

### **ADVICE TO SANGUINES (Otter – Party)**

Be sensitive to other's interests; learn to listen.  
Enter a room quietly.  
Think before speaking.  
Let someone else talk and don't interrupt.  
Don't always cry to be the center of attention.  
Tone down your approach; don't be so noisy.  
Try to remember people's names.  
Try to discipline yourself and be dependable.  
Condense your comments, especially to a Choleric.  
Get priorities in order.  
Don't accept more than you can do.  
Schedule your time.  
Make a list of daily tasks and follow through.  
You need quiet time.

### **HOW TO LIVE WITH A SANGUINE (Otter – Party)**

Remember they have trouble finishing a task.  
Realize they get bored easily.  
Thoroughness is not essential to the Sanguine.  
Help them to say "no" to extra responsibilities.  
Don't assume they will remember appointments or be on time.  
Remember they are instant responders to circumstances around them.  
Bring them presents; they LOVE surprises!  
Give them credit and praise as much as possible.  
Realize they mean well.  
Be thankful you have a happy Sanguine and enjoy life with them!

### **ADVICE TO CHOLERICS (Lion – Power)**

Don't be quick to give advice or opinions.  
Soften your approach; be tactful.  
Don't misjudge the quiet temperaments as being weak.  
Work on patience with those who react more slowly.  
Keep your accomplishments to yourself.  
Don't continue to remind others of their mistakes.  
Learn to give compliments.  
Remember that humility is an asset, not a sign of weakness.  
Learn to laugh at yourself.  
Admit mistakes.  
Schedule quiet time for self-reflection.

### **HOW TO LIVE WITH A CHOLERIC (Lion – Power)**

Realize they are success-oriented.  
Recognize they are born leaders.  
Two-way communication is vital and difficult.  
Be direct, speak out, given an opinion.  
Realize that Cholerics are not compassionate.  
Don't whine, complain, or shed tears to get their attention.  
Know they do not mean to hurt; they just speak straight.  
Understand they deal in the practicalities of life.  
Don't be hurt if they are not sentimental or romantic.  
Be grateful they are so capable and hard-working.

### **ADVICE FOR MELANCHOLIES (Beaver – Practical)**

Realize that no one likes to be around depressed people continually.  
Don't take everything so personally and don't take life so seriously.  
Learn to enjoy.  
Practice living in the present.  
Practice smiling.  
Keep your eyes on the positive.  
Don't review past mistakes.  
Force yourself to meet and talk to people.  
Learn to accept imperfect people as they are.  
Don't expect everyone to think as you do.  
Learn to give feedback; others need it more than you do.  
Be flexible and open to doing things on the spur of the moment.

### **HOW TO LIVE WITH A MELANCHOLY (Beaver – Practical)**

Don't raise your voice at them; they're sensitive and get hurt easily.  
Realize they are programmed with a pessimistic attitude.  
Encourage them to express themselves.  
Encourage them to think more positively.  
Remember they feel comfortable being entertained.  
Add humor to their lives.  
Compliment them sincerely and lovingly.  
Know that they are insecure about other's love for them.  
Accept that they need time alone.  
Try to be neat and organized as this is important to them.  
Encourage their involvement in the arts.  
Be grateful they are deeply sensitive and emotional.

### **ADVICE TO PHLEGMATICS (Retriever – Peaceful)**

Force yourself to participate.  
Practice making decisions.  
Try to get enthused over what others do.  
You need physical exercise.  
Don't sleep so much.  
Find a project, hobby, or sport to keep you moving mentally and physically.  
Do not procrastinate.  
Don't be selfish when making a decision; think of pleasing others.  
Get involved in service to others.  
Keep the house clean and attractive.

### **HOW TO LIVE WITH A PHLEGMATIC (Retriever – Peaceful)**

Don't wait for them to volunteer.  
Realize they need direct motivation.  
Compliment them for their efforts.  
Help them set goals.  
Do not expect enthusiasm.  
Bring fun and excitement into their lives.  
Force them to make decisions.  
Encourage them to accept responsibilities.  
Appreciate and don't take advantage of their even disposition.