

BUILD-UP GUIDE:

Words to Fill a Choleric's Needs

Choleric children are wired to need loyalty, a sense of control, credit for their work, and appreciation.

If you have a Choleric child in your family, in your classroom, or on your team, consider this your action cheat sheet—a list of things you can do to fill those needs and show them how much you value their innate wiring.

BUILD UP A CHOLERIC BY...

Giving them something to be in control of.

- › Toddler: “Do you want to play school? You can be the teacher.”
- › Tween: “How would you like to redecorate your bedroom?”
- › Teen: “You lead warm-ups at the beginning of practice.”

Recognizing their work.

- › Toddler: “I love your painting. Let’s hang it on the fridge.”
- › Tween: “I know how complicated the recipe was—the cookies you baked are delicious!”
- › Teen: “I can tell how much work you put into writing this paper. Great job!”

Encouraging their intellect.

- › Toddler: “Can you help me finish this puzzle?”
- › Tween: “For this project, you can choose your own topic—anything that interests you.”
- › Teen: “Where did you learn how to do that? Will you teach me?”

Having their back.

- › Toddler: “I told Dad what a big help you were today with your sister.”
- › Tween: “If you decide not to stay the whole time, I’ll be happy to pick you up early.”
- › Teen: “You have a lot going on today. I’ll take care of that for you.”

Letting them decide.

- › Toddler: “What do you want to wear today?” “What would you like in your lunch box?”
- › Tween: “What activities do you want to participate in this year?”
- › Teen: “We’ll support whatever choice you make about college. We believe in you.”

Keeping communication short and to the point.

- › Toddler: “It’s time to leave. Meet me at the door with your shoes on.”
- › Tween: “This is due on my desk by noon tomorrow.”
- › Teen: “Homework, laundry, dinner. Then we’re out the door by 7:00 for the game.”

Promoting their leadership.

- › Toddler: “Will you be the line leader this week?”
- › Tween: “What an original idea for a business! I know you can make it a success.”
- › Teen: “I think you’d make a great student council president. Have you considered running?”

Speaking logically and realistically.

- › Toddler: “If you touch that, you’ll burn your hand.”
- › Tween: “You’ll have an after-school obligation three days a week if you decide to sign up.”
- › Teen: “Yes, if you leave in the next 10 minutes, you’ll get there on time.”

Caution!

Choleric children are wired to need loyalty, a sense of control, credit for their work, and appreciation.

Saying or doing things that deprive a Choleric child of their needs—intentionally or accidentally—won't bring out their best. So, consider this your cheat sheet of words and actions to avoid if you have a Choleric child in your family, in your classroom, or on your team.

YOU MAY TEAR DOWN A CHOLERIC BY...

Making decisions for them.

- › Toddler: "This is the bedtime book I'm going to read you tonight."
- › Tween: "I told Sam's mom you could play after school."
- › Teen: "I signed you up for tutoring on Thursday afternoons."

Not doing what you say you'll do.

- › Toddler: "I know I said we could go to the playground, but I have one more errand to run first."
- › Tween: "Change of plans. Mrs. Thomas is going to bring you home from practice instead."
- › Teen: "Don't worry about turning in your paper. I decided not to count it for extra credit."

Embarrassing them in front of others.

- › Toddler: "Someone picked out their own outfit today. Can you tell?"
- › Tween: "Remember that time you..."
- › Teen: "Math has never been your best subject."

Not listening to their ideas or opinions.

- › Toddler: "That's not how this game is played."
- › Tween: "Let me show you the right way to do it."
- › Teen: "I said no. End of discussion."

Not recognizing their accomplishments.

- › Toddler: "You wrote three of the letters backwards."
- › Tween: "Here's what I think you should work on at practice this week."
- › Teen: "What are you going to do next? Don't slow down now!"

Not believing in their abilities.

- › Toddler: "Ask for my help next time."
- › Tween: "Maybe you should wait and audition next year."
- › Teen: "You can apply if you want to, but..."

Leaving them out of a decision.

- › Toddler: "Your brother wanted macaroni for lunch, so that's what I made."
- › Tween: "We decided you needed a break, so we didn't sign you up."
- › Teen: "I didn't ask because I didn't think you'd care."

Not standing up for them.

- › Toddler: "This is not worth getting upset over."
- › Tween: "I'm sure she didn't mean it that way."
- › Teen: "You got yourself into this mess. Figure it out."