

## THE FOUR TEMPERAMENTS

There are four types of normal human beings. Each type, or temperament, I believe is designed to attend to at least one of four critical areas of need in a functioning human society.

The tasks that each temperament is designed to attend to are so disparate that significant differences in perceptions, priorities, values and meanings are required to attend to them. These automatically triggered differences are present at birth, identifiable at an early age, and do not change much across time. For instance, a naturally literal parent will not be able to get a natural possibilities oriented child to become more literal any more than a naturally feel response oriented parent will be able to get a natural thinking response oriented child to experience emotions more like a feeling oriented individual does.

The temperament that each child is born with may be the same as, or different from;

1. One or both, parents.
2. One or more siblings.
3. One or more extended family members.
4. A teacher, coach, employer, friend or therapist.

The nature of temperament driven differences is such that four individuals with different temperaments can perceive, process, prioritize and respond to the same reality in significantly different ways. Current models for making sense out of these differences treat them as matters of choice rather than of nature. Consequently, when these differences lead to a disagreement over who is right and who is not, each assumes that the other is choosing to differ when they are not. Never ending relationship threatening debates can ensue driven by natural differences that neither is aware exist.

### How to Identify Your Own Core Temperament

Within your four-letter personality type code is a two-letter code that identifies your temperament-driven nature. The first letter of your

temperament code is found on the Sensing-iNtuition dichotomy. That is the second column from the left on the questionnaire.

- If the first letter of your profile is S for Sensing, the second letter is found on the Judging-Perceiving dichotomy (the last, or fourth, column on the right). If your letter code on the Judging-Perceiving dichotomy is J for Judging, your temperament is SJ (Sensing-Judging). If your letter code is P for Perceiving, your temperament is SP (Sensing-Perceiving).
- If the first letter of your two letters temperament code is N for iNtuition, the second letter is found on the Thinking-Feeling dichotomy (third column from left). If your letter code is T for Thinking, your temperament is NT (iNtuitive-Thinking). If your letter is F for Feeling, your temperament is NF (iNtuitive-Feeling). \*

If you have a 4-3 score on one or more of the dichotomies that determine core temperaments you may find that you have a temperament mix responding with one temperament driven set of priorities in one situation and from another temperament driven set of priorities in another. This is quite normal for individuals that have a temperament mix in their natural response orientation. \*\*

## The Four Temperaments

### 1. Sensing–Judging (SJ) – Approximately 45% of the population

SJs provide structure for human societies. From an early age they want to know what the rules are - the societal norms for acceptable behavior. They will then live their life according to those rules and expect others to do the same.

With regards to typological wiring, choice is not an option. A SJs sense of self is connected to following the rules and honoring the traditions of their society and they will automatically be bothered when others do not. Without SJs human beings would not have a functioning foundation, a social order.

- Extraverted SJs are wired to express disapproval immediately

when someone is breaking a rule. That unacceptable behavior might be cutting in line, arriving late for a meeting or making too much noise in a library.

- Introverted SJs are also automatically bothered by such behaviors but may not be as direct in expressing their disapproval.

The four SJ driven personality types are ESTJ, ESFJ, and ISTJ. SJs of note include George Washington, Mother Teresa, Andy Rooney, Desmond Tutu, and Barbara Walters

## 2. Sensing-Perceiving (SP) – Approximately 23% of population

SPs are designed to address the needs of immediate sensory experience. The common denominator for SPs that distinguishes them from the other three temperaments is their need for freedom to respond, or create, in the moment, as the moment dictates, without reference to others. This independence of mind is innate, a derivative of nature's design and an essential requirement for the purpose and function they are designed to attend to. While SJs are taking care of the structural needs of human societies, that which can be predicted and planned out, SPs are attending to the needs of the moment, those aspects of human experience that are best served by in the moment innovation and ingenuity. SPs adaptations to the constantly changing variables of immediate sensory experience can be quite extraordinary and are found among the most gifted practitioners of both the fine as well as the martial arts.

The four SP-driven personality types are ESFP, ESTP, ISTP and ISFP. SPs of note include Barbra Streisand, Erwin "Magic" Johnson, and George C. Patton and Meryl Streep (My guess here) and Michael J. Fox.

## 3. iNtuitive –Thinking (NT) - Approximately 14% of population.

NTs are designed to process information from a logical frame of reference. Their primary function is to make sure that what is said or done makes logical sense. NTs are often be found in leadership roles in science, business, government, sports and the military making sure

that logic rules the decision making process.

In order to attend to their role responsibilities in a functioning human society NTs are designed to experience emotions within objective parameters of cause and effect. As with the other three temperaments, choice is not an option. If something said or done does not make logical sense it is automatically rejected as invalid.

The four NT driven personality types are ENTJ, ENTP, INTJ and INTP. Well known NTs include Hilary Clinton, Steve Jobs, Albert Einstein, General Colin Powell and Angela Lansbury.

#### 4. iNtuitive-Feeling (NF) Approximately 18% of population

NFs are designed to facilitate harmony in the lives of other human beings. Nature assures that NFs attend to their role responsibility by triggering feelings of guilt and blame disproportionate to objective reality when they upset or disappoint someone or do not help others when they know they can help but may not want to. A rule of thumb for NFs is, 'If is not said nicely, it is not nice.' No other temperament is designed with this degree of guilt/blame sensitivity in their wiring. Given this innate set of priorities for experiencing a sense of meaning and purpose in life it is not surprising that as many as 75% of MFTs in private practice are NFs.

The four NF-driven personality types are ENFJ, ENFP, INFJ and INFP. Well-known individuals with the NF wiring include Oprah Winfrey, Abraham Maslow, Nelson Mandela, Mahatma Gandhi and Isabel Briggs-Myers.

\*\* The information provided on temperaments is only as accurate as an individual's self-perceptions when filling in the Natural Personality Questionnaire. Errors in scoring choices usually come from;

- Associating a meaning to the terms used that differs from that which the test designer intended
- Lacking a context for determining which of the options to choose
- Individuals that assess the choice options so comprehensively that they may not be able to choose one or the other.
- A language barrier

Consequently, no guarantee can be made on the accuracy of an individual's temperament scoring code profile.