

MORE THAN 1 MILLION SOLD

How to Understand

OTHERS

by Understanding

YOURSELF

personality

PLUS

FLORENCE
LITTAUER

PERSONALITY PLUS by Florence Littauer

We do not ask that each couple to purchase this book, but we are willing to share the couple copies we have collected with them throughout the sessions. Most couples end up going out to purchase one to have on hand!

God has uniquely designed everyone. This book helps the couple to understand the different personalities traits that they each possess. They will be marrying these traits and through a better understanding of the gift of those traits, the test will give them direction as to how to navigate each personality or a combination of personalities so that they may use communication skills that will benefit each other.

Have couples take the personality profile test and score themselves. Couples will then bring their profiles back to the next session.

At this session, ask each couple what their personality traits were. Some may have two or three traits.

In this session read the Popular Sanguine Personality traits are out loud from the book. For those who have this trait, start a discussion on whether their partner sees some of these traits.

Move onto reading Perfect Melancholy Personality and repeat the process.

The following week, read the strengths of the Powerful Choleric Personality and then Peaceful Phlegmatic Personality.

Repeat the questioning.

After reading Let's have Fun with Popular Sanguine, Chapter 3, first paragraph of the synopsis of this trait, discuss who the partner of this trait enjoys having them be those qualities listed at the beginning of that chapter.

Let's Get Organized with the Perfect Melancholy, Chapter 4. Discuss

Let's Get Moving with Powerful Choleric, Chapter 6. Discuss

Let's Relax with Peaceful Phlegmatic, Chapter 7

Follow up with Chapter 15, We Can Recognize Differences and Others and talk about how couples could better approach areas in their lives, now knowing whom they will be marrying!

Below are bible verses that give us instructions on how to examine ourselves and not others.

Galatians 6:4

1 Corinthians 11:28

2 Corinthians 12:5

Psalms 26:1-2

Psalms 139:23-24

Your Personality Profile

Before we are introduced to the four different types of temperaments, take a few minutes to check off your own Personality Profile, which was compiled by Fred. When you have completed the forty questions according to the directions, transfer your marks to the score sheet and add up your totals. If you are a Popular Sanguine and get confused by columns, find a serious Perfect Melancholy who sees life as a series of statistics and ask for help in adding up your assets and your liabilities.

No one is 100 percent of any temperament, but your score will give you an accurate view of your basic strengths and weaknesses. If you come up with even scores all around, you are probably Peaceful Phlegmatic, the all-purpose person.

Your Personality Profile is unlike any others, but the general information in your temperament pattern will be valuable in understanding yourself and in learning to accept others as they are. As you encourage your family and friends to analyze themselves, you will open up new avenues of communication that will be both enlightening and entertaining.

When you have scored your temperament test, you will have some idea of your inner traits—your inborn characteristics that cause you to respond to circumstances as you do. To get a deeper understanding of the real you, follow the next five chapters and learn something new about yourself.

When he, the Spirit of truth, is come, he will guide you into all truth.

John 16:13

Your Personality Profile

Directions—In each of the following rows of four words across, place an X in front of the one word that most often applies to you. Continue through all forty lines; be sure each number is marked. If you are not sure which word "most applies," ask a spouse or a friend, and think of what your answer would have been when you were a child. (Full definitions for each of these words begin on page 195.)

Strengths

- | | | | |
|----------------------|----------------------|------------------|-------------------|
| 1 ___ Adventurous | ___ Adaptable | ___ Animated | ___ Analytical |
| 2 ___ Persistent | ___ Playful | ___ Persuasive | ___ Peaceful |
| 3 ___ Submissive | ___ Self-sacrificing | ___ Sociable | ___ Strong-willed |
| 4 ___ Considerate | ___ Controlled | ___ Competitive | ___ Convincing |
| 5 ___ Refreshing | ___ Respectful | ___ Reserved | ___ Resourceful |
| 6 ___ Satisfied | ___ Sensitive | ___ Self-reliant | ___ Spirited |
| 7 ___ Planner | ___ Patient | ___ Positive | ___ Promoter |
| 8 ___ Sure | ___ Spontaneous | ___ Scheduled | ___ Sly |
| 9 ___ Orderly | ___ Obliging | ___ Outspoken | ___ Optimistic |
| 10 ___ Friendly | ___ Faithful | ___ Funny | ___ Forceful |
| 11 ___ Daring | ___ Delightful | ___ Diplomatic | ___ Detailed |
| 12 ___ Cheerful | ___ Consistent | ___ Cultured | ___ Confident |
| 13 ___ Idealistic | ___ Independent | ___ Inoffensive | ___ Inspiring |
| 14 ___ Demonstrative | ___ Decisive | ___ Dry humor | ___ Deep |
| 15 ___ Mediator | ___ Musical | ___ Mover | ___ Mixes easily |
| 16 ___ Thoughtful | ___ Tenacious | ___ Talker | ___ Tolerant |
| 17 ___ Listener | ___ Loyal | ___ Leader | ___ Lively |
| 18 ___ Contented | ___ Chief | ___ Charismatic | ___ Cute |
| 19 ___ Perfectionist | ___ Pleasant | ___ Productive | ___ Popular |
| 20 ___ Bouncy | ___ Bold | ___ Behaved | ___ Balanced |

Weaknesses

- | | | | |
|-----------------------|-----------------------|--------------------|--------------------|
| 21 ___ Blank | ___ Bashful | ___ Brassy | ___ Bossy |
| 22 ___ Undisciplined | ___ Unsympathetic | ___ Unenthusiastic | ___ Unforgiving |
| 23 ___ Reluctant | ___ Resentful | ___ Resistant | ___ Repetitious |
| 24 ___ Fussy | ___ Fearful | ___ Forgetful | ___ Frank |
| 25 ___ Impatient | ___ Insecure | ___ Indecisive | ___ Interrupts |
| 26 ___ Unpopular | ___ Uninvolved | ___ Unpredictable | ___ Unaffectionate |
| 27 ___ Headstrong | ___ Haphazard | ___ Hard to please | ___ Hesitant |
| 28 ___ Plain | ___ Pessimistic | ___ Proud | ___ Permissive |
| 29 ___ Angered easily | ___ Aimless | ___ Argumentative | ___ Alienated |
| 30 ___ Naive | ___ Negative attitude | ___ Nervy | ___ Nonchalant |
| 31 ___ Worrier | ___ Withdrawn | ___ Workaholic | ___ Wants credit |
| 32 ___ Too sensitive | ___ Tactless | ___ Timid | ___ Talkative |
| 33 ___ Doubtful | ___ Disorganized | ___ Domineering | ___ Depressed |
| 34 ___ Inconsistent | ___ Introvert | ___ Intolerant | ___ Indifferent |
| 35 ___ Messy | ___ Moody | ___ Mumbles | ___ Manipulative |
| 36 ___ Slow | ___ Subborn | ___ Show-off | ___ Skeptical |
| 37 ___ Loner | ___ Lord over others | ___ Lazy | ___ Loud |
| 38 ___ Sluggish | ___ Suspicious | ___ Short-tempered | ___ Scatterbrained |
| 39 ___ Revengeful | ___ Restless | ___ Reluctant | ___ Rash |
| 40 ___ Compromising | ___ Critical | ___ Crafty | ___ Changeable |

Personality Scoring Sheet

Now transfer all your X's to the corresponding words on the Personality Scoring Sheet and add up your totals. For example, if you checked Animated on the profile, check it on the scoring sheet. (Note: The words are in a different order on the profile and the scoring sheet.)

Strengths

- | Popular
Sanguine | Powerful
Choleric | Perfect
Melancholy | Peaceful
Phlegmatic |
|----------------------|----------------------|-----------------------|------------------------|
| 1 ___ Animated | ___ Adventurous | ___ Analytical | ___ Adaptable |
| 2 ___ Playful | ___ Persuasive | ___ Persistent | ___ Peaceful |
| 3 ___ Sociable | ___ Strong-willed | ___ Self-sacrificing | ___ Submissive |
| 4 ___ Convincing | ___ Competitive | ___ Considerate | ___ Controlled |
| 5 ___ Refreshing | ___ Resourceful | ___ Respectful | ___ Reserved |
| 6 ___ Spirited | ___ Self-reliant | ___ Sensitive | ___ Satisfied |
| 7 ___ Promoter | ___ Positive | ___ Planner | ___ Patient |
| 8 ___ Spontaneous | ___ Sure | ___ Scheduled | ___ Shy |
| 9 ___ Optimistic | ___ Outspoken | ___ Orderly | ___ Obliging |
| 10 ___ Funny | ___ Forceful | ___ Faithful | ___ Friendly |
| 11 ___ Delightful | ___ Daring | ___ Detailed | ___ Diplomatic |
| 12 ___ Cheerful | ___ Confident | ___ Cultured | ___ Consistent |
| 13 ___ Inspiring | ___ Independent | ___ Idealistic | ___ Inoffensive |
| 14 ___ Demonstrative | ___ Decisive | ___ Deep | ___ Dry humor |
| 15 ___ Mixes easily | ___ Mover | ___ Musical | ___ Mediator |
| 16 ___ Talker | ___ Tenacious | ___ Thoughtful | ___ Tolerant |
| 17 ___ Lively | ___ Leader | ___ Loyal | ___ Listener |
| 18 ___ Cute | ___ Chief | ___ Charismatic | ___ Contented |
| 19 ___ Popular | ___ Productive | ___ Perfectionist | ___ Pleasant |
| 20 ___ Bouncy | ___ Bold | ___ Behaved | ___ Balanced |

Totals—Strengths

Weaknesses

Popular Sanguine	Powerful Choleric	Perfect Melancholy	Peaceful Phlegmatic
21 ___ Brassy	___ Bossy	___ Bashful	___ Blank
22 ___ Undisciplined	___ Unsympathetic	___ Unforgiving	___ Unenthusiastic
23 ___ Repetitious	___ Resistant	___ Resentful	___ Reticent
24 ___ Forgetful	___ Frank	___ Fussy	___ Fearful
25 ___ Interrupts	___ Impatient	___ Insecure	___ Indecisive
26 ___ Unpredictable	___ Unaffectionate	___ Unpopular	___ Uninvolved
27 ___ Haphazard	___ Headstrong	___ Hard to please	___ Hesitant
28 ___ Permissive	___ Proud	___ Pessimistic	___ Plain
29 ___ Angered easily	___ Argumentative	___ Alienated	___ Aimless
30 ___ Naive	___ Nervy	___ Negative attitude	___ Nonchalant
31 ___ Wants credit	___ Workaholic	___ Withdrawn	___ Worrier
32 ___ Talkative	___ Tacless	___ Too sensitive	___ Timid
33 ___ Disorganized	___ Domineering	___ Depressed	___ Doubtful
34 ___ Inconsistent	___ Intolerant	___ Introvert	___ Indifferent
35 ___ Messy	___ Manipulative	___ Moody	___ Mumbles
36 ___ Show-off	___ Stubborn	___ Skeptical	___ Slow
37 ___ Loud	___ Lord over others	___ Loner	___ Lazy
38 ___ Scatterbrained	___ Short-tempered	___ Suspicious	___ Sluggish
39 ___ Restless	___ Rash	___ Revengeful	___ Reluctant
40 ___ Changeable	___ Crafty	___ Critical	___ Compromising

Totals—Weaknesses

Combined Totals

This test is very easy to interpret. Once you've transferred your answers to the scoring sheet, added up your total number of answers in each of the four columns, and added your totals from both the strengths and weaknesses sections, you'll know your dominant personality type. You'll also know what combination you are. If, for example, your score is 15 in Powerful Choleric strengths and weaknesses, there's really little question. You're almost all Powerful Choleric. But if your score is, for example, 8 in Popular Sanguine, 6 in Perfect Melancholy, and 2 in each of the others, you're a Popular Sanguine with a strong Perfect Melancholy. You'll also, of course, know your least dominant type.

As you read the following pages and work with the material in this book, you'll learn how to put your strengths to work for you, how to compensate for the weaknesses in your dominant type, and how to understand the strengths and weaknesses of other types.