or something it will have a tendency to stay with them for a long time. Their combination can lead them to "nit-pick" others and be revengeful to those they have a grudge against.

**Mel/Phleg** – These are often teachers and scholars. They are not as prone to hostility as other  
Melancholy blends and combine analysis with organization. They make excellent accountants and bookkeepers. Unfortunately, he can become easily discouraged and may be susceptible to fear and anxiety. They may become uncooperative because of stubborn, rigid tendencies.