



Introduction

For years people have tried to predict or understand behavior in an attempt to strengthen communication. One of the best keys to better communication is to understand the four temperaments. In this message, Clay Scroggins and Kathleen Edelman walk through four temperaments and show how understanding them will lead you to better communication.

Discussion Questions

1. Do you have a humorous example of how “You said this...” but someone else “...heard that”?
2. Of the four temperaments (Red Choleric, Blue Melancholic, Green Phlegmatic, Yellow Sanguine), which do you resonate with the most?
 - What words do you need to hear?
 - What words are difficult for you to say?
3. If you were to identify the temperament of the person or people closest to you, how could you meet their unique needs with words?
4. What are some practical ways we can use the four temperaments to improve our relationships? (i.e., work, children, spouse, significant other)?
5. **Read Ephesians 4:29.**
 - What does it look like to “build someone up”?
 - Does someone come to mind that you could build up with the power of words?
 - How can you use words to meet the needs of the people around you?