

Introduction

It's often said that growing in faith involves becoming a lifelong student of God. That's true. But you also need to become a lifelong student of yourself. If God designed you uniquely, then the more you understand your own strengths and weaknesses, the better you can connect with your heavenly Father and use your gifts to glorify him.

Temperament Assessment

This video-based Temperament Assessment is designed to help you identify your core temperament. It's not intended to give you a definitive and comprehensive picture of who you are, but it is easy to work through and is a good place to start. Here's how it works:

1. In the video, you'll see four words or phrases on the screen.
2. You'll have 10 seconds to decide which word or phrase that best describes you.
NOTE: More than one word or phrase may describe you, but pick the one that stands out most.
3. After 10 seconds, the word or phrase you chose will change to a color: red, green, blue, or yellow.
4. Put a mark in the box below that corresponds with the color of the word.
NOTE: There will be a total of 18 questions, so by the end of the assessment you will have multiple marks in one or several of the colors. The first one (#1 of 18) may seem like an example in the video, but it counts as part of the exercise, so don't forget to record it.
5. Once you've seen all of the words or phrases, tally up the totals in the space to the left of each box.

_____	<input type="text"/>
_____	<input type="text"/>
_____	<input type="text"/>
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Color Summary: Distribute After Video

Color Summary

<p style="text-align: center;">PLAYFUL YELLOW</p> <p>Basic Desire: Have Fun</p> <p>Characteristics: Fun-Loving, Outgoing, Optimistic, Life of the Party</p> <p>Strengths: People Person, Humor, Creative and Colorful, Great Storyteller</p> <p>Weaknesses: Disorganized, Talks Too Much, Easily, Distracted, Often Late</p> <p>Emotional Needs: Attention, Affection, Approval, Acceptance</p> <p style="text-align: center;">Controls By: Charm</p>	<p style="text-align: center;">POWERFUL RED</p> <p>Basic Desire: Have Control</p> <p>Characteristics: Born Leader, “Get Things Done” Person, Visionary, Decision-Maker</p> <p>Strengths: Decisive, Works Well Under Pressure, Production-Oriented, Great Leader</p> <p>Weaknesses: Too Opinionated, Workaholic, Overly Intense, Insensitive</p> <p>Emotional Needs: Loyalty, Sense of Control, Appreciation, Credit for Work</p> <p style="text-align: center;">Controls By: Anger</p>
<p style="text-align: center;">PEACEFUL GREEN</p> <p>Basic Desire: Have Peace</p> <p>Characteristics: Relaxed, Likable, Peaceable, Low-Stress</p> <p>Strengths: Adaptable, Good Under Pressure, Good Listener, Kind</p> <p>Weaknesses: Too Quiet, Procrastinator, Stubborn, Avoids Conflict</p> <p>Emotional Needs: Peace and Quiet, Feeling of Worth, Lack of Stress, Respect</p> <p style="text-align: center;">Controls By: Procrastination</p>	<p style="text-align: center;">PROPER BLUE</p> <p>Basic Desire: Have Perfection</p> <p>Characteristics: Organized, Detail-Oriented, Accurate, Deep Thinker</p> <p>Strengths: Attention to Detail, Good With Numbers, Great at Processes and Systems, Self-Starter/Takes Initiative</p> <p>Weaknesses: Lacks Spontaneity, Struggles Under Pressure, Hard to Please, Can’t Function Without Structure</p> <p>Emotional Needs: Sensitivity, Support, Space, Silence</p> <p style="text-align: center;">Controls By: Moods</p>

Discussion Questions

1. Do you agree with your results? Why or why not?
2. What aspects of your temperament did the assessment confirm? Were you surprised?
3. Which strengths and weaknesses from your profile results accurately describe you?
4. In what ways do your results line up with how you communicate and resolve conflict?
5. What is one thing you can do to adjust the way you communicate in order to reduce conflict?