

## Chapter 1 : History of the Four Temperaments

*Read The Temperament God Gave Your Spouse and discover a new world of understanding and respect for the person you married. Prime Book Box for Kids. Story time just.*

Now I did have to do some background research before I could fully appreciate the book. So I actually ordered Personality Plus upon the recommendation of my choleric-melancholic friend. She also said The Temperament God Gave You is a good read, but she felt that Personality Plus goes into greater detail about the temperaments. The book also includes a detailed personality profile test that requires you to look at 40 groups of words and to choose one word out of four that applies most often to you. Want to know what kind of temperament God gave Dave? Sounds gross like he regularly dispels out phlegm. Not so at all. The only thing he regularly doles out is friendliness and kindness. The low-key, likable guy. The one who avoids conflict and rarely sweats the small stuff. I am a freak of nature, a marriage of extremes. A bizzaro sanguine-melancholic blend I scored virtually the same points in each of those temperament with a touch of choleric tendencies AKA type A control freak leanings with only a whopping two points falling in the peaceful phlegmatic category. The only solace I have is that my parents both took the test, and my dad and I scored strikingly similar – our points were distributed almost exactly among the different temperament types and he, too, is a peculiar merger of the sanguine the optimistic extrovert and the melancholic the pensive perfectionist pessimist. The crazy thing, as I previously mentioned, is the test was really accurate once I started reading the strengths and weaknesses of both types. I read these aloud to my husband, and he, the peaceful phlegmatic, just chuckled. Ah, but as the Bennetts remind us in their marriage book opposites do attract apparently sometimes inside of the same person as in my case. Actually, the same friend who recommended Personality Plus looked at our scores and said that Christ is a perfect blend of all four temperaments and that Dave and I together look a lot like Christ. I need someone to center me. Clearly, this entire post is evidence of my temperament. Read it if you want to feel better about yourself seeing how messed up I am. In all seriousness, I found that knowing Dave and my temperament and subsequently reading The Temperament God Gave Your Spouse can only help your marriage. As the Bennetts point out, people typically marry someone with the same big-picture values but with different temperaments. Knowing that a large part of his inner peace is innate and God-given has helped me to realize that how we react to life is not always a clear indication of the depths of our faith. He only desires that we work on being the best version of ourselves and love others who may approach life differently than us. You can purchase both books at The Catholic Company.

**Chapter 2 : The Catholic Daily Reading Reflections: The Temperament God Gave Your Spouse**

*In "The Temperament God Gave Your Spouse," Art and Laraine Bennett provide a guide for husbands and wives who recognize how different their temperaments are, but wonder what to do about it. "The ability to appreciate other people's temperaments is especially important in marriage, because opposite temperaments tend to attract each other.*

Thank you for joining me in reading and reflecting on the readings from today's mass! This book provided me with something that I think every married woman and man should have. Having insight on someone you care about does not mean that you know them completely inside and out, it does not mean that they fit into some perfect form or definition, and it certainly is not a self-fulfilling prophecy. Having insight on someone you care about means that you have some understanding of the person. You are able to connect with the things that make them the person that you love. You identify some of the personality traits that make them special and unique. Not only identifying traits that make that person special, but having insight also can shed light on some of the tendencies and character flaws that lead us to bad habits, or even worse. Having insight also provides a basis for improving communication, because each of us have ways in which we like, and are more effective in communicating. Having an understanding of the four temperaments that you and your spouse have can provide wonderful insight into the special personality and gifts that God has blessed you with and can provide a wonderful starting point in improving and strengthening your marriage. I do think however that reading the first book would provide additional knowledge and a greater understanding of the four temperaments. Listed below are the four temperaments and a brief description of each excerpted from the book: If that lead to conflict, so much the better! Choleric exhibit quick, intense, sustained reactions to both external and internal stimuli. Choleric are decisive, determined, and goal-oriented. Phlegmatic are dependable, polite, and even-tempered. Phlegmatic tend to feel more comfortable in a small group of friends or even spending a quiet evening relaxing at home. Sanguine have quick, intense, but short-lived reactions. They live in the present moment, and prefer that moment to be full of company and activity. Choleric perfectionists, melancholic are cautious, somewhat pessimistic, detail-oriented, and serious. There are also numerous examples of married couples and how the temperaments play out and shape their marriages. The book takes us through the strengths and weaknesses of each temperament. It shows us how we can play upon the strengths, and recognize and combat the weaknesses. Authors have included how each of the temperaments may manifest themselves in several different areas of our lives, such as: The book does a fabulous job of showing how when spouses of different temperaments are together, many fruits can come about by letting the natural strengths of the temperaments manifest and compliment each other. Naturally of course there is no perfect pair, and there is always things and dangers that we must be aware of. The authors are sure to address how when particular temperaments are together, there are certain tendencies and behaviors to look out for. Having an understanding of the four temperaments allows us to not only have insight into our own traits and tendencies that guide our behavior, but also allows us to gain insight into the traits and tendencies that guide our spouses and even our children. Having this sort of insight is a powerful tool in improving and strengthening a marriage. The authors have done a great job in making sure that we remember that even though we all have certain tendencies and natural behaviors, this book or any understanding of the temperaments should not be used to justify any sort of negative or immoral behavior. While the temperaments bring about many positive attributes, too much of any good thing can be bad. We must recognize and understand our natural temperament and the negatives that can come about from them. Overall, I highly recommend this book to anyone wishing to gain more insight into themselves and into their spouse. It is a great read and a great tool to help improve and strengthen any marriage.

**Chapter 3 : The Temperament God Gave Your Spouse by Art Bennett**

*I have now read The Temperament God Gave You and The Temperament God Gave Your Spouse. Both are excellent books! Not only is the information extremely valuable when understanding the most effective way to communicate with*

*your spouse/others but these books are easy to follow.*

## Chapter 4 : The Temperament God Gave Your Spouse

*To ask other readers questions about The Temperament God Gave Your Spouse, please sign up. Be the first to ask a question about The Temperament God Gave Your Spouse I mostly just skimmed this book. I think I prefer the Meyers Briggs Personality type to this medieval temperament model. The problem.*

## Chapter 5 : Book Review: The Temperament God Gave Your Spouse

*Read The Temperament God Gave Your Spouse and discover a new world of understanding and respect for the person you married. About the Author Art Bennett is a licensed marriage and family therapist and director of the Alpha Omega Clinic and Consultation Centers, Catholic mental health clinics currently established in Maryland and Virginia.*

## Chapter 6 : The Temperament God Gave Your Spouse - For Your Marriage

*The Temperament God Gave Your Spouse - Improve Your Marriage by Understanding Your Spouse Love, honor, cherish and understand In their bestselling book, The Temperament God Gave You, authors Art and Laraine Bennett re-introduced the age-old concept of the four classic temperaments, and showed how to use them to understand yourself, get.*