

Appendix 4 – GROW ACTS Assessment cont'd

TEMPERAMENT

Your temperament or personality helps to reveal the special characteristics with which God has blessed you. It can help you more effectively express your abilities, calling, and spiritual gifts.

Use this as a simple guide for a better understanding of yourself and others, but keep in mind that temperament is complex. Remember, God intentionally creates each person with a unique personality.

Directions: Read each list and circle the words that describe you the best.

Choleric	Sanguine	Melancholy	Phlegmatic
Ambitious	Sociable	Organized	Orderly
Problem solver	Carefree	Cautious	Structured
Self-motivated	Spontaneous	Invested in work	Predictable
Competitive	Cooperative	Compliant	Easygoing
Confident	Optimistic	Accurate	Shy
Accomplished	Motivator	Systematic	Submissive
Results oriented	Persuasive	Analytical	Humble
Authoritative	Enthusiastic	Diplomatic	Consistent
Accomplished	Giving/charitable	Efficient	Patient
Enjoys challenges	Respectful	Overachiever	Loyal
Decisive	Seeks excitement	Perfectionist	Dependable
Direct			Sensitive
Aggressive	People pleaser	Indecisive	Avoider
Critical	Impulsive	Avoids risk	Self-protective
Bossy	Difficulty saying no	Uncompromising	Dependent
High expectations	Ignores details	Avoids center of attention	Not spontaneous
Over-involved	Misses deadlines	Withdrawn	Avoids embarrassment
Controlling	Too lenient	Pessimistic	Doesn't value creativity
Total	Total	Total	Total

Count all the items circled in each column and write the TOTAL for each column. Each item circled equals one point. For example, if you circle six words in the Sanguine column, your total is six for Sanguine.

Pastor/Leader Note: For a brief description of the four temperaments go to <http://fourtemperaments.com/4-primary-temperaments> (accessed 2/20/19).