

## What Makes “U” So Unique?

Basic Principles Regarding Four Basic Personality Types

Lesson 1

### You Are Strangely Unique!

- What makes us “strange” to others is our God-given **UNIQUE SHAPE**.

Every Believer Has a God-given Unique S.H.A.P.E.

**S** = **SPIRITUAL** Gifts

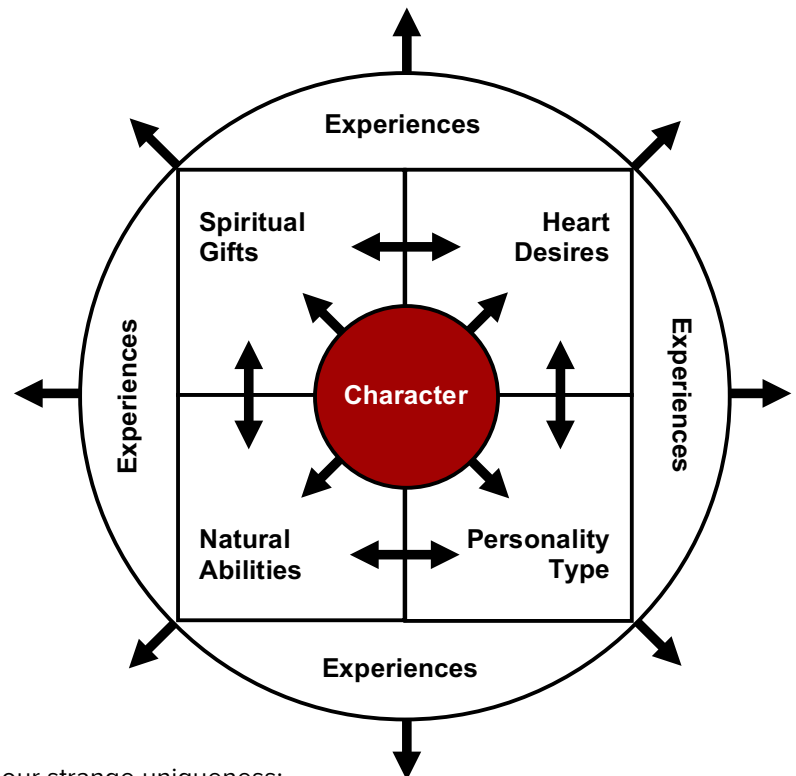
**H** = **HEART** Desires

**A** = **ABILITIES**/Natural Talents

**P** = **PERSONALITY** Type

**E** = **EXPERIENCES** in Life

*Relational, educational, vocational, spiritual, and painful!*



- Simple truths for accepting ourselves and others in our strange uniqueness:

#1 God **MADE** each of us strangely unique in His image.

#2 Christ **DIED** to redeem our strange uniqueness in His image for His kingdom purposes.

#3 Christ **MEETS** each of us in our strange uniqueness to conform us to His holy image.

#4 Christ **USES** our Christlike, unique shape to showcase the diversity of His grace in using all of us for His glory.

### What Makes You So Strangely Unique?

#### 1. Defining Key Words

- Temperament: The **NATURAL BENT** of an individual toward life.

- Personality: The **OUTWARD EXPRESSION** of these inborn traits viewed as a whole.

- Character: The "**REAL YOU**": *The command center of the heart that determines the direction of your life.*

## 2. Describing Four Basic Personality Types

➤ Why is this important?

1) It will help you understand **why** you **REACT** the way you do.

- To specific people
- To certain situations
- To your own self

2) It will enable you to better **RELATE** to those around you.

- Those you **love** especially in marriage!
- Those you **raise** as parents!
- Those you **serve** with in ministry!
- Those you **follow** in ministry or on the job!
- Those you **lead** in ministry or on the job!
- Those you **win & build** for the risen Lord and His coming Kingdom!

3) It will **REQUIRE** that you...

- Develop an **AWARENESS** of different personality types.
- Develop an **ACCEPTANCE** of different personality types.
- Develop an **APPRECIATION** of different personality types.
- Develop an **APPROACH** for influencing, relating to, and working with different personality types.

➤ What are the four basic personality types?

*The **POWERFUL** Choleric, The **PERFECT** Melancholy, The **POPULAR** Sanguine, The **PEACEFUL** Phlegmatic*

# The POWERFUL Choleric

Strengths	Weaknesses
<ul style="list-style-type: none"> <li>• Fearless activist</li> <li>• Fixes problems</li> <li>• Decisive</li> <li>• Loves a challenge</li> <li>• Born leader</li> <li>• Organizes quickly</li> <li>• Production oriented</li> <li>• Excels in crisis</li> <li>• Exudes confidence</li> <li>• Usually right</li> </ul>	<ul style="list-style-type: none"> <li>• Little need for friends</li> <li>• Opinionated</li> <li>• Overconfident</li> <li>• Can't relax</li> <li>• Workaholic tendency</li> <li>• Expects complete devotion</li> <li>• Nervy</li> <li>• Usurps authority</li> <li>• Unemotional</li> <li>• Arrogant</li> <li>• Manipulate others</li> <li>• Hard time saying: "I'm sorry."</li> <li>• Fears losing control</li> </ul>

**Their Motivation** Am I in **CHARGE** yet? *Let's do it **MY** way!*

**Their Motto** **DO IT MY WAY - NOW!**

- Their Weaknesses**
1. Are often **COMPULSIVE WORKERS**
    - Learn to relax.
    - Don't always drive others to do more.
    - Plan leisure activity.
  2. Love to be **IN CONTROL**
    - Respond to other leadership.
    - Take the pressure off of others.
    - Don't look down on those who "don't get it" like you do!
    - Stop manipulating.
  3. Frequently don't know how to **HANDLE PEOPLE**
    - Practice patience.
    - Tone down your approach.
    - Keep advice until asked.
    - Stop arguing and causing trouble.
  4. Usually **RIGHT** but **UNPOPULAR**
    - Let someone else be right.
    - Admit you have some faults.
    - Learn to ask for forgiveness.

**Their Heart Cry** **APPRECIATE** me and my **ACHIEVEMENTS!**

1. Recognize they are born leaders
2. Insist on two-way communication: *Not just telling "how it is" but listening to you.*
3. Realize their intention is not to be hurtful.
4. Try to divide areas of responsibility: *Learn to delegate!*
5. Realize they are not always compassionate: *Not an excuse for sin but way to understand.*
6. Understand they are often right.
7. Don't push your luck.

# The PERFECT Melancholy

Strengths	Weaknesses
<ul style="list-style-type: none"><li>• Works well alone</li><li>• Planner</li><li>• Good with numbers</li><li>• Likes charts and graphs</li><li>• Organized</li><li>• Appreciates quiet</li><li>• Accurate</li><li>• Analytical</li><li>• Fair</li><li>• Loves beauty</li></ul>	<ul style="list-style-type: none"><li>• Easily depressed</li><li>• Lacks spontaneity</li><li>• Naively idealistic</li><li>• Thrifty to extremes</li><li>• Doesn't do well under pressure</li><li>• Excessively perfectionist</li><li>• Needs plenty of time</li><li>• Hard to please</li></ul>

**Their Motivation** Are things **PERFECT** yet? *Let's do it the **RIGHT** way!*

**Their Motto** **IF IT IS WORTH DOING, IT'S WORTH DOING RIGHT!**

- Their Weaknesses**
1. Are often **EASILY DEPRESSED**
    - Realize no one likes a gloomy person.
    - Don't look for trouble.
    - Don't get hurt so easily.
    - Look for the positives.
  2. Commonly struggle with **LOW SELF-IMAGES**.
    - Search out the source of insecurities.
    - Listen for evidences of "false humility".
  3. Often **PROCRASTINATE**.
    - Get the "right things" before starting.
    - Don't spend so much time planning.
  4. Frequently put **UNREALISTIC DEMANDS** on themselves and others.
    - Relax your standards.
    - Be grateful you understand yourself.

**Their Heart Cry** **UNDERSTAND** me and my **SENSITIVITY!**

1. Know they are sensitive and get hurt easily.
2. Realize they are programmed with a pessimistic attitude.
3. Learn to help them with depression and dark moods.
4. Compliment them sincerely and lovingly.
5. Accept that they like it quiet sometimes.
6. Let them know *where* things are going, *when*, and *why*.
7. Realize that neatness is a necessity.

# The POPULAR Sanguine

Strengths	Weaknesses
<ul style="list-style-type: none"> <li>• Loves people</li> <li>• Makes friends quickly</li> <li>• Exciting</li> <li>• Finds jobs easily</li> <li>• Good sense of humor</li> <li>• Charms others to work</li> <li>• Creative and colorful</li> <li>• Thrives on activity</li> <li>• Natural sales ability</li> <li>• Engaging storyteller</li> </ul>	<ul style="list-style-type: none"> <li>• Motivated by emotions</li> <li>• Dislikes schedules</li> <li>• Can't say, "No"</li> <li>• Makes excuses</li> <li>• Gets bored easily</li> <li>• Loses track of time</li> <li>• Takes on too much</li> <li>• Easily distracted</li> <li>• Lacks focus</li> <li>• Talks too much</li> </ul>

**Their Motivation** Are we having FUN yet? *Let's do it the FUN way!*

**Their Motto** LOOK AT ME!

- Their Weaknesses**
1. Often talk TOO MUCH.
    - Talk half as much as before.
    - Condense your comments.
    - Watch for signs of boredom.
    - Stop exaggerating.
  2. Frequently are SELF-CENTERED.
    - Be sensitive to other people's interests.
    - Learn to listen.
  3. May have UNCULTIVATED MEMORIES.
    - Pay attention to names.
    - Write things down.
  4. Are often FICKLE and FORGETFUL friends.
    - Put others needs first.
    - Develop deeper relationships.
  5. May INTERRUPT and ANSWER for others.
    - Don't think you must fill all the gaps.
    - Give others time to express themselves.
  6. Are often DISORGANIZED and IMMATURE.
    - Pull your life together.
    - Grow up.

**Their Heart Cry** LOOK at me and PRAISE me!

1. Recognize their difficulty in accomplishing tasks.
2. Realize they talk without thinking first.
3. Realize they like variety and flexibility.
4. Help them from accepting more than they can do.
5. Don't expect them to remember appointments or be on time.
6. Praise them for everything they accomplish.
7. Remember they are emotional and circumstantial people.
8. Bring them presents - they like "new toys".
9. Accept that they make fun out of what would be embarrassing to others.
10. Remember that they mean well.

# The PEACEFUL Phlegmatic

Strengths	Weaknesses
<ul style="list-style-type: none"> <li>• Calm</li> <li>• Adds balance</li> <li>• Witty</li> <li>• Low-key</li> <li>• Considerate</li> <li>• Reliable</li> <li>• Makes peace</li> <li>• Delegates well</li> <li>• Steady</li> <li>• Good listener</li> <li>• Effective motivator</li> <li>• Kind</li> <li>• Consistent</li> <li>• Has few enemies</li> <li>• Good administrator</li> <li>• Likeable</li> </ul>	<ul style="list-style-type: none"> <li>• Stubborn</li> <li>• Uninvolved</li> <li>• Procrastinates</li> <li>• Unenthusiastic</li> <li>• Hard to get moving</li> <li>• Too peaceful</li> <li>• Careless</li> <li>• Lacks follow-through</li> <li>• Dislikes change</li> <li>• Hates conflict</li> <li>• Sarcastic observer</li> </ul>

**Their Motivation** Are we **RELAXED** yet? *Let's do it the **EASY** way!*

**Their Motto** **100 YEARS FROM NOW IT WON'T MATTER!**

- Their Weaknesses**
1. Frequently are not **ENTHUSIASTIC**.
    - Try to get enthused.
    - Express more of your feelings.
  2. May **RESIST CHANGE**.
    - Try something new.
    - Be teachable.
  3. Often **SEEM LAZY**.
    - Learn to accept responsibility for your life.
    - Motivate yourself.
    - Don't put off till tomorrow what can be done today.
  4. Have a **QUIET** will of **IRON**.
    - Learn to communicate what you are really thinking and feeling.
  5. May appear **WISHY-WASHY**.
    - Practice making decisions.
    - Learn to say yes or no.

**Their Need** **RESPECT** me and **VALUE** me!

1. Realize they need direct motivation.
2. Help them set goals and make rewards.
3. Don't expect a lot of enthusiasm.
4. Realize that putting things off is their form of quiet control.
5. Force them to make decisions.
6. Don't heap all the blame on them.
7. Encourage them to accept responsibilities.

## Take the Personality Profile, Then...

- PRAISE** God for how He uniquely *made* you in His image and is uniquely *recreating* your image in Christ.
- PRAY** for the risen Lord to *meet* you in your uniqueness in order to *transform* you into greater holiness.