

Sanguine:

Look at me!!!

Humor of Blood: Associated with Air, Spring, Childhood and Sunny Yellow

Extrovert --- Talker --- Optimist "Let's have a party on the way up the mountain!"

Artists, Performers, Promoters, Composers, Motivators

- *Give them attention and approval
- *Give them positive feedback
- *Negative feedback must be tactful – they have high emotional needs and take things very personally
- *Their unlimited energy comes from interacting with others – they struggle when others leave them alone
- *Help them get organized – they typically have a clutter problem because they are involved in so many projects and activities – but... they know where everything is.
- *Help them be comfortable with silence – and more cautious about what they blurt out
- *Realize that they love stress, lots of activity and "drama"
- *Help them be on time
- *Everything is sunshine and rainbows to them – realize that they often deny there is a dark side and may be too trusting
- *The easiest personality to identify – look for bright colors or dramatic clothing (wild prints, unique scarves/hats, sequins)
- *They are naturally attracted to red, bright pink, turquoise, royal blue and purple. They love flowers and showy styles.
- *At all costs, they try to be unique! They never want to enter a room unnoticed
- *Don't get frustrated at their naturally loud voices. They are cheerful and want everyone to join the party
- *Sometimes, they say what is on their minds without thinking – they tend to dominate conversations and answer questions asked of others. Understand they may not realize they have interrupted or are being rude.
- *They even think their weaknesses are adorable
- *They move at a quick pace – rapid speech, lots of animated gestures – they fear losing their audience
- *This personality type is highly imaginative, curious and creative – and almost never embarrassed!
- *They form friendships quickly and treat strangers as if they have known them for years – broad range of friends
- *Have little perseverance – switch from activity to activity rapidly – always seeking a new adventure or perspective
- *Loves change and surprise – pursues the unexpected
- *They are typically highly intelligent and tell fascinating stories – make quick one-line comments – but can be biting
- *Often has an inexhaustible list of topics to discuss
- *Has a bad habit of joking about the bad habits of others -- but if you have to give someone bad news, choose a sanguine because they are compassionate and can cheer almost anyone with their charm – loves to tease and play tricks
- *Is quickly offended and highly sensitive, but after a burst of anger or emotion is pleasant and bubbly again – moods can change like the wind. They almost never hold a grudge and can't stay upset for very long because their feelings are so intense. Often are like a straw fire that flares up immediately, but quickly burns out.
- *Typically get along with even the most difficult types of people that no one else wants to be around.
- *They often easily win the affection of superiors
- *Sees everything, feels everything and talks non-stop about everything – hates competition, so has a difficult time being friends with other sanguines – will choose a melancholy or phlegmatic (they make great audiences!)
- **Has an enormous desire to please and obey the rules to avoid conflict – wants EVERYONE happy and part of the party

Dark Side

- **Often vain and prideful
- **Tend to spend too much time, energy and money on appearance and clothing – loves to see themselves in pictures and mirror
- **Is especially influenced by flattery – since they love to hear praise
- **Has a tendency to flirt and become jealous or envious – love tends to be shallow and can quickly change.
- **Loves pleasure, amusement and group activities – so they often waste money or time and are usually late or do things at the last minute – tend to have "too many irons in the fire"
- **Dreads work that will make them tired or dirty – very difficult for them to remain silent so they must guard their eyes and ears
- **Is easily distracted and has an uncontrolled imagination – that often draws the wrong conclusion or fears extreme results
- **Everything is either magnificent or in a state of absolute despair
- **Others sometimes feel this person has no character – since they can be highly unstable and is captivated by any new idea – Like a bee that flies from flower to flower – or a child who quickly tires of every new toy
- **Easily affected by anything that attracts their senses – tends to be overly influenced by beauty, food, or any pleasure

Advice

- **The sanguine must learn to be influenced by the good and accept counsel and direction from other (more balanced) personalities – and cultivate good traits
- **Must not leave work unfinished – must learn to be silent and develop restraint (avoid extremes)