

Melancholy:

Understand me!!!

Humor of Black Bile: Associated with Earth, Autumn, Middle-Age Adulthood and Black or Blue
Introvert --- Thinker – Pessimist “That mountain is too high, I’m cold and hungry – we’re all going to die!”
Idealists, Teachers, Champions, Counselors, Healers

- *Give them order and compassion
- *Recognize they are very sensitive and help them relax and stay calm (avoid stress)
- *Give them space and privacy
- *Help them not to demand perfection, but quality – remind them to “stop and smell the roses”
- *Realize that they assume everything is their fault
- *They have a tendency to quit when things get difficult – help them hang in there and persevere
- *Be patient – they need time to make decisions and analyze options
- *Things look pessimistic to them – help them see the good side of things and not sink into depression
- *They are often self-conscious, timid, nervous, very easily embarrassed and shy
- *Avoids talking before a group or having any attention drawn to them – when forced to they have great difficulty
- *Prefers to work and relax alone – they are very detailed and careful – and are almost always perfectionists
- *They are very deliberate and take lots of time to make decisions – sometimes over cautious even about small things
- *Tends to lack self-confidence and initiative, but they are very compliant and give in easily to others – sometimes feels relieved when others make a decision for them – so they don’t have to hyper-analyze or fear a bad choice
- *They are reserved and distant – but often choose one very close friend with whom they will unlock intimate details
- *Tends to get depressed easily and is frequently moody or gloomy – they are very sensitive and get offended easily
- *Has difficulty forming friendships and trusting others – prefers a very small number of close friends – exclusive
- *Worries about every possible misfortune (Eyeore Complex) and tends to be secretive, shut in – speaks when spoken to
- *Is often very modest and reminds others of their faults – presents themselves at a disadvantage
- *They are often reflecting on situations – deeply thoughtful and tend to dwell on the past – wants to penetrate complex ideas and is never satisfied with superficial explanations – searches for the cause and correlation of events – can often get preoccupied with the past
- *Has a very soft heart, but does not show outward emotion easily – its almost impossible to discern what they are feeling by their facial expression or body language – others often mistake them and think they have no feelings at all – yet they feel very, very deeply and are constantly thinking, analyzing, comparing and connecting ideas
- *May count floor tile, ceiling panels or other objects in a room – is often brooding or daydreaming
- *They love silence, solitude and dislikes anything that will excite the senses – often absorbed in thought – which commonly results in accidents (especially at work) because they lose focus and forget where they are or what they are doing
- *Has a very serious idea about life – may seem as if they have a “weeping heart” or “many sorrows”
- *Tend to be passive and avoid anything that requires quick reactions or a lot of activity
- *Has a particular dread of anything that could cause conflict, suffering or difficulty – assumes the worst in all situations
- *Usually yearns to express themselves clearly, but often cannot find the right words – difficult for them to trust others
- *They desire to express the deeply sad, depressing thoughts that consume (and burden) them, and longs to share their heart with a person who will sympathize – but this takes enormous exertion. Since they feel awkward later reflection on a deep conversation often leaves them feeling dissatisfied and leads to unrest as they re-think what they could and should have said
- *They usually postpone things for tomorrow – since they are expecting to fail – never seems to be finished – and may take years to choose a vocation – typically regrets multiple missed opportunities and easily gives in to the desires of others
- *Usually avoids any new activity, but has a very strong will and usually is extremely talented – “Throw a melancholy into the water and they will swim like fish”
- *Be careful when criticizing them, even a tiny discouragement could cause them to abandon ship
- *They tend to be slow to speak so avoid putting them in situations where they have to answer quickly or without being prepared -- may sometimes stutter or leave sentences incomplete – if they have a lot of time and are not pressured they will produce a masterpiece
- *Their pride is very complex – they seek no honor or recognition, and loathe praise – but is terrified of disgrace or humiliation. They often appear modest, humble or reserved – but that’s because they want to avoid detection. They will often allow others (even those less qualified) to be selected for positions or work – but at the same time can feel slighted because they are being ignored or their talents are not appreciated
- *This personality typically benefits mankind in powerful ways because of their deep desire to help and make sacrifices for others. They represent some of the world’s greatest thinkers, inventors, legislators, poets, artists and religious leaders because of their longing for perfection.

Dark Side

- **The consciousness of imperfection often is crushing to their inner spirit – they have a hard time talking about difficulties so they keep them inside and the continual brooding often leads to the despair they are afraid of – they often hurt themselves
- **Disorder or injustice is intolerable and since offenses penetrate their souls deeply they have difficulty forgiving others