

TEMPERAMENTS

CATEGORY	SANGUINOUS	BILIOUS	PHLEGMATIC	MELANCHOLIC
FRAME	Large frame, More muscle <input type="checkbox"/>	Medium frame, Lean <input type="checkbox"/>	Large frame, More fat <input type="checkbox"/>	Thin / bony frame (short/tall) <input type="checkbox"/>
SKIN TEXTURE	Moderate in softness and dryness. Warm to the touch <input type="checkbox"/>	Warm, dry <input type="checkbox"/>	Cool, moist, soft <input type="checkbox"/>	Dry, rough, cold <input type="checkbox"/>
COMPLEXION COLOUR	Reddish, glowing <input type="checkbox"/>	Yellowish <input type="checkbox"/>	Pale/white <input type="checkbox"/>	Greyish <input type="checkbox"/>
HAIR	Thick, oily, wavy/straight <input type="checkbox"/>	Moderate in thickness and softness Straight, long <input type="checkbox"/>	Thin, oily, straight <input type="checkbox"/>	Dry, tends to curl <input type="checkbox"/>
EYES	Moderate to large in size Bright, reddish with prominent capillaries <input type="checkbox"/>	Small to moderate in size Sharp, penetrating with yellowish tint <input type="checkbox"/>	Moderate to large in size Watery, dreamy, attractive with bluish tint <input type="checkbox"/>	Small in size active/darting dry, sunken with greyish tint <input type="checkbox"/>
PERSONALITY TRAITS	Persuasive, sociable, outgoing, talkative <input type="checkbox"/>	Resourceful, outspoken, dominant, may be short-tempered <input type="checkbox"/>	Calm, accommodating, patient, good listeners <input type="checkbox"/>	Thoughtful, logical, analytical, tend to be perfectionist <input type="checkbox"/>
EMOTIONAL TRAITS	Worry, cheerful, excited, boldness <input type="checkbox"/>	Aggressive, anger, irritable, impatient <input type="checkbox"/>	Fear, shyness self-content <input type="checkbox"/>	Fearful, insecure suspicious, anxious <input type="checkbox"/>
MEMORY	Good but selective <input type="checkbox"/>	Sharp, never forgets <input type="checkbox"/>	Slow but prolonged <input type="checkbox"/>	Recent memory good distant memory bad <input type="checkbox"/>
FOOD & DRINK	Healthy appetite with a moderate to excessive thirst <input type="checkbox"/>	Good appetite, excessive thirst, cannot delay meals becomes irritable <input type="checkbox"/>	Slow, steady appetite low thirst, can skip meals <input type="checkbox"/>	Irrgular and variable appetite and thirst <input type="checkbox"/>
PHYSICAL ACTIVITY	Moderate to active Good stamina and physical endurance <input type="checkbox"/>	Very active, enthusiastic, precise, orderly <input type="checkbox"/>	Lethargic, slow, poor stamina <input type="checkbox"/>	Active, disorganized, erratic <input type="checkbox"/>
MENTAL ACTIVITY	Moderate to active intelligence <input type="checkbox"/>	Aggressive, intelligent, sharp minded <input type="checkbox"/>	Calm, slow, receptive, cool minded <input type="checkbox"/>	Restless, enquiring, philosophical, imaginative <input type="checkbox"/>
CLIMATIC PREFERENCE	Intolerance to hot & humid conditions, summer and rainy weather <input type="checkbox"/>	Intolerance to & dry conditions, summer and spring <input type="checkbox"/>	Intolerance to cold and moist conditions, Winter and rainy weather <input type="checkbox"/>	Intolerance to cold and dry conditions, late Winter & Autumn <input type="checkbox"/>
ELIMINATION	Regular, soft stool Golden yellow urine, with occasional burning, tends to perspire easily <input type="checkbox"/>	Soft, loose stool, occasional dysentery, tends to pass dark yellow urine - low in quantity with occasional burning, tends to perspire easily <input type="checkbox"/>	Thick, sticky, uncomfortable stool Occasional diarrhea Tends to pass excessive transparent, light-yellow urine Low perspiration <input type="checkbox"/>	Hard, dark stool towards constipation tends to pass moderate to excessive urine low perspiration <input type="checkbox"/>
MENSTRUATION	Tendency towards painful menstruation <input type="checkbox"/>	Tendency towards excessive menstruation <input type="checkbox"/>	Tendency towards low/lack of menstruation <input type="checkbox"/>	Tendency towards low menstruation with clots <input type="checkbox"/>
SLEEP PATTERN	Moderate to deep 6-8 hours adequate <input type="checkbox"/>	Low but sound 5-6 hours adequate Tendency to insomnia <input type="checkbox"/>	Heavy, prolonged, excessive 8 hours plus Tendency to oversleep <input type="checkbox"/>	Interrupted, irregular Tendency towards insomnia <input type="checkbox"/>
SPEECH	Clear, moderate to loud <input type="checkbox"/>	Sharp, talkative, loud <input type="checkbox"/>	Slow, soft <input type="checkbox"/>	Fast, less vocal Soft <input type="checkbox"/>

Total ticks:.....

Now that you have chosen your dominant and subdominant temperament, examine the qualities associated with your unique self.