

Affection is the need to express and receive love, affection and approval.  
Need for deep personal relationships.

**STRENGTHS**

- Well balanced.
- Easy-going.
- Non-demanding.
- Calm
- Realistic and demands for love and affection

**WEAKNESSES**

- Willingness to become involved in deep relationships.
- Tendency to be an observer only.
- Rarely self-sacrificing. Unemotional.
- Unexpressive.
- Verbal defenses are used to protect low energy supply with regard to physical and sexual involvement

**PHLEGMATIC TEMPERAMENT NEEDS**

1. Be inspired to stay involved in life.
2. Maintain a proper balance of work, we laxation, rest, diet and exercise to maintain an energy balance.
3. Learn to understand the feelings and rights of others and prevent hurting them with their wry sense of humor.
4. Undertake task with a minimal amount of interaction with people.
5. Have others understand their limited Energy reserves and not push them be on that level.
6. Be provided with reassurance when taking on responsibilities in making decisions.
7. Not be forced to act independently, often, or for long periods of time.
8. Work side-by-side with someone rather than alone.
9. Not be forced to make decisions or take on responsibilities they are not comfortable with. They stubbornly refused to move or change when they are asked to carry more than what they believe is their share.
10. Make a conscious effort to ensure that deep personal relationships remain warm and that they actively participate in the expression of their warm feelings. This is not for their sake as much as for the people who love them.

## **Special Things That Significant Others Can Do For The Phlegmatic**

1. Do not force them to socialize. People drain their energy reserves.
2. Share decisions and be willing to accept part of the responsibility for the consequences.
3. Show them they are loved and appreciated by using only a moderate amount of physical attention and doing special things for them.
4. Do not force Phlegmatics to take on full responsibility for someone else.
5. Understand their limited energy reserves and do not push them beyond that level.
6. Find special ways to keep them involved in deep personal relationships.
7. Be the aggressor in deep relationships.
8. Do not become angry and hostile because of their unwillingness to initiate affection.
9. Recognize that their wry, cutting sense of humor is only a defense mechanism to protect themselves and their low energy levels.

## **What the Phlegmatic Can Do To Help Themselves**

1. Find employment where they can undertake tedious tasks without being required to interact with people for long periods of time.
2. Maintain a proper balance of diet, exercise, work, and relaxation to insure proper energy balance.
3. Learn to show deep, tender feelings in ways that are comfortable and others can understand.
4. Be inspired to do something about the injustice they see.
5. Be inspired to stay involved in life.
6. Be inspired to stay involved with the deep relationships in their lives.
7. Set activity guidelines to keep from sleeping their lives away.
8. Control their critical attitude about others.

9. Be more willing to make sacrifices for others.
10. Learn to be more flexible and less stubborn.

### **Behavior Changes To Bring Phlegmatics Closer To God**

1. Learn to interact with God and Christ as they would any other surface relationship.
2. Learn to inspire themselves to do something about the injustices they see.
3. Learn that submission to God unlocks potential.
4. Learn to inspire themselves to be more open and loving with the Lord.
5. Learn to make decisions according to the Will of God and look to Him to defend them.
6. Learn to submit to the Will of God in order to lessen stubbornness.
7. Learn that only through expending energy and becoming deeply involved with personal relationships can they reach maturity. Phlegmatics have a tendency to deal with their personal relationships with Christ in the same way they do any other deep relationship, being spectators and not getting too deeply involved.
8. Learn to see the rights and feelings of others according to the Word of God. Phlegmatics will unthinkingly make humorous remarks about the rights and feeling of others.
9. Learn to depend on the opinions of God, not the opinions of people.