

Personality Plus by Frances Littauer

Below is a description of four different personality types based upon the Personality Plus book resource. Everyone is a combination of the four, but there are usually one or two dominant types that define how each one of us behaves.

The Four Personality Types are:

Choleric:

This is the dominant, strong, decisive, stubborn and even arrogant type of person. They tend to be good leaders because they are driven to get things done, however they might offend some people along the way. Choleric are also known as the "POWEFUL" type. Some famous examples are Oprah Winfrey, Dr. Phil, Phil Donahue, Donald Trump, Bill Gates and Bill O'Reilly.

Melancholy:

This is the mental type. Their typical behavior involves thinking, assessing, making lists, evaluating the positives and negatives, and general analysis of facts. They love maps, charts and graphs. They are usually the most intelligent of the four types, however they tend to dwell on details. A Melancholy is a planner, making sure things happen, although sometimes they can paralyze themselves with over analysis. Lists and "doing things the right way" are characteristics of this personality type. Melancholies are also known as the "Perfect" type. Some famous examples are Hillary Clinton, Ernest Hemingway, Vincent Van Gogh and Beethoven.

Sanguine:

This is the social type. They enjoy fun, socializing, chatting, telling stories and are fond of promising the world, because that's the friendly thing to do. A Sanguine gets on well with people and can get others excited about issues, but cannot always be relied upon to get things done. They love interacting with others and play the role of the entertainer or center of attention in group interactions.

They have a tendency to over promise and under deliver. Sanguines are also known as the "Popular" type. Some famous examples are Bill Clinton, Robin Williams, Kelly Ripa and Richard Simmons.

Phlegmatic:

This is the flat type. They are easy going, laid back, nonchalant, unexcitable and relaxed. Desiring a quiet and peaceful environment above all else. They tend not to actively upset people, but their indifference may frustrate people. They try not to make decisions, and generally go for the status quo. They are good as mediators because they don't usually have many enemies. They also have a "dry" and quick sense of humor. Phlegmatics are also known as the "Peaceful" type. Some famous examples are Calvin Coolidge, Tim Duncan, Sandy Koufax, and Keanu Reeves.

None of these types is specifically described as being positive or negative. They each have upsides and downsides. The characteristics are for observing and identifying, rather than judging.

To summarize:

A Choleric likes it "my way", a Melancholy likes it "the right way", a Sanguine likes it "the fun way", and a Phlegmatic likes it "any way".