



The Different Personalities:

Emotional Needs & Stress Relief

Adapted from *Wired that Way* by Marita Littauer

POPULAR SANGUINE

The Extrovert The Talker

Basic Desires: Have Fun

Strengths: Charming, Creative, Great Storytellers

Style of Communicating: Thinks while Speaking

Emotional Needs:

Attention, Affection, Acceptance and Approval

Cause of Depression:

Life is no longer Fun

Stress Relief:

Moments of fun in the midst of their difficult experience

Freedom in their schedule

Shower with affection

Eating out and/or shopping

PEACEFUL PHLEGMATIC

The Introvert The Follower

Basic Desires: Have Peace

Strengths: Supportive, Easy Going, Works Well Under Pressure

Style of Communicating: Thinks before Speaking

Emotional Needs:

Respect and a Feeling of Worth

Peace and Quiet

Cause of Depression:

Life filled with problems they must solve

Stress Relief:

Allow them to ignore all but the most important issues

Time alone to relax such as watching TV

Keep conflict, pressure and arguments to a minimum

POWERFUL CHOLERIC

The Extrovert The Leader

Basic Desires: Have Control

Strengths: Gifted Leaders, Love Challenges, Focused

Style of Communicating: Direct and to the Point

Emotional Needs:

Loyalty, Achievement, and Appreciation

Cause of Depression:

Life out of control

Stress Relief:

Detach from uncontrollable situation

Exercise more

Work harder

Start new project

Be proactive in other areas of life

PERFECT MELANCHOLY

The Introvert The Thinker

Basic Desires: Have Perfection

Strengths: Organized, Sensitive, Great Listeners

Style of Communicating: Thoughtful and Deliberate

Emotional Needs:

Order and Sensitivity

Silence and Space

Cause of Depression:

Life not perfect with little hope for improvement

Stress Relief:

Listen carefully to their problems and show concern with a sense of warmth

Keep personal space organized

Long stretches of silence and space

Support with cards, letters and well spaced visits