

TEMPERAMENT, COVID-19... AND ME?

This chart is intended for temperament illustration purposes only. APS testing is necessary to accurately determine temperament or temperament blend. A Certified Temperament Counselor is trained to interpret the results of testing and provide individual evaluations.

TEMPERAMENT TYPE	THINK...	LIKELY COVID RESPONSE	MANAGEMENT STEP
SANGUINE	Attention, Gregarious, People-People- People, Life of the Party!	Social distance sadness – depression.	Phone calls, email, video chats, prayer (listening) - <i>When Jesus withdrew from crowds...he talked with God....he also encouraged the lonely.</i>
CHOLERIC	Leadership, Control, Decisive	Pushing back against mandates. Leading in decision making during crisis	Submit to authority. Lead well -- Pray, Act, or both. - <i>"Give to Caesar what is...."</i> <i>"To whom much is given..."</i>
MELANCHOLY	Truth, Facts, Loyalty, Creative, Chronic Thinker.	Hard data will give comfort, but misleading or lack of data will create anxiety.	Set your mind on truth: God has all the facts; God's in control; He is faithful. <i>"Come to me you who are heavy laden...I'll give you rest..."</i>
SUPINE	Service, Help, Support, Volunteer, Responder	First-responder, volunteer, care-giver. May snap!	Serve, but avoid unwarranted risk to self. <i>"God looks for your kind!"</i>
PHLEGMATIC	Peace, Consistent, Reliable.	LOVING being at home! Enjoying naps and veg'ing out.	Stay engaged. Love the hurting. <i>"God is god of peace AND love."</i>

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If you would like to have APS Testing or have a consult with Stephen Meeks, please contact him at CounselorMeeks@gmail.com

Please visit

Pure Hope Foundation's FB Page or PureHopeFoundation.com

for the recorded interview with Stephen Meeks and Kathrine Lee



For more content like this, visit KathrineLee.com and PureHopeFoundation.com