

## Temperaments, Vices and Virtues

**Four Temperaments**—Choleric, Melancholic, Sanguine, Phlegmatic

**Seven Deadly Sins**—Pride, Anger, Gluttony, Greed, Lust, Envy, Sloth (PAGGLES)

**Virtues**—*Cardinal*—Prudence, Justice, Courage, Temperance

*Theological*—Faith, Hope, Charity

Temperaments	Predominant Vices	Virtues to Cultivate
<b>Choleric</b>	Pride Anger Stubbornness Unforgiving	Humility, Honesty Patience, Kindness Obedience, Docility Understanding, Compassion

Saint Example: St Paul

<b>Melancholic</b>	Judgmental Timidity Despair Sloth	Understanding, Charity Courage, Perseverance Hope, Magnanimity, Peace Diligence, Patience
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Saint Example: St Teresa Benedicta of the Cross (Edith Stein)

<b>Sanguine</b>	Envy Greed Gluttony Lust	Kindness, Joy Gratitude, Detachment Self-Control, Temperance Chastity, Modesty
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Saint Example: St Peter

<b>Phlegmatic</b>	Sloth Lust Gluttony	Diligence, Fortitude Chastity, Modesty Self-Control, Temperance
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Saint Example: St Thomas Aquinas

**The Three Stages of the Spiritual Journey towards Holiness (Union with God)**

**Purgative > Illuminative > Unitive**