

SANGUINES BUILD-UP GUIDE



Build them up by...

- ▶ **Giving them your full attention:** *"In five minutes, when I'm finished with this task, I want to hear the whole story."*
- ▶ **Going along with their ideas:** *"Sure! That sounds fun!"*
- ▶ **Helping them connect with friends:** *"Do you want to give ___ a call?"*
- ▶ **Offering physical affection:** *"Want to sit together and watch a movie?"*
- ▶ **Promoting their creativity:** *"What should we do next? You pick."*

Caution! You may tear them down by...

- ▶ **Shaming them:** *"Calm down! Can't you just sit quietly?"*
- ▶ **Being overly negative:** *"Ugh, this is awful."*

For more tips like this, head to [iSaidYouHeard.study](https://www.isaidyouheard.com).

PHLEGMATICS BUILD-UP GUIDE



Build them up by...

- ▶ **Asking for their opinion:** *"What sounds good to you?"*
- ▶ **Letting them do things at their own pace:** *"Will you take the trash out, please? Anytime before dinner is fine."*
- ▶ **Encouraging their involvement:** *"We love having you on family walks. Want to come?"*
- ▶ **Protecting their free time:** *"The afternoon is all yours."*
- ▶ **Handling conflict calmly and quietly:** *"Let's sit down and talk about what went wrong."*

Caution! You may tear them down by...

- ▶ **Stressing them with expectations and orders:** *"This has to be done now; we can't keep wasting time."*
- ▶ **Shaming them:** *"Are you just going to lie on the couch all day?"*

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CHOLERIC BUILD-UP GUIDE



Build them up by...

- ▶ **Giving them something to be in control of:** *"Will you be in charge of ___ for the family?"*
- ▶ **Recognizing their work:** *"Look at all the school assignments you finished already! Wow!"*
- ▶ **Encouraging their independence:** *"Would you like to cook dinner one night this week?"*
- ▶ **Letting them vent:** *"You seem angry. Want to talk about it?"*
- ▶ **Having their back:** *"We'll do it your way. I know you've thought it through."*

Caution! You may tear them down by...

- ▶ **Making decisions for them:** *"Here's the plan for today."*
- ▶ **Arguing with or lecturing them:** *"What makes you think you can...?"*

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MELANCHOLICS BUILD-UP GUIDE



Build them up by...

- ▶ **Being sensitive to their emotions:** *"I can totally see why that made you sad."*
- ▶ **Encouraging their creativity:** *"Tell me about what you made. It's awesome!"*
- ▶ **Giving them space and silence:** *"If you want some alone time, I'll make sure no one bothers you."*
- ▶ **Helping them feel safe:** *"I'm always here for you."*
- ▶ **Noticing when they're overwhelmed:** *"Why don't we take a break? We can come back to this later."*

Caution! You may tear them down by...

- ▶ **Changing the routine—especially without notice:** *"We're going to switch things up today."*
- ▶ **Overstimulating them:** *"We have schoolwork to do, then lunch, then a walk. And tonight is family game night!"*

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