

Choleric Helpful Ideas

from www.Pastoral-Counseling-Center.org

Special Things That Significant Others Can Do For The Choleric

- Do not force them to socialize.
- Do not interfere with their independence, try to control them, or tell them what to do.
- Recognize their need for accomplishments and give them opportunities to meet their need.
- Recognize their need to make decisions and take on responsibilities. Provide them the opportunity to do so. Others should not interfere with them when they are taking on tasks and responsibilities.
- Learn the art of negotiation to prevent being dominated by them.
- Provide them with love and affection according to their needs and desires.
- Work hard at showing them they are loved by doing "special things" for them.
- Render assistance when it is required.
- Keep emotional outburst to a minimum.

What The Choleric Can Do For Themselves

- Deal with their anger constructively.
- Find life situations where they can achieve things and receive recognition for the services they render.
- Find life situations where their need for accomplishments can be obtained.
- Recognize the rights and feelings of others.
- Submit to authority, especially which of the Lord, while maintaining control of their own personal lives.
- Recognize the needs of others while showing love and affection, which is, not just giving love as a means of manipulation.
- Trust others and accept them as they are.
- Delegate responsibility in order to lessen the possibility of burnout.
- Refrain from using love and affection to control others.
- Only control others by good behavior, such as love, compassion, and encouragement, instead of abusive behavior.
- Learn how to forgive so they can release pent-up anger and painful memories that can fuel their vengeance.
- Learn to use the high control God gave them to control themselves, not others.

Behavior Changes To Bring A Choleric Closer To God

- Forgive old painful memories and replace them with good, joyful ones. This will break the circle of anger and vengeance.
- Deal with anger constructively. Choleric will lash out at others with an angry, cruel temper. They must never allow themselves to hurt people physically or emotionally when angry.

- Submit to God. They will rebel against God when they believe He is taking too much control of their life. This only breeds misery. Submission unlocks the potential for achievement God has placed within them.
- Recognize the rights and feelings of others according to the ordinances of God. They will walk over the rights and feelings of others to gain profit and power.
- Make their behavior pleasing to God. They have a tendency to undertake poor or sinful behaviors to maintain control of other people.
- Pray for the Fruit of the Spirit – love, joy, peace, patience, goodness, faithfulness, kindness, gentleness, and self-control, so they can learn to understand and feel the emotions that are lacking in their temperament. They cannot understand or empathize with the deep, tender feelings of others.
- Dedicate all achievements to God and seek His recognition. This will lessen their dependence on man for recognition.
- Look at others with the “Eyes of Christ.” This will give them permission to be imperfect and lessen criticism.

Copyright 2009 By
Pastoral-Counseling-Center.org
941-756-2232