

ask an expert

Lifestyle coach Deborah Storer has a closer look at what the decor of four local homeowners says about their personalities.



1

Popular sanguine

This is a sanguine house for sure. It is bursting with vibrancy and screams fun and creativity through colour, art and lighting. However, I also see a touch of the perfect melancholy - everything is so neatly arranged and in order and balanced almost. But, overall this is a colourful, funky, groovy sanguine. This person has fun and playfulness in their life.



2

Peaceful phlegmatic

A phlegmatic for sure. Couches are chosen for comfort and while there is a basic colour scheme it doesn't seem to be the focus. The wires by the TV are visible, which means they don't care what other people think, and the TV guide is out in full view - both classic phlegmatic traits. The best place for this person is relaxing in front of the TV. In the kitchen, the fridge is covered in reminders and timetables, which are scattered all about with no particular order or structure - just wherever. This is a good example of a peaceful phlegmatic - they are easygoing and are probably a sought-after friend.



people places

THE WAY A HOUSE IS DECORATED CAN REVEAL THE TYPE OF PERSON WHO LIVES THERE, AS JOELEN BETTINI DISCOVERS.

Have you ever wondered how other people find the time and energy to keep their home in pristine condition - or why they even bother for that matter?

Then you're probably what some like to call a peaceful phlegmatic (or lazy-bones, according to most mothers). Or maybe you've visited a friend's house only to be left asking yourself what sort of person can live in a mess like that (mess translating to magazines haphazardly tossed on the coffee table and a painting hanging slightly off square).

If so, then there's no doubt you're a perfect melancholy (and maybe just a tad pedantic).

Intrigued yet? It gets better.

If you think your house couldn't possibly pass for a home without the addition of the latest gadgets and luxury items then you're what the experts would call a powerful choleric (and probably a bit of a get-your-feet-off-my-Italian-leather-couch sort of person).

And finally, if it's a pad visually exploding with bold colours and fun items you're known for, then it's quite likely you're a sassy party-lovin' popular sanguine.

So what does all this mean? Well, according to the experts who study personalities for a living, like Cairns-based life coach and motivational speaker

Deborah Storer, how we choose to decorate our home and the way we arrange household items says a whole lot about the sort of people we really are.

"Essentially, we are governed by our personalities, which is why our homes, one of the few areas we can really express our true selves, can so adequately reflect who we are," she said.

And, as Deborah explains, knowing a little bit about how we all tick as individuals can go a long way to avoiding common household arguments.

"When visiting or living with others, we should accept their personalities and not try to change them," she said.

Basically, what Deborah is suggesting is that you can't fit a square peg in a round hole - if you know your friend is a perfect melancholy who picks up every crumb and you're a laid back phlegmatic who can leave the dishes overnight, your paths are destined to clash when it comes to the home front.

So, to prevent a living situation that is less than desirable Deborah suggests two things.

First, do your research and opt for a flatmate who will gel with your own personality or, in the case of limited options, at least prepare yourself for what lies ahead because the chances of converting someone's true personality are fairly slim.

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4

### Perfect melancholy

This one looks to be a melancholy, besides the red colourful couch. The cushions on the couch are not just thrown on. They are placed and nearly every table and counter in the home is clutter free. The kitchen almost looks as though it never gets used. The pictures on the wall are symmetrical, there is an ornament either side of the TV and the louvres are all open at the same angle. This home is about balance. The lion in the tree is interesting - it's like a little sanguine wanting to come out and play "peek-a-boo". In the kitchen, three ducks are all facing the same way - I think the owners would be frustrated if their house was a mess - they spend a lot of time making things neat. They may even analyse something before they place a new object in the home. Everything is delicately placed to create symmetry, balance, order and perfection.

Understanding the four personality types can help alleviate tension in the home.

#### POPULAR SANGUINE

**Pros:** This personality loves a good party. They're colourful, creative and optimistic. Popular sanguines love people and love to play. They can be very talkative.

**Cons:** On the downside, they can sometimes talk too much and have a tendency to over exaggerate. A true sanguine's home is often in disarray and they can be highly disorganised.

**How to recognise:** You know when you're in a sanguine's home because it'll feel like it was made for fun. Couches will be comfy, colours uplifting and the overall feel will be friendly. Don't move in with a sanguine if you're a perfect melancholy - their vivacious personality will probably overwhelm you and seriously unbalance your need for calm in the home.

#### PERFECT MELANCHOLY

**Pros:** These deep and thoughtful types are often insanely organised, analytical and almost always talented.

**Cons:** They can become easily depressed and pessimistic and make unrealistic demands on others. In a home situation, this can translate into expecting the house to be in a constant state of perfect order - an unfair request for any other personality type.

**How to recognise:** They will have the sock draw arranged by colour and every container in the pantry clearly labelled. Definitely don't move in with a melancholy if you're a phlegmatic - it would be the equivalent to asking Mandy Moore to live with Pink or Mr Bean to bunk in with Tommy Lee.

#### POWERFUL CHOLERIC

**Pros:** These capable sorts are the leaders in our societies. They are goal oriented and love to take control.

**Cons:** They are great people to know but can tend to boss others around. They can also work too much and sometimes neglect the housework, causing disharmony in an otherwise organised home.

**How to recognise:** A choleric often exerts their need to be the best at everything by purchasing the biggest and the best of everything for their homes. Consider other housemate options if you're a happy-go-lucky sanguine or a perfect melancholy.

#### PEACEFUL PHLEGMATIC

**Pros:** Phlegmatics are generally easy going and rarely in a hurry. They are always witty and the sort of people most of us wish we could be. They are the peacekeepers in our world.

**Cons:** Unfortunately, these cool, calm and collected types can be misunderstood and taken for hard-to-motivate messy people, often by over zealous neat freaks.

**How to recognise:** They may love spending time in the home, usually on the couch watching TV. They aren't usually bothered whether or not the coasters are out or if the cushions match the mugs in the kitchen. Avoid the phlegmatic if you're a perfect melancholy. Full-blooded phlegmatics are better off living with other phlegmatics - it'll be a laid-back house conducive to taking it easy and there won't be any arguments over who left the crumbs on the counter or fingerprints on the new stainless fridge.

3

### Powerful choleric

This house is interesting as it displays a mix of personalities. I can see some popular sanguine in the use of red throughout and the focus on entertaining. Sanguines do love to party. However, I see mostly choleric. This house is made for looks. Matching, modern appliances and contemporary furnishings define the home - basically the best of everything. Elsewhere, the spa room suggests a choleric - the 'I deserve this' leader qualities are all present. Melancholy is also showing - an outdoor setting is neatly arranged, there is a cover over the barbecue, the hose is nicely arranged and the Buddha is in a perfectly chosen spot. So this one is a mix - mainly a choleric with a hint of both sanguine and melancholy.

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