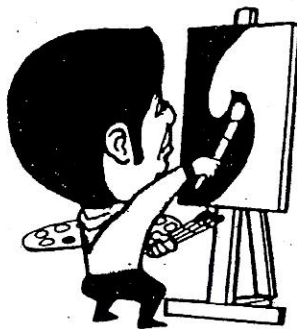


# MELANCHOLY

## Emotional Characteristics

Loves music and art  
 Rich, sensitive nature  
 Analytical ability  
 Emotionally responsive  
 Deep, reflective thinker  
 Great appreciation for  
 aesthetics  
 Empathy for others



Moody and gloomy  
 Pessimistic; frequently  
 looking on the negative  
 Likes to suffer; martyr  
 Hypochondriac  
 Introspective to the point  
 of being harmful  
 Depression  
 Proud

## Relationship to Others

Dependable friend  
 Self-sacrificing friend  
 Faithful and loyal friend  
 Makes friends cautiously  
 Deep feeling for friends  
 Keepers of memories  
 Builders of family  
 traditions  
 Responsive listener  
 Deeply stirred by others'  
 pain



Critical of other's  
 imperfections  
 Searches for perfection and  
 judges everything according  
 to own ideas  
 Fearful of what others  
 think  
 Suspicious of others  
 Can erupt into violent  
 anger after prolonged  
 animosity  
 Often deeply hurt by others  
 Will carry a grudge and be  
 revengeful  
 Dislikes those in  
 opposition



## Work and Other Activities

Strong perfectionist  
 tendencies  
 Likes detail work  
 Self-disciplined; finishes  
 what he/she undertakes  
 Fitted for creative,  
 intellectual work  
 Conscientious and thorough  
 Gifted; genius-prone  
 Knows own limitations



Indecisive  
 Theoretical and impractical  
 Tires easily  
 Hesitant to start a new  
 project  
 Too much analysis; leads to  
 discouragement  
 Gets moody over creations

## Greatest Needs

To overcome critical spirit  
 To be delivered from self-  
 absorption  
 To become occupied in  
 loving service for others  
 To develop a thanksgiving  
 spirit



To live a balanced life  
 that includes adequate  
 rest, exercise and a good  
 diet  
 To consistently spend time  
 in study, meditation and  
 prayer