

What does the temperamental man mean?

Pogramming assignment

For a long time, in everyday life of our speech, there is a concept as a temperamental personality, and it concerns both women and men equally. Many use this phrase as if intuitive, not realizing what caused the manifestation of the nature of the personality. In this article we want to understand this issue from a scientific point of view.

Manifestations of temperament

Human temperament is estimated in its interaction with society. It implies that the combination of internal qualities, which manifest themselves in communication and interaction with the environment.

The person prone to introversion and mainly interacting with emotions within itself is unlikely to be assessed as temperamental. In connection with this temperamental, those people who have sufficiently high self-esteem are socially active and in most cases the rapid reactions to events, determination, sometimes even amazement and impulsiveness are distinguished. Temperamentals are eager for passions. These qualities are most brightly visible in love relationships.

These features are determined not sexual, but ethnicity, in which the main components are the genetic features and traditions of education, as well as personal emotional qualities of a particular person. The extrovert direction of the personality is presumably most predisposed to temperament, according to a number of tests and scientific observations. The advantages and disadvantages of personality temperament

Temperament has both pros and cons. Despite self-sufficiency of persons with pronounced emotional activity, they often suffer from certain manifestations of their own nature.

In the most harmonious development, a girl with pronounced temperament can be prone to the expressiveness of behavior, while having thrown his feelings, to remain causing in relations with loved ones and children. A man with audacity and excitement, in an ideal position is ready to lose the same dispute to him without prejudice to himself and others.

Benefits include: an active social position; readiness to defend their own views and rights; argument of position; striving for the protection of loved ones; readiness to help; high performance and pace of activity; generation of ideas and the desire for their implementation; Creativity in solving problems; leadership and organizational abilities; ensuring the feeling of comfort in communicating for yourself and others; Life position predisposing to bright emotions and events.

Negative features include: excessive impulsivity; incontinence in the manifestations of emotionality and the absence of self-control; conflict and failure, reasonable categoricalness and principle; The

lack of patience in the strategy to achieve goals. Recommendations for people with bright temperamental manifestations

The main recommendation for people prone to emotional bursts will be the development of self-control skills. It is very important to learn how to pass a pause, during which you can remove the question from all sides, to critically evaluate it and prevent a conflict situation.

Improving communicative skills in which the identity can afford to be not only a speaker, but also attentive listener, without challenging someone else's opinion, but expressing interest, showing it with silent faith, has a companion to himself.

Expansion of the horizons and the desire for new cognition will also be positively influenced by the harmony of human development. Bright ambitious people are inclined to conquer the vertices, therefore, especially important for them is the realization of their internal resources and the direction of energy into the positive channel of self-development. Recognition of temperamental personality

Bright in human emotions is easy to recognize when observing its behavior. A feature in manifestations and manifestations, reaction in situations, gives its temperament to others.

Often in large companies, these personalities that feel like fish in the water are most brightly manifested. Their communications manner is distinguished by ease, it is not characterized by stiffness and pressure.

Temperamental individuals experience true pleasure in dating with new people. They are pleased to speak in public, give interviews and try to always be in the maximum focus of attention. Their speech is loud, fast and confident.

Characterized by these people a tendency to азарт, riskiness and impulsiveness. In the dispute, they are ready to defend their position, not by doubt.

Temperamental people should learn to control their emotions. Develop such a skill will help the Emotional Intelligence Vikuium rate.