

CHOLERIC:

Appreciate me!!!

***Humor of Yellow Bile: Associated with Fire, Summer, Early Adulthood and Fiery Red**
Extrovert --- Doer – Optimist “GET MOVING!!! THERE IS A MOUNTAIN TO CLIMB!!!”
Inventors, Masterminds, Architects, Field Marshals

- *Recognize their hard work and accomplishments
- *Help them not to be workaholics – not every task can be completed at once
- *Encourage them to slow down and rest – but give them praise
- *Keep them posted on your productivity and the tasks you are involved in and have completed
- *Understand that they have a very difficult time accepting weakness of any kind
- *They often have a deep sense of insecurity
- *Help them to recognize when they control and steamroll others
- *Realize that they think they are helping when they order everyone around – remind them of the talents of others
- *They are very self-confident, forward, bold and rarely show embarrassment – very eager to express their ideas to a group
- *Absolutely insists others accept their ideas or plans – are often argumentative and very persuasive (can be unrelenting)
- *They tend to be impulsive and plunge into situations without much thought – very action oriented
- *Takes success for granted – they will not give up or be sidetracked until they have attained victory
- *Shows strong initiative and takes charge with an exuberant attitude – almost never gloomy or moody -- needs to lead
- *They are very sensitive and easily hurt – they react strongly to praise or blame, but are not often worried or anxious
- *Their movements are quick, decisive and clipped and their excessive energy is obvious
- *Most noticeable quality is perseverance – they keep fighting on when others have quit long ago -- will not abandon
- *Emotions are not freely expressed – except anger
- *They attempt to make the best appearance possible, but can often be conceited – and they might use hypocrisy, deceit, disguise or exaggeration to show themselves in the most positive light – absolutely abhor looking silly or unprepared
- *They are never satisfied with the ordinary – aspires to great and lofty things. Craves success, often seeks a large fortune, a diverse business, an elegant home, a distinguished reputation or a dominant position. Desires to make great sacrifices.
- *As people of ambition, they despise what is little, weak, quiet, unclean or disorganized -- wants to be noble and heroic
- *Has a very sharp intellect – usually highly intelligent – a person of reason, but not necessarily imagination
- *They have a very strong will – not frightened by difficulties, in fact obstacles excite them
- *Their passions are even stronger – They focus on a goal or task and opposition is crushed (Dictators are proof of this!)
- *Often has a subconscious desire to dominate others and make them subservient. They are made to rule. They feel happy when they are in command, when others are drawn to them and when they organize large groups or activities
- *Unfortunately, they sometimes get totally absorbed by a vision that they see only one road and take it without enough consideration – they don't care if the goal could have been reached more easily – but it is hard on other
- *Due to great pride, they may pound their heads against a wall instead of merely opening the door which is right next to them. Sometimes, this exhausts so much energy and disgusts so many close friends that they can often end up alone and disliked by most people. Often, they are the reason for their own failure – but refuse to see it.
- *Can endure intense suffering, harsh conditions and great persecution without giving up or giving in

Dark Side

- **Can often get “full of themselves” – they have a great opinion of their good qualities and successful accomplishments that they consider themselves extraordinary and created to achieve great feats. (Mussolini called himself ‘Il Duce – the leader and so did Adolf Hitler ‘der Fuehrer’)
- **They are extremely stubborn and opinionated – thinking they are ALWAYS right -- must have the last word, hate even a hint of contradiction and is determined to never give in
- **Very self-confident, but relies too much on their own gifts and abilities. They often refuse the help of others and desires to work alone (partly because they don't like to ask for help and partly because they believe they are much more capable and is sure to succeed if no one gets in the way)
- **Tends to despise others who are viewed as ignorant, weak, unskilled, slow – when compared with themselves – they can often be seen mocking or making belittling comments about others – especially those beneath him
- **Can be domineering and steamroll others due to a desire to be first, to be admired by others and to be in control or command – destroys anyone who dares to oppose their ambition
- **They feel deeply wounded when they are put to shame – they become violently angry by any hint of contradiction or resistance and take it as a personal offense. Word choice might be clear and polite, but the tone in which they speak can often cut to the core of a person's being – no one can hurt a person with few words more bitterly than a choleric. Often, in anger, they tend to exaggerate the offense or misconstrue the intentions of others – this brings about a sense of injustice in friendships with the other personality types and can alienate even the best of friends