

The Four Temperaments www.openwaldorf.com

The Four Temperaments According to Rudolf Steiner			
Melancholic	Phlegmatic	Sanguine	Choleric
Physical	Etheric	Astral	Ego
Earth	Water	Air	Fire
			
Build: tall and slender, bowed-head, bony	Build: big, fleshy, rotund, more protruding shoulders	Build: slender, elegant, well-balanced	Build: bull-necked, upright, short legs, stout, husky
"The physical body as such expresses itself only in itself"	"The etheric body expresses itself in the glandular system"	"The astral body expresses itself physically in the nervous system"	"The ego expresses itself in the circulation of the blood"
Walk: slow with a drooping, sliding gait Eyes: tragic, mournful Relationships: poor, has sympathy only with fellow melancholics Food: finicky, especially likes sweets Memory: good concerning self Interest: self and the past Clothing: dark, drab, solid colors" is difficult to please To stimulate: explain how others will suffer if he/she is not compliant Parent and teacher attitude: show sympathy and empathize with suffering	Walk: plodding, ambling (has a steamroller-like quality) Eyes: sleepy, often half-closed Relationships: friendly, impassive, reserved Food: eats most everything and is always interested in food Memory: good concerning the world Interest: the present, without getting involved Clothing: conservative To stimulate: speak directly to the point, use shock tactics Parent and teacher attitude: show calm strength	Walk: on toes (dances like a butterfly) Eyes: lively, dancing Relationships: fickle Food: nibbles Memory: like a sieve Interest: the present, here and now Clothing: new and colorful To stimulate: ask a personal favor Parent and teacher attitude: show friendly interest, but be firm	Walk: firm, heels dig into the ground with each step Eyes: energetic, active Relationships: friendly as long as he/she is in command Food: spicy Memory: poor Interest: the world, self, and future Clothing: individual and outstanding To stimulate: issue a challenge Parent and teacher attitude: recall events and deeds (the next day), be firm, strong, and to the point
"In the melancholic we have seen that the physical body... becomes master over the others. As a result, the melancholic feels he is not master over his body, that he cannot bend it to his will."	"The phlegmatic develops when the etheric or life-body, as we call it, which regulates growth and metabolism, is predominant. The result is a sense of inner well-being."	"Sanguines surrender themselves in a certain sense to the constant and varied flow of images, sensations, and ideas since in them the astral body and nervous system predominate."	"The choleric thus comes across as someone who must always have his way. His aggressiveness, everything connected with his forcefulness of will, derives from his blood circulation."

Quotes by Rudolf Steiner. Excerpts from and [Waldorf Library AWSNA](http://www.waldorflibraryawsna.com).