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 reacting emotionally. A person can change their 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 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 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.

Well, all of you probably know what is temperament. This is a natural conditionality of a person to a certain style of behaviour, that is, in other words, a set of individual mental and physiological characteristics 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, behavioural features of a person, which he is endowed with from birth. On temperament can not be influenced, unlike character, it is 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 of another type. Very often a person is endowed with mixed types, where one prevails over the other. The dominant type determines the belonging of the personality, and therefore his behavioral features.

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| ***TEMPERAMENT ACCORDING TO HIPPOCRATES*** | |
| ***CHOLERIC*** | ***AGILE, IMPETUOUS,***  ***HOT-TEMPERED, UNRESTRAINED.*** |
| ***SANGWINIK*** | ***ENERGETIC, CHEERFUL,***  ***EXCELLENT ADAPTABILITY.*** |
| ***FLEGMATIC*** | ***CALM, SLOW, BALANCED.*** |
| ***MELANCHOLIC*** | ***SHY, SENSITIVE,***  ***RESENTFUL, ANXIOUS.*** |
| ***MIXED TYPES*** | ***MIXED:***  ***CHOLERIC + SANGUINE***  ***SANGUINE + PHLEGMATIC***  ***PHLEGMATIC + MELANCHOLIC***  ***CHOLERIC + SANGUINE + PHLEGMATIC.*** |

And let's first look at 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 natural 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 an 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 it: endurance, constancy, fidelity to principles. They tend to laziness and do not show interest in others - to it's a normal state of mind for them. And yet they can be in a great mood. To take them out of balance is 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 stir up interest in the case that he abandoned, then he will bring everything to the end.

3.Choleric. Well, this only let make a scandal... Explosive temperament, bouts of aggression. Hotness and passion prevents the adoption of reasonable decisions. Very hot-tempered, constructive dialogue 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 is below the plinth. Anxiety is in their blood. Any trouble knocks them out of the rut for a long time.

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| ***Temperament according to Hippocrates*** | ***Brief characterisation*** | ***Properties of the nervous system according to Pavlov*** |
| **Phlegmatic** | Productive  Low emotional  Serious  Reliable  Calm | Balanced  Strong  Sedentary |
| **Choleric** | Impetuous  Emotional  Energetic  Sensitive  Pushy | Strong  Unbalanced  Movable |
| **Sanguine** | Energetic  Active  Cheerful  Lighthearted  Carefree | Strong  Balanced  Movable |
| **Melancholic** | Early  Restrained  Closed  Pensive  Sad | Weak  Unbalanced  Restrained |

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 explosive character, while the inhabitants of northern countries are more calm, reasonable.

Human abilities and how to develop them.

Our abilities and with what they eat, as they say. Abilities are 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 - alas, not our abilities or skills that 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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| Characterisation | Types of temperament | | | |
| ***Choleric*** | ***Sanguine*** | ***Phlegmatic*** | ***Melancholic*** |
| ***Self-esteem*** | *Overly*  *overestimated* | *Overestimated* | *Adequate* | *Low* |
| ***Attitude towards the new*** | *Positive* | *Curious* | *Negative* | *Pessimistic* |
| ***Way of achieving a goal*** | *Gives all of himself, energetic* | *Fast, obstacles are bypassed* | *Slow, but persistent* | *Weak, obstacles are also bypassed* |
| ***Attitude to criticism*** | *Excited* | *Calm* | *Indifferent* | Offensive |

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| ***Properties*** | ***Temperament*** | | | |
| *Choleric* | *Sanguine* | *Phlegmatic* | *Melancholic* |
| ***Poise*** | *Bad* | *Good* | *Very good* | *Very bad* |
| ***Mood*** | *Unstable* | *Steady* | *Sustained* | *Unstable* |
| ***Emotions*** | *Strong short-term* | *Weak short-term* | *Weak long-term* | *Strong long-lasting* |
| ***Speech*** | *Loud uneven* | *Loud smooth* | *Quiet smooth* | *Quiet uneven.* |
| ***Patience*** | *Low* | *Moderate* | *High* | *Low* |
| ***Adaptation*** | *Good* | *Excellent* | *Slow* | *Poor* |
| ***Contactability*** | *High* | *Moderate* | *Low* | *Low* |
| ***Attitude to criticism*** | *Aggressive* | *Calm* | *Indifferent* | *Offensive* |
| ***Attitude to new things*** | *Positive* | *Indifferent* | *Negative* | *Uncertain* |
| ***Behavior in difficult situations*** | *Uncalculated* | *Calculating* | *Cold-blooded* | *Confused* |
| ***Self-esteem*** | *Very overestimated* | *Somewhat inflated* | *Real* | *Underestimated* |
| ***Exposure to influence*** | *Moderate* | *Weak* | *Weak* | *High* |

Abilities and aptitudes. At birth, each person forms the prerequisites for the formation of abilities, they are also referred to as aptitudes.

Speaking scientifically, the tasks are emanation-physiological brain, sensory organs and movement, which constitute the natural basis for the development of abilities.

Various abilities can be formed on the basis of tasks.

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 attitude to work of each of them? Let's go...

1.The phlegmatic will immediately focus on a new case. In his head he is already working out a plan to realize the tasks at hand. 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 survive them and forget. To give preference to something new - just in his style.

3.Choleric with all the passion inherent in it will immerse himself in the process, but the first failures will begin to embitter, blame it all on others and it is very possible that 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 - not his end.

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

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

Male and female temperament traits.

Do you think there is a difference between male and female temperament? Again, yes. Women are more emotional, sometimes prone to depression. Men are naturally strong-willed. Although, I bet you, can't a woman take charge? Of course she can.

And yet I have to tell you that men's thinking is straightforward and more attuned to the result. A woman is more cautious and prudent, although at the same time and excessively emotional. So created nature and it is probably right.

After this may give the impression that all men - choleric and sanguine, and all women - 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 choleric, the man will behave more restrained, and the woman will be emotional and very possibly aggressive.

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