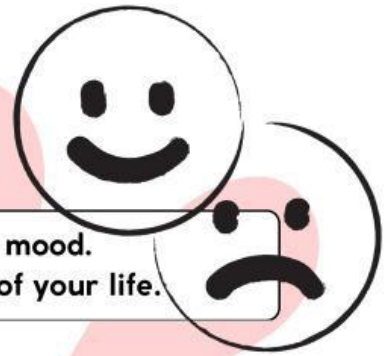


# What is your mood?

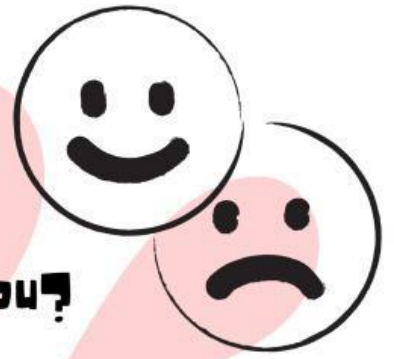


- Be yourself and answer honestly to find out your personal mood.
- Discover how your personal mood influences many areas of your life.

1. You often make new friends. **YES NO**
2. Complex ideas excite you more than simple ones. **YES NO**
3. The space where you live and work is tidy and clean. **YES NO**
4. You try to stay calm even under pressure. **YES NO**
5. You are afraid of meeting new people. **YES NO**
6. You plan your tasks effectively and usually finish them before the deadline. **YES NO**
7. You like to use organisational tools such as diaries and lists. **YES NO**
8. If you make a mistake once, you doubt your abilities. **YES NO**
9. You feel comfortable approaching someone you find interesting and starting a conversation. **YES NO**
10. You try to let the day go by without any kind of schedule. **YES NO**
11. You rarely worry about making a good impression on someone. **YES NO**
12. You enjoy participating in group activities. **YES NO**
13. You actively seek new experiences and areas of knowledge to explore. **YES NO**
14. You like solitary hobbies or activities more than group activities. **YES NO**
15. You can't imagine yourself writing fiction for a living. **YES NO**
16. You tend to wait for others to introduce themselves first at social gatherings. **YES NO**
17. Your mood can change very quickly. **YES NO**
18. You often end up doing things at the last minute. **YES NO**
19. You like to discuss about ethical topics. **YES NO**
20. You tend to follow your heart and not your reason. **YES NO**
21. You find it difficult to maintain a consistent work or study schedule. **YES NO**
22. Your friends would describe you as a cheerful and outgoing person. **YES NO**
23. Te gusta tener una lista de tareas para cada día. **YES NO**
24. You avoid making phone calls. **YES NO**
25. You like to explore new ideas and points of view. **YES NO**
26. You can easily connect with people you have just met. **YES NO**
27. You are still bothered by mistakes you made a long time ago. **YES NO**
28. You are not too interested in discussing the idea of what the world will be like in the future. **YES NO**
29. Your emotions control you more than you control them. **YES NO**
30. You would love a job where you had to work alone most of the time. **YES NO**
31. You like busy environments more than quiet ones. **YES NO**
32. You often feel overwhelmed. **YES NO**
33. You prefer creative tasks rather than mechanical ones. **YES NO**
34. You are confident that things will work out. **YES NO**



# What is your mood?



## The four basic moods. Which one are you?



**CHOLERIC** people consider themselves to be confident, competitive and ambitious. They are natural leaders and tend to act quickly when making decisions.

They are outgoing and motivated by a desire for control and power.

between  
0 - 2



**PHLEMATIC** people consider themselves to be calm, peaceful and content.

They are stable, patient and kind.

They prefer to avoid conflict and maintain a harmonious atmosphere.

between  
3 - 5



**MELANCHOLIC** people are introverted, reflective and analytical.

They are deep thinkers and compassionate people with a tendency to self-analysis.

They are very creative and artistic people.

between  
6 - 8



People with a **SANGUINE** mood are sociable and cheerful. They are considered extroverted, enjoy being with people and make friends quickly. They are optimistic and cheerful and live life with enthusiasm.

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### DISCUSSION

- Do you agree with the test?
- Why? Why not?
- Tell us about a situation to justify that you have a certain type of mood.

