

Further understanding of a Choleric Melancholic

What goes on inside a Choleric Melancholic?

The answer is: many things – but I want to focus on one area.



A central issue for a Melancholic is worth. Am I worth anything? If so, how much? If I am not worth anything then is there any point being here?

There is a fear of insignificance. It isn't that he has to do something world changing but it has to be worthwhile being here. He needs to know he has a voice – and that voice will be taken seriously. He can feel rather like a smudge on the window – waiting to be wiped away. He fears death – not so much the act of dying – but of not having an existence that has any significance.

He feels unsafe. Don't share what you really feel – once it is out you have given away something that at least was yours! How do you know that if you give your heart to someone, that they will keep your heart safe?



The Choleric sits on top of the Melancholic and increases the Melancholic's natural negativity towards himself. The Choleric drives forward, leaving the Melancholic feeling more and more devalued as he struggles to keep up with himself!

The answer lies in the Choleric Melancholic being prepared to trust someone who knows, understands and accepts them. Only then will they begin to accept and value themselves. Ultimately that deep security comes through our knowledge and experience of the acceptance and love of God.