

### Four Humors Chart

Using the images and materials provided for you on the "Introduction to the Four Humors" handout, complete the chart below.

Humors	Dispositions/ Temperaments	Elements	Seasons	Qualities	Characteristics
Blood	Sanguine		Spring		
Yellow Bile	Choleric			Hot and dry	
Phlegm	Phlegmatic	Water			
Black Bile	Melancholy				Solitary, sad, jealous, silent, contemplative, genius, introspective, perfectionist, irritable, "light-loathing"—prefers darkness