



NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ CLASS PERIOD: \_\_\_\_\_

### 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/<br>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 |