

## How your personality influences your ministry choices

Since Hippocrates on up through the last century, psychologist's, therapists, and diagnosticians such as Carl Jung, Isabel Myers, Myers-Briggs, DISC, David Keirse and Marilyn Bates, Dr. Gary Smalley and Dr. John Trent, to name just a few, have developed personality profiles that recognize four major temperaments and at least 16 types stemming from those temperaments. Each of those profiles seems to indicate particular personality traits originating from those different temperaments and types.

For our purposes here at FBC, let's take a simple view of those temperaments and their corresponding types. We think they reveal some interesting, yet consistent observations that can help us understand more how God has “. . . fearfully and wonderfully” (Ps.139:14) made us. For example, people seem to have primarily one of two strong focus attributes and one of two strong tendency attributes. Both of which seem to indicate a particular aspect of their temperament: i.e. focus + tendency reveals one's temperament.

Those primary attributes are seen as:

A person's primary focus is upon a “Task/Mission/Assignment” or a focus upon “People/Persons/Individuals”.

A person's primary tendency exhibits an “Active/Outgoing/Extroversive” nature or a “Passive/Restrained/Introversive” nature.

When a combination of those attributes is observed as did Hippocrates, some of the following descriptive terms have been developed that you may be familiar with:

**Choleric temperament:** is characterized via a “Task/Mission/Assignment” focus + “Active/Outgoing/Extroversive” nature. This temperament has been labeled as “Dominance” trait, a “**D**” in DISC, or “Lion” in Smalley & Trent profiles.

**Sanguine temperament:** is characterized via a “People/Persons/Individuals” focus + “Active/Outgoing/Extroversive” nature. This Temperament has been labeled as a “Influence” trait, an “**I**” in DISC, or “Otter” in Smalley & Trent profiles.

**Phlegmatic temperament:** is characterized via a “People/Persons/Individuals” focus + “Passive/Restrained/Introversive” nature. This temperament has been labeled as a “Steadiness” trait, an “**S**” in DISC, or “Golden Retriever” in Smalley & Trent profiles.

**Melancholy temperament:** is characterized via a “Task/Mission/Assignment” focus + “Passive/Restrained/Introversive” nature. This temperament has been labeled as a “Compliant” trait, a “**C**” in DISC, or “Beaver” in Smalley & Trent profiles.

If you have never taken such a personality profile survey or would like to again, the following is a free survey we found on the Internet. If you look at your highest 2 scores it should give you a strong indication of your primary focus and tendencies. This should help you select ministries in which to serve that are a better fit for your personality.

<https://www.123test.com/disc-personality-test/>

For a more in depth look at DISC profiling, we have found this website to be good:

[https://www.discinsights.com/whatisdisc#.Vci85\\_1VhBc](https://www.discinsights.com/whatisdisc#.Vci85_1VhBc)

If we can help further, please call the church office at (540) 662-7743 or email [fbccare@fbvva.org](mailto:fbccare@fbvva.org)