**Character and temperament.**

I think everyone knows the difference between it. 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 features of the activity that a person is engaged in. Someone prefers 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 are such features, poise or difficulty in entering a new situation, mobility or inertness of reaction and so on.

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

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From a physiological point of view, temperament is due to the type of higher nervous activity of man, which affects the way he interacts with the world around him or, simply put, it is a number of psychological properties, behavioral features of man, 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 a person's actions.

A person receives his psychophysical properties from birth. This is a hereditary option 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 complete, 100%, sanguine or any other type. Very often a person is endowed with mixed types, where one dominates over the other. The dominant type determines the belonging of the personality, and thus its behavioral feature.

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| Temperament by Hippocrates |
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| CHOLERIC | CHOLERIC IS AGILE, IMPETUOUS,HOT-TEMPERED, UNRESTRAINED. |
| SANGUINE | SANGUINE IS ENERGETIC, CHEERFUL,EXCELLENT ADAPTABILITY. |
| PHLEGMATIC | PHLEGMATIC IS CALM, SLOW, POISED. |
| MELANCHOLIC | MELANCHOLIC IS SHY, SENSITIVE, RESENTFUL, ANXIOUS. |
| Mixed temperament types  | MIXED TYPES ARE MIXED:CHOLERIC + SANGUINESANGUINE + PHLEGMATICPHLEGMATIC + MELANCHOLICCHOLERIC + SANGUINE + PHLEGMATIC |

First, what is the difference between temperament and character, these two things are often related.

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, three main components can be distinguished – the general activity of a person, his motor manifestations and emotionality.

And what is character? Character – an individual fold of the mental life of a person, 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. Very likely to mood swings.

 4.*Melancholic*. He differs significantly from the choleric, let's say, like heaven and earth. Such people often keep isolated, they do not communicate, 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.

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 eat, as they say. Ability is an individual-psychological features of a person, determining his predisposition to master this or that type 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.