

# Temperament Comparisons

## Choleric

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|---|--|
| <ul style="list-style-type: none"><li>● Extroverted</li><li>● Quick reaction</li><li>● Long duration</li><li>● Principle based</li><li>● Hard</li></ul> | <ul style="list-style-type: none"><li>● Expressive</li><li>● Unemotional</li><li>● High self-esteem</li><li>● Optimistic</li><li>*Productivity</li></ul> |
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## Sanguine

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| <ul style="list-style-type: none"><li>● Extroverted</li><li>● Quick reaction</li><li>● Short duration</li><li>● Person based</li><li>● Soft</li></ul> | <ul style="list-style-type: none"><li>● Expressive</li><li>● Emotional</li><li>● High self-esteem</li><li>● Optimistic</li><li>*Fun</li></ul> |
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## Melancholic

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| <ul style="list-style-type: none"><li>● Introverted</li><li>● Slow reaction</li><li>● Long duration</li><li>● Principle based</li><li>● Hard</li></ul> | <ul style="list-style-type: none"><li>● Reserved</li><li>● Emotional</li><li>● Low self-esteem</li><li>● Pessimistic</li><li>*Time to process</li></ul> |
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## Phlegmatic

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| <ul style="list-style-type: none"><li>● Introverted</li><li>● Slow reaction</li><li>● Short duration</li><li>● Person based</li><li>● Soft</li></ul> | <ul style="list-style-type: none"><li>● Reserved</li><li>● Unemotional</li><li>● Low self-esteem</li><li>● Pessimistic</li><li>*Harmony</li></ul> |
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