Character and temperament.

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

Character is a set of behaviors and emotional responses. Character is a set of behaviors and emotional responses .If you know a man’s character, you know how he can react to an event, what he can say and what is categorically contraindicated, how he will act in one case or another and so on.

The character can also be seen in the features of the activity that a person is engaged in. Some prefer to deal with obstacles, and some choose simple ways.

Temperament and character are closely related. In general, temperament is understood as the dynamic basis of character. Depending on the type of temperament, the character has these traits, balance or difficulty of entering a new situation, mobility or inertia of reaction and so on.

But temperament does not determine character. People with similar temperament properties very often have different character, because it depends on many factors. And the peculiarities of temperament can contribute or counteract the appearance of certain qualities of character.

Well, you all probably know what temperament is. This is the natural condition of man to a certain style of behavior, that is, in other words, a combination of individual mental and physiological features of each individual.

From a physiological point of view, temperament is determined by the type of higher nervous activity of a person, which influences the way of his interaction with the outside world or, simply put, it is a series of psychological properties, behavioral characteristics of the person, which he is endowed from birth. Temperament can not be influenced, unlike character, it is inherent qualities. Over time, people learn to control negative manifestations, for example, temperament, no one has yet succeeded. The nervous system affects the brain’s impulses and provokes human action.

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

Psychologists have identified four main types of temperament: phlegmatic, sanguinic, choleric and melancholy. However, each personality is unique in its own way and in nature does not exist complete, 100%, Sanguin or any other type. Very often man is endowed with mixed types where one prevails over the other. The dominant type determines the identity of the personality, and therefore its behavioral characteristics.

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| HIPPOCRATIC TEMPERAMENT |
| CHOLERIC | MOBILE, IMPETUOUS, AGILE,SHORT-TEMPERED, UNBRIDLED. |
| SANGUINE | ENERGETIC, CHEERFUL,EXCELLENT PERFORMANCE |
| PHLEGMATIC | CALM, SLOW, BALANCED |
| MELANCHOLIC | SHY, SENSITIVE, TOUCHY, ANXIOUS |
| MIXED TYPED  | THEY LAUGH:CHOLERIC + SANGWINIKSANGWINIK + PHLEGMATICPHLEGMATIC + MELANCHOLICCHOLERIC + SANGUINE + PHLEGMATIC |

And let’s start by looking at how temperament differs from character, and the two things are often connected.

So, what is the temperament? It is a type of nervous system that characterizes the innate properties and features of human psychic activity. In the structure of temperament it is possible to distinguish three main components – general activity of the person, his motor manifestations and emotionality.

And what is the character? Character is the individual warehouse of a person’s psychic life, the form of his behavior, which manifests itself in manners, habits, emotional sphere. Character is formed in conditions of a specific social environment, conditions of education.

The personality of man includes both temperament and character, as well as the intellect of man, socially significant traits, characterizing the individual as a member of society. Personality unites different psychic processes and is created, as in principle and nature, under the influence of the social environment.

Now let’s look at the temperament types.

1. Phlegmatic. The main characteristics of it: exposure, consistency, fidelity to principles. They tend to be lazy and not to show interest in others – for them it is a normal condition. And with all this they can be in a great mood. To throw them off balance is a waste of time and effort.
2. Sanguinik. Lightness and ease in everything – the main qualities. Optimism – our everything. Начать что-то новое – да запросто. Таких людей часто характеризуют, как безответственных. However, the Sanguinist can be influenced, if the interest in the matter that he has given up, then he will see it through.
3. Cholerick. Well, just let it be trimmed... Explosive temperament, attacks of aggression. Passion and fervor interfere with making reasonable decisions. Very passionate, constructive dialogue and criticism – not their option. Too emotional, they try to attract attention to themselves in conversation. Very likely mood swings.
4. Melancholic. It is significantly different from choleric, let’s say, like heaven and earth. Such people often stand apart, they are non-communicable, avoid noisy companies. Analyze all their failures, self-esteem below the plinth. Anxiety is in their blood. Any trouble will knock them out for a long time.

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| Temperament according to Hippocrates | Brief description | Properties of the nervous system by Pavlov |
| Phlegmatic  | Work experienceLittle EmotionalSerjezenNadezhenCalm down | BalancedStrongSedentary |
| Choleric | TestyEmotionallyEnergeticSensitivePushy | StrongUnstableMobile |
| Sangwinik | EnergeticActiveJovialFlippantMindless | StrongBalancedMobile |
| Melancholic | RanimRestrainedWithdrawnThoughtfullySad | WeakUnstableRestrained |

Well, why is our favorite temperament?

1. Age factor. Over time, the human reaction slows down. Even the bright temperament of choleric and that is able to darken. Do not be sad, nature has everything envisaged. In our youth we all have to do a lot, so we are so active. And when the time comes, we’ll stop rushing, start thinking more, and finally just start living.
2. And another role plays the climate and of course the territorial location. For example, Italians. We all know that, for the most part, they have a passionate temperament combined with an explosive nature, while the Nordic people are more calm, level-headed.

Human abilities and how to develop them.

Our abilities and what they eat with, as they say. Abilities are the individual-psychological characteristics of a person, determining his predisposition to master a particular type of activity. Another language of ability is psychological features that distinguish one person from another. Abilities – alas, not our skills or those developed during our lifetime, they are something else. It means that only we can take any action. Not without reason they say that the abilities of all are different. Some people love one thing, some people love another.