



Chapter Two

Temperament & Pornography

Part Two

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Being Needy

It's important to recognize God created each of us to be needy. Most people don't like being considered 'needy' or being around 'needy' people. But the reality is, we are all needy.

God, in His omnipotence, created each of us and placed within each of us talents, capabilities, strengths, competencies, and skills. Then, to complete His 'very good' creation, He added a variety of needs.

Be thankful for the blessing of being needy. Without needs, we would become self-sufficient in our mind. Without needs, we would not need help from anybody, including God. At least, that would be the way we would operate. In reality, many behave that way today, and the result is disastrous.

God, in His omniscience, created us to be needy. He desires us to recognize the fact we have needs. Rather than hide them, ignore them, or try to meet them ourselves, He wants us to turn to Him to meet our needs.

God is a gentleman. He will not force us to allow Him to meet our needs. It is always a choice. Some of our needs may go unmet, or get met but not in a pleasing way to God.

When it comes to meeting our needs, there are only two directions we can turn. We either turn to God, or we turn away from God. When we turn to God, there is a fear we have of losing control and being left alone.

God, in His omnipresence, promised He would never leave or forsake us. He will not abandon us. We can always trust Him. Memorize Proverbs 3:5-6. God is faithful. He shall supply all our needs according to His riches in glory (Philippians 4:19). My help cometh from the LORD, which made heaven and earth (Psalm 121:2).

It is always in our best interest to turn to God to meet our needs. When we try to meet our needs on our own, which, in part, is what happens when pornography is accessed, we are weakened personally, relationally, and spiritually.

The Five Temperaments

There are five pure temperaments: Choleric, Melancholy, Phlegmatic, Sanguine, and Supine. Each temperament will have a different impact in respect to pornography as well as the temperaments interacting with each of the aspects of the soul: the mind, the will and the affections. Although, we won't cover them in depth, we will mention them here.

1. Choleric:

The choleric will either manipulate (poor behavior) or motivate (good behavior). This temperament has a very strong will. The choleric will associate with those that will help the choleric accomplish their goals.

If the choleric does not get their way in regards to affection, if they are not in submission to God, they may turn to pornography and immoral behavior. Their involvement will be in such a way that they are in control. They will not be satisfied with the same level of participation for long but will escalate in a way that is deeper and darker. Likely the choleric will not stop with pornography but will pursue physical sexual involvement in ways they can be the dominator.

For God to get this person's attention it will take a major crisis in their life.

2. **Melancholy:**

The melancholy does not need a lot of social interaction. They prefer spending time in small groups, with family, or alone. They can lock themselves away in their mind for hours at a time. Of all the temperaments, the melancholy (in the mind part of the soul) is the most susceptible to types of depression.

The melancholy can lose themselves in a world of fantasy easily and quickly if they are not careful. The melancholy (in the affection area) does not need a lot of affection and they don't give a lot of affection. It takes less effort to look at pornography, masturbate and be done with it. They have a low level of emotional IQ and many times are unable to provide the level of affection needed by others in their life. So, in the moment, it is easier to incorporate pornography.

The melancholy does not want to be controlled. By allowing pornography into their life, they can choose how and when and where they will participate. What they do not realize, is that by trying to retain control by accessing pornographic material, they have, in fact, lost control.

3. **Phlegmatic:**

Of all the temperaments, the phlegmatic is the most stubborn. They are going to find the path of least resistance. They are good at seeing what needs to be done but will want someone else to put forth the effort to make it happen. The phlegmatic is a peacemaker and a diplomat. The reason for this is they don't want to use the mental energy needed to persevere and get what they want.

If a phlegmatic is married to a spouse not wanting to provide sexual intimacy, the phlegmatic may turn to pornography as a way to provide personal gratification. Their justification for accessing pornography is for the sake of peace. It is easier to look at pornography and pleasure themselves rather than put in the effort to fix the relationship. This

reasoning is flawed since we know that two wrongs don't make a right. However, this is a possible thought process for the phlegmatic.

4. **Sanguine:**

The sanguine is a highly sexualized individual. This individual is someone who has a lot of affection to give and needs a lot of affection in return. The sanguine is one of four temperaments that have a compulsive component to it. It is rare that the sanguine, and the sanguine compulsive, can have their need for affection and sexual intimacy met solely by another human being. The only way this would happen is if they were married to someone who scores the same as they do in the affection area. Even then the need may not be met depending on the difference between each of their character formation and their learned behavior.

When the need for affection, which includes sex, of the sanguine is not met a choice will be made. Either the sanguine will look to meet that need in a way that would be pleasing to God or they will meet that need in ways not pleasing to God.

Meeting the need for affection in a way pleasing to God will incorporate a healthy affectionate relationship with other members of the family and a very affectionate relationship with Jesus Christ. If this does not happen, it is very likely the sanguine will look for other ways to have their need for affection and their sexual appetite met. This likely will include the use of pornography, but it will not be limited to it. The sanguine has a high need for touch. Therefore, this person will turn other relationships to meet their unmet need.

5. **Supine:**

The hallmark trait of the supine is they love to serve. They have many of the same desires and needs as the sanguine. However, many times, they are unable to communicate their needs.

The supine has several traits impacted by 'indirect behavior.' This means the supine expects others to read their mind. The supine is not comfortable

initiating. This is true in respect to social function, to making decisions and with affection. The supine are great responders but poor initiators. This causes massive amounts of frustration for the supine as well as for those that surround them.

If the supine does not learn to communicate their desires to their spouse, their needs for affection, intimacy and sexual involvement will go unmet. The supine will appear aloof and cold to their spouse but they are anything but. Inside they are screaming for affection but nobody would ever be able to tell.

As a result of the supine's indirect behavior, they spend a lot of time getting their 'feelings hurt.' What they rarely recognize is the anger brewing beneath the surface. If this is not recognized and attended to, their will come a point they will explode. And it will be messy!

Because of their indirect behavior, the supine likely will not get their sexual needs met, unless they are married to a sanguine. As a result, they may turn to pornography, and like the melancholy, live in a fantasy world. This will lead them down a path of extreme shame. Great care must be administered in leading this person to a place of victory. It will be very slow and painful process.

Why is this information helpful to know? One reason is the understanding that is gained with this knowledge. Wisdom is good to have. But, wisdom without understanding is useless. To be able to understand who God designed you to be and the things that trigger ungodly desires helps in the process of being an overcomer.

Jesus Christ is the Truth, the Life and the Way! When we have His Spirit inside of us, we have His power helping us to overcome. However, we must not just want that to happen, we must allow it to happen. And, therein lies the problem.

Many times, we are our own worst enemy. As David accused the Israelites of, we also, can limit the Holy One of Israel. Many times, we sabotage our journey towards victory! However, we are not always aware of this fact.

If you take the time to understand, not just who Jesus Christ is, but also, who He made you to be, you will be moving in the right direction. When you understand the why's, the what's, the when's, the where's and the how's of who you are, you will not only be more knowledgeable but you will gain understanding.

This understanding will help you to remove the blockages hindering you from being free in Christ. This understanding will move you to the place that you allow God to heal you of any immoral addiction. The reason this is so important is that God will not heal you of your addiction until you let Him.

With understanding, you are one step closer to a victorious life in Christ Jesus.