Character and temperament.

I think you all know the difference between the two. What is character?

Character is a set of ways of behaving and responding emotionally. A person can change his character, unlike temperament. If you know the character of a person, then you know how he can react to this or that event, what he can say, and what is categorically contraindicated, how he will act in this or that case, and so on.

Also the character can be seen in the peculiarities of the activity in which a person is engaged. Someone prefers to cope with obstacles, and someone picks up simple ways.

Temperament and character are closely related. In a general sense, temperament is understood as a dynamic basis of character. Depending on the type of temperament in the character there are such features, poise or difficulty in entering a new situation, mobility or inertness of reaction and so on.

However, temperament does not condition character. People with similar properties of temperament is very often different character, because it depends on many factors. And features of temperament can contribute to or counteract the emergence of certain qualities of character.

Well, all of you probably know what temperament is. It is a natural conditioning of a person to a certain style of behavior, that is, in other words, a set of individual mental and physiological features of each individual.

From a physiological point of view, temperament is due to the type of higher nervous activity of a person, which affects the way he interacts with the world around him or, simply put, it is a number of psychological properties, behavioral features of a person, which he is endowed with from birth. On the temperament can not be influenced, unlike character, these are innate qualities. Over time, people learn to control the negative manifestations, for example, temper, no one has not yet succeeded. The nervous system affects the impulses of the brain and provokes human actions.

A person gets his psychophysical properties from birth. This is a hereditary variant and it is impossible to influence this process.

Scientists psychologists have identified four main types of temperament: phlegmatic, sanguine, choleric and melancholic. However, each personality is unique in its own way and in nature there is no such thing as a complete, 100% sanguine or any other type. Very often a person is endowed with mixed types, where one prevails over the other. The dominant type determines the identity of a person, and thus his behavioral features.

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|  ***HIPPOCRATES TEMPERAMENT*** |
|  ***HOLERICK*** | ***AGILE, IMPETUOUS,******HOT-TEMPERED, UNBRIDLED.*** |
|  ***SANGWINICK*** | ***ENERGETIC, CHEERFUL,******GREAT ADAPTABILITY.*** |
|  ***FLEGMATIC*** | ***CALM, SLOW, BALANCED.*** |
|  ***MELANCHOLIC.*** | ***SHY, SENSITIVE,*** ***RESENTFUL, ANXIOUS.*** |
| ***MIXED TYPES*** | ***MIXED:******CHOLERIC + SANGUINE******SANGUINE + PHLEGMATIC******PHLEGMATIC + MELANCHOLIC******CHOLERIC + SANGUINE + PHLEGMATIC*** |

And let us first understand the difference between temperament and character, these two things are often interrelated.

So, what is temperament? This is a type of nervous system, characterizing the innate properties and features of mental activity of a person. In the structure of temperament can be distinguished three main components - the general activity of a person, his motor manifestations and emotionality.

What is character? Character is an individual fold of a person's mental life, the form of his behavior, which is manifested in manners, habits, emotional sphere. Character is formed in the conditions of a particular social environment, the conditions of upbringing.

Human personality includes both temperament and character, as well as human intelligence, socially significant traits that characterize the individual as a member of society. Personality combines different mental processes and is created, as in principle and character, under the influence of the social environment.

Now let's analyze the types of temperament.

1.Phlegmatic. The main characteristics of the one: endurance, constancy, fidelity to principles. They tend to laziness and not show interest in others - for them it is a normal state. And with all this they can be in a great mood. Take them out of balance - a waste of time and effort.

2.Sanguine. Ease and ease in everything - the main qualities. Optimism is our everything. Start something new - yes easily. Such people are often characterized as irresponsible. However, the sanguine can be influenced if you fuel interest in the case that he abandoned, then he will bring everything to the end.

3. Choleric. Well, this only let pobushevatovat... Explosive temperament, bouts of aggression. Hotness and passion prevents the adoption of reasonable decisions. Very hot-tempered, constructive dialog and criticism - not their option. Too emotional, in conversation try to draw attention to themselves. Mood swings are very likely

4.The melancholic. It differs significantly from the choleric, let's say, as heaven and earth. Such people often keep isolated, they are not communicative, avoid noisy companies. Analyze all their failures, self-esteem below the plinth. Anxiety is in their blood. Any trouble knocks them out of the rut for a long time.

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| ***Hippocrates temperament*** | ***Brief characterization*** | ***Properties of the nervous system according to Pavlov*** |
| **Phlegmatic** | EmployableLow-emotionalSeriousReliableCalm | BalancedStrongSedentary |
| **Choleric** | ImpetuousEmotionalEnergeticSensitivePushy | StrongUnbalancedMovable |
| **Sanguine** | EnergeticActiveCheerfulLight-heartedCarefree | StrongBalancedMovable |
| **Melancholic** | WoundedRestrainedReserved.PensiveSad | WeakUnbalancedRestrained |

Well, what does our favorite temperament depend on?

1) Age factor. Over time, human reaction slows down. Even a bright choleric temperament and that can fade. Do not be sad, nature has provided everything. In youth, we all need to have a lot of time, so we are so active. And when the time comes, we stop rushing, start thinking more and finally start to just live.

2) And the climate and, of course, territorial location also play a role. For example Italians. We all know that most of them have a fiery temperament combined with an explosive character, while the inhabitants of northern countries are more calm, reasonable.

Human abilities and how to develop them.

Our abilities and what they are eaten with, as they say. Abilities are individual-psychological features of a person, determining his predisposition to master this or that kind of activity. In other words, abilities are psychological features that distinguish one person from another. Abilities are, alas, not our skills or abilities, which were developed during our life, it is something else. It means that only we can perform any action. It is not without reason that it is said that abilities are different for everyone. Someone likes and can do one thing, someone else another.

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| Characterization |  Types of temperament |
|  ***Choleric*** |  ***Sanguine*** |  ***Phlegmatic*** | ***Melancholic*** |
| ***Self-esteem*** | *Overly**overstated* | *Overstated* | *Adequate* |  *Low* |
| ***Attitude towards the new*** | *Positive* | *Curious* | *Negative* |  *Pessimistic* |
| ***The way to achieve the goal*** | *Gives his all, energetic* | *Fast, obstacles avoided.* | *Slow, but persistent* | *Weak, obstacles are similarly circumvented* |
| ***Attitude towards criticism*** | *Excited* |  *Calm* |  *Indifferent* |  Offensive |

Abilities and aptitudes. At birth, each person forms the prerequisites for the formation

of abilities, they are also called abilities.

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| ***Properties*** |  ***Temperament*** |
| ***choleric*** | ***Sanguine*** | ***phlegmatic*** | ***Melancholic*** |
| ***Poise*** | *Bad* |  *Good* | *Very good* | Very bad |
| ***Mood*** | *Unstable* | *Sustainable* | *Sustainable* | *Unstable* |
| ***Emotions*** | *Severe short-term* | *Weak short-term* | *Mild prolonged* | *Mild prolonged* |
| ***Speech*** | *Loud bumpy* | *Loud smooth* | *Quiet smooth* | *It's quiet uneventful.* |
| ***Patience*** | *Low* | *Moderate* | *High* | *Low* |
| ***Adaptation*** | *A good one* | *It's a great one* | *Slow* | *Bad* |
| ***Contactability*** | *High* | *Moderate* | *Low* | *Low* |
| ***Attitude towards criticism*** | *Aggressive* | *Calm* | *Indifferent* | *Offensive* |
| ***Attitude towards the new*** | *Positive* | *Indifferent* | *Negative* | *Undefined* |
| ***Behavior in difficult situations*** | *Uncalculated* | *calculating* | *Cold-blooded* | *Confused* |
| ***Self-esteem*** | *Very overpriced* | *It's a little overpriced* | *Real* | *Understated* |
| ***Exposure to influence*** | *Moderate* | *Weak* | *Weak* | *High* |

Scientifically speaking, set points are the anatomo-physiological brain, sensory organs and movements that form the natural basis for the development of abilities.

 On the basis of tasks can be formed different abilities.

Let's note that temperament does affect the properties of character. Yes, I agree, the character of each person is formed independently, but the degree of manifestation of certain qualities determines the temperament. And if we assume that four people with completely different temperaments have a single character trait - diligence. How about breaking down the work attitude of each of them? Let's go...

1. Phlegmatic will immediately focus on the new case. In his head, he is already working out a plan for the implementation of tasks. Cold calculation and poise are the main helpers on the way to the result.

2. Sanguine will like the new project, failures aside, he will get over them and forget. To give preference to something new - just in his style.

3. choleric with all his passion will immerse himself in the process, but at the first failures will become embittered, blame everything on others and very possibly that he will abandon the case halfway, if the problem remains unsolved. In solving the problem choleric will not be involved, he has a mindset only on the final result. Obstacles are not his thing.

4. Well, the melancholic, as usual, will make a big deal out of the fly and will worry about problems that are not really there. He works very hard, but due to his own insecurity is little satisfied with the result.

Character and temperament are not necessarily closely related. One and the same character trait in a person are perceived by the people around him differently, it all depends on the temperament.

Who knows if you can change the temperament? Definitely not. It is transmitted at the genetic level from the ancestors. The only thing we can do is to control ourselves in not very pleasant manifestations of their temperament and character.

Traits of male and female temperament.

Do you think there is a difference between male and female temperament? Again, yes. Women are more emotional, sometimes prone to depression. Men, on the other hand, are naturally endowed with strong-willed qualities. Although,

I'll bet you can't have a woman in charge, can you? Of course she can.

But I have to tell you that the male mindset is more direct and results-oriented. A woman is more cautious and prudent, although at the same time and excessively emotional. This is the way nature created it, and it's probably right.

After saying this, you may get the impression that all men are choleric and sanguine, and all women are melancholic and phlegmatic. You wouldn't. The question is that a man and a woman will show themselves differently, even if they have the same temperament. You will be surprised, but in an argument between two different-sex cholerics, the man will behave more reserved, and the woman will be emotional and very possibly aggressive.

Conclusion. We have found out that temperament can not be created or adjusted. Alas, over the mind we do not control. But the character we can change, because it is formed by education, environment and many other factors. Learn to manage your temperament, because trying to change yourself in principle impossible.