

Choleric Melancholic

Nature

As a Melancholic

Within this temperament there are natural tendencies to:

- ✚ question your value
- ✚ feel negatively about yourself
- ✚ be critical of yourself
- ✚ take the blame for anything that goes wrong within 100 miles – that is the Melancholic default position.

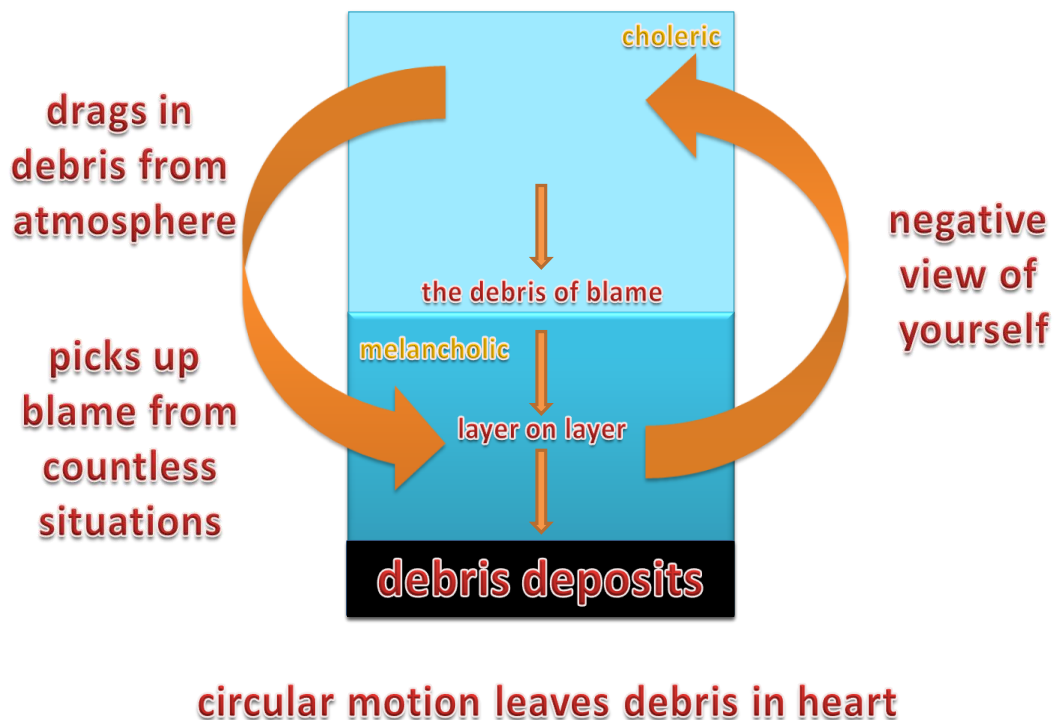
As a Choleric

Within this temperament there are natural tendencies to:

- ✚ pass judgment on something that is wrong
- ✚ feel that emotions are a sign of weakness
- ✚ push down something that is wrong or weak

As a Choleric Melancholic

A mechanism can be set in motion within you that can leave an ever-increasing deposit of worthlessness.





Nurture

It is important for this child to be brought up in an environment in which his sense of value is constantly affirmed. However, his natural sense of low self-worth can be taken advantage of and he can easily be blamed for what goes wrong in family life. Where this happens, real damage is done that has to be specifically addressed.

What this produces

Those deposits that sit deep within produce problems in relationships.

There will be a fear that who and what you are will be exposed.

There will be an anticipation that someone will be thinking negative thoughts about you and is going to criticise you. So, when a friend comes with the most innocuous point to make you will feel that what is being said confirms your worst, long-held beliefs about yourself – and you react.

What to do about it

Let the truth of what is written above sink in – to the point where it registers that you are carrying responsibility and blame for things that are not your responsibility or fault. You may have to go back through specific situations in order to see them from this perspective and set yourself free from the guilt. If there is a situation that you are particularly reluctant to visit it may well be that within it lays the greatest pain and sense of blame. God has called us to freedom – let us enter that freedom.