

Special Things That Significant Others Can Do for the Phlegmatic

- Do not force them to socialize. People drain their energy reserves.
- Share decisions and be willing to accept part of the responsibility for the consequences.
- Show them they are loved and appreciated by using only a moderate amount of physical attention and doing special things for them.
- Do not force Phlegmatics to take on full responsibility for someone else.
- Understand their limited energy reserves and do not push them beyond that level.
- Find special ways to keep them involved in deep personal relationships.
- Be the aggressor in deep relationships.
- Do not become angry and hostile because of their unwillingness to initiate affection.
- Recognize that their wry, cutting sense of humor is only a defense mechanism to protect themselves and their low energy levels.

An Excerpt from:

Creation Therapy

A Biblically Based Model for Christian Counseling

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