



## Week 1: “What Color Are You?”

“Sticks and stones may break my bones, but words can never hurt me.” Yeah, right! We know words matter—a lot. For centuries, people have tried to predict or understand behavior in an attempt to strengthen communication. One of the best keys to this is understanding the four temperaments. In this message, Adam and Kelly Johnson and Kathleen Edelman walk through the four temperaments and show how identifying them will help you have better conversations.

## Discussion Questions

1. Do you have a humorous example of how “You said this...” but someone “heard that”?
2. Of the four temperaments (Red—Choleric; Blue—Melancholic; Green—Phlegmatic; Yellow—Sanguine), which do you resonate with most? What words do you need to hear? What words are difficult for you to say?
3. If you could identify the temperament of the person or people closest to you, how could you use your words to meet their unique needs?
4. What are some practical ways you can use your knowledge of the four temperaments to improve your relationships (e.g., work, children, spouse, significant other)?
5. Finish this sentence based on what you’ve learned about your color temperament: “I have a tendency to \_\_\_\_\_, but I will choose to \_\_\_\_\_.”
6. **Read Ephesians 4:29.**
  - What does it look like to build someone up?
  - Does someone come to mind that you can encourage with your words?

## Moving Forward

If you or your group want to dive further into temperaments you can watch 6 more sessions of Kathleen teaching the temperament framework. You can find the free videos at [isaideyouheard.study](http://isaideyouheard.study) or on her app, available from the App Store or Google Play. There is also a workbook to go along with the videos that can be found on Amazon.