Raisska:

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.

Translated with www.DeepL.com/Translator (free version)However, temperament does not determine 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.

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 have identified four basic 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 features

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 break down the types of temperament.

Phlegmatic. The main characteristics of this one: endurance, constancy, fidelity to principles. They are prone to laziness and do 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.

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.

Choleric. Well, this only give to boom ... Explosive temperament, bouts of aggression. Hotness and passion prevents 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.

Melancholic. He differs significantly from the choleric, let's say, as heaven and earth. Such people are often kept 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.

Well, what does our favorite temperament depend on?

Age factor. Over time, human response slows down. Even the bright choleric temperament and that can fade. Don't be sad, nature had it all planned. 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.

And the climate and, of course, territorial location also play a role. For example, the 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.

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

Speaking scientifically, the tasks are anatomo-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 work attitude of each of them? Let's go...

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.

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

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

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 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 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 issue 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 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.