

temperament test instructions

On the following pages you'll find the forty sets of descriptive words. While not an exhaustive list, it can help you discover or affirm your natural strengths and weaknesses. **Please read the instructions carefully.**



rushing through will result in error!

step one

In each set of four words, place a √ in front of the word that *most* often applies to you.

You might think you are all four at different times and circumstances and that's normal. *Select the one that is dominant.*

- If you have trouble choosing between one or two words, **check two, but no more than two,**
- Don't simply check the reaction that you have learned, what is expected of you, or what you want to be. Choose instead *your most natural and quick reaction to things in general.*
- Still not sure? Go back to your childhood; what word would you have chosen as a youngster? Your original giftedness is still with you,
- If you still aren't clear about which word best applies, ask a sibling, spouse, or someone who knows you well. Ask, for example, "Do you think that most of the time I'm more *adaptable* or *action-oriented*?"
- Understand that, at times, everyone can be *adaptable*, but only one of the temperaments is most easily, quickly, and *naturally* adaptable most of the time and in most circumstances.

step two

Once you've finished, transfer all your √s to the corresponding words on the *Scoring Charts* that follow. For example, if you checked "animated" on the profile, check "animated" on the scoring charts. (Note: the words are in different order on the profile and scoring charts.)

step three

Once you've (1) transferred your answers to the scoring charts, (2) added up the totals in each of the four columns, and (3) added the totals from both the strengths and weaknesses section, you should see your two personality types by the two highest total(s).

(a) Because no test is fool proof, it will be normal to have a few √s scattered in all four categories, but *two temperaments should emerge as the strongest.* Now you can celebrate; these are your God-given gifts!

(b) If you scored two opposite Temperaments (Choleric *and* Phlegmatic, or Sanguine *and* Melancholy), we suggest you ask your friends and family to help you with choosing your true characteristics.

(c) The two lowest scores will be those temperaments that are not natural to you, but which you *can* work to develop for a well-rounded personality.

(d) If you've scored evenly between all four, there's a high chance you're Phlegmatic, the most adaptable who can see themselves in every type.

(e) Another reason that your two types might not be clear is that you have been masking (functioning in a type that is not natural for you) because of childhood pressures; expectations from employers, spouses, and others; or a desire to be like someone you admire. The culture also pressures men—and even women—to be Choleric.

(f) Your two natural types may be balanced, or one will dominate. The natural combinations are:

Sanguine and Choleric (double extrovert)

Choleric and Melancholy (extrovert/introvert)

Melancholy and Phlegmatic (double introvert)

Phlegmatic and Sanguine (introvert/extrovert)

step four

For some, taking tests is traumatic. Here are a few last minute words of encouragement:

If you are confused

Maybe the word definitions were unclear.

Maybe you always thought you were something else because others told you so.

Maybe you simply wanted to be something other than you were.

I really wanted to be sensitive, deeply caring, and laser-focused like my Melancholy parents.

Grace—and a continual openness to this concept—helped me accept the opposite gifts that God chose to give me. I now love being Sanguine, so I can easily no longer *worry* about it! Don't fret too much. Prayerfully receive any insight you get from this process and let the rest go.

If you scored all over the place

No, you're not schizophrenic! The most likely explanation is that you are introverted and have trouble either making up your mind or wanting it to be perfect. Where others may have rushed through, you took your time. You may be a well-rounded, adaptable Phlegmatic who can roll with the punches, step up to any role when necessary, and is open to being what the situation needs now. If you want more clarity, ask an honest friend for her assessment.

If you feel ashamed

The soul who is seeking humility will likely focus on her natural weaknesses. Fear of being unworthy and unloved is usually what produces the burning shame about your shortcomings.

The good news? Weaknesses are simply our strengths carried to extreme by some fear. In short time, grace can bring them back into balance.

True humility acknowledges both the bad and the good. Let Our Lord's gentle breath blow away the black clouds of humiliation. He created you in *his* image. He loves you so tenderly.

You're his beautiful work and he is not finished with you!

Place a ✓ in front of (or otherwise select, circle or mark) the word in each set of four that most often applies. Don't overthink!

strengths

Don't worry about false humility! Take credit for the gifts that God has given you.

1

- ☐ *Action-oriented.* Quickly assesses then moves to swift and decisive action.
- ☐ *Adaptable.* Doesn't mind changing a stance when it would keep the peace.
- ☐ *Animated.* Full of life, sparkle, and even silliness, with lively use of body movement.
- ☐ *Analytical.* Likes to examine the details and is seeking perfection.

2

- ☐ *Powerful.* Natural leader; not easily swayed from course.
- ☐ *Playful.* Frequently and readily full of childlike fun, lightness, silliness.
- ☐ *Perfectionist.* Idealist who takes great delight when things are exactly as they should be.
- ☐ *Peaceful.* Seems undisturbed and tranquil most of the time.

3

- ☐ *Stable.* Emotions neither high nor low, even-tempered.
- ☐ *Self-sacrificing.* Willingly endures personal pain for the genuine needs of others.
- ☐ *Sociable.* Quick to like, hug, touch, and entertain everyone.
- ☐ *Strong.* Focused, engaged, and a rock for others to lean on.

4

- ☐ *Careful.* Can't be pushed; doesn't rush in and takes extra time if necessary.
- ☐ *Controlled.* Maintains a high level of self-composure.
- ☐ *Challenging.* Quickly and easily moves others to go higher, to be their very best.
- ☐ *Charming.* Wins others over with compliments, attention, and touch.

5

- ☐ *Refreshing.* Quick to stimulate, uplift, and joyfully encourage others.
- ☐ *Respectful.* Treats others kindly, with deference, honor, and esteem.
- ☐ *Reserved.* Self-restrained and poised, deep passion under control.
- ☐ *Resourceful.* Able to act quickly and effectively in virtually all situations.

6

- ☐ *Satisfied.* Quietly accepting of whatever happens; no strong preferences.
- ☐ *Sensitive.* Deeply cares, even worries, about others.
- ☐ *Self-reliant.* Can count on own capabilities, judgment, and resources.
- ☐ *Spirited.* Expressive, full of life and high-energy excitement.

7

- ☐ *Planner.* Likes to create, design, and mull over all the little details.
- ☐ *Patient.* Unmoved by delay or trouble, remaining unruffled and calm.
- ☐ *Positive.* Knows things will turn out right if he or she is in charge.
- ☐ *Promoter.* Through charm, urges/compels others to go along, join, or invest.

8

- ☐ *Sure.* Problem solving, confident, and decisive; makes things doable and exciting.
- ☐ *Silly.* Likes to be the center of attention to distract, entertain and make others laugh.
- ☐ *Sentient.* Most of the time feels or perceives things on a deep level.
- ☐ *Serene.* Quiet, calm, and peaceful. No compulsion to talk, lead, or excite.

9

- ___ *Observant*. Noticing every little and important detail that others seem to miss.
- ___ *Obliging*. Accommodating, quick to keep peace and avoid conflict.
- ___ *Outspoken*. Speaks quickly, frankly, and, when necessary, without reserve.
- ___ *Optimistic*. Sunny disposition and rosy outlook even when there are problems.

10

- ___ *Friendly*. Responds gently and kindly to everyone.
- ___ *Faithful*. Loyal and devoted, even “to the death” for those they love.
- ___ *Fun*. Brings a light, carefree or humorous touch even to difficult situations.
- ___ *Fearless*. Quickly responds or acts, unafraid of pushback or consequences.

11

- ___ *Dauntless*. Driven and not worried about obstacles.
- ___ *Delightful*. High energy, upbeat, entertaining, and fun to be with.
- ___ *Diplomatic*. Deals with people tactfully, sensitively, and patiently.
- ___ *Detailed*. Remembers and takes the time to attend to all the important details.

12

- ___ *Cheerful*. Usually in high spirits and actively promoting happiness in others.
- ___ *Consistent*. Likes the status quo and has no need for change.
- ___ *Ceaseless*. Persists, holds tightly, and does not let go easily.
- ___ *Confident*. Self-assured and certain of own ability and success.

13

- ___ *Idealistic*. Visualizes things in their perfect form and strives to measure up to that standard.
- ___ *Independent*. Self-sufficient and self-confident with little need of help.
- ___ *Inoffensive*. Tries to avoid saying or causing anything unpleasant or objectionable.
- ___ *Inspiring*. Encourages others to work or join by stressing the bright, happy side.

14

- ___ *Demonstrative*. Openly expresses emotion and affection, often physically touching others.
- ___ *Decisive*. Quick, conclusive, judgment-making ability with no looking back.
- ___ *Dapper*. Perfect hair, perfect outfit, polished, and poised.
- ___ *Demure*. Gentle, quiet, and modest; with no need for flair, drama, or excitement.

15

- ___ *Mediator*. Easily encourages others to resolve differences and get along.
- ___ *Meditative*. Values deep reflecting and contemplating before taking the final action.
- ___ *Motivator*. Quickly takes lead and moves others to action.
- ___ *Merry*. Quick to a cheerful word, touch, and playful humor.

16

- ___ *Trusting*. Rarely suspicious, quick to see the sunny side.
- ___ *Take-charge*. Sees the big picture, natural problem solver, delegator, and manager.
- ___ *Trust-worthy*. Will stick it out to the bitter end for someone they love.
- ___ *Tolerant*. Easily accepts others without the need to criticize or correct them.

17

- ___ *Level-headed*. Avoids high drama, sees the big picture.
- ___ *Loyal*. Faithful to a person, ideal, or job, even if it requires sacrifice.
- ___ *Lenient*. Flexible and easy-going; does not generally hold a hard or fast rule.
- ___ *Lively*. Almost childlike in natural optimism, vigor, energy, and bounce.

18

- ___ *Contented*. Easily satisfied with what he or she has and not driven for more.
- ___ *Chief*. Takes leadership quickly and expects others to follow.
- ___ *Cautious*. Appropriately aware of / sensitive to the possibility of serious problems or risks.
- ___ *Childlike*. Sweet, open, and emotionally transparent.

19

- ___ *Purist*. Takes appropriate pride and pleasure in doing things properly.
- ___ *Pleasant*. Easy to be around; careful not to alienate or offend.
- ___ *Productive*. Hits the ground running with a high level of activity and production.
- ___ *Plucky*. Appropriately displays a little good-natured spunk and feistiness.

20

- ___ *Bouncy*. A sweet, bubbly, lively personality, full of sparkle.
- ___ *Bold*. Forward, daring, unafraid of offending others
- ___ *Behaved*. Desires to conduct self within the realm of what seems proper.
- ___ *Balanced*. Stable, balanced personality, not subject to sharp highs or lows.

weaknesses

Be brave; ignore the shame for now and be as accurate as you can.

21

- ___ *Blank*. Won't show much expression or emotion; keeps it tightly under wraps.
- ___ *Bashful*. Self-conscious, not used to unwanted attention.
- ___ *Brassy*. Showy, flashy, and a little bit classless.
- ___ *Bossy*. Commanding, domineering, sometimes overbearing.

22

- ___ *Unaware*. Not able to see or be sensitive to others' hurt feelings.
- ___ *Unsympathetic*. Irritated with the whiners; they need to get over it.
- ___ *Unavailable*. Checked out and avoiding problems, hard work, or others.
- ___ *Unforgiving*. Struggles to let go of hurt and injustice; may hold deep resentment/grudges.

23

- ___ *Reticent*. Unwilling to face things; stress builds a long time and then blows.
- ___ *Revengeful*. Wishes "justice" on others because of real or imagined offenses.
- ___ *Raging*. Quickly uses anger and a loud voice to get others to comply
- ___ *Reckless*. Hasty, careless, rash, and wild

24

- ___ *Fussy*. Insistent—maybe even anxious—about petty matters or details.
- ___ *Fearful*. May often experience feelings of being overwhelmed or dominated.
- ___ *Forgetful*. Doesn't care about the details enough.
- ___ *Frank*. Straightforward, outspoken, too quick to say exactly what he or she thinks.

25

- ___ *Impatient*. Wishes everyone would move faster, work harder, and talk less.
- ___ *Insecure*. Unsure, overwhelmed, faking it; lacking in confidence.
- ___ *Intolerant*. Highly judgmental of others' imperfections—large and small.
- ___ *Inappropriate*. Takes silly, fun, childishness to embarrassing, hurtful, or harmful extremes

26

- ___ *Unpopular*. Too busy or too important to fit in with others.
- ___ *Uninvolved*. Too overwhelmed; or may have limited to no interest.
- ___ *Unpredictable*. Fun and friendly one day, fickle the next.
- ___ *Unaffectionate*. Deliberately withholds approval or affection to punish/control others.

27

- ___ *Headstrong*. Insists on being in charge and making the decisions.
- ___ *Haphazard*. Scattered, undisciplined, and chases after the next shiny thing.
- ___ *Hard to please*. Standards are set so high that it is difficult to ever be satisfied.
- ___ *Hesitant*. Slow to get moving and hard to get and stay involved.

28

- ___ *Plain*. A detached state without highs or lows and showing little, if any, emotion.
- ___ *Pessimistic*. Even in hoping for the best, often fearing the worst.
- ___ *Pompous*. Has excessive self-esteem; sees self as always right and best person for the job.
- ___ *Provocative*. Too quick to provoke, excite, flirt, touch, stimulate

29

- ___ *Angry*. Quick to irritation that is usually loudly or physically expressed.
- ___ *Aimless*. Desires and goals seem too unreachable and difficult so why try?
- ___ *Argumentative*. Inappropriately takes on authority to get one's own way.
- ___ *Alienated*. Easily feels estranged from others; no one understands me.

30

- ___ *Naive*. Overly optimistic perspective, sometimes too simple and unsophisticated.
- ___ *Negative*. Too quick to see only the down or dark side of people or situations.
- ___ *Nervy*. Too full of self-confidence, fortitude, and sheer guts.
- ___ *Nonchalant*. Unconcerned, indifferent . . . *whatever* . . .

31

- ___ *Worrier*. Often feels uncertain, troubled, or anxious.
- ___ *Withdrawn*. Can often pull back and feel overwhelmed or exhausted.
- ___ *Workaholic*. An aggressive goal setter; prefers production over perfection and even people.
- ___ *Wild*. Will throw convention out primarily to win the attention and "applause" of others.

32

- ___ *Talkative*. Overly focused on endless details she wants everyone else to know
- ___ *Tough*. Sometimes expresses self in an offensive and inconsiderate way.
- ___ *Timid*. Can often shrink from overwhelming situations.
- ___ *Teasing*. Uses unsuitable humor when the situation is serious

33

- ___ *Doubtful*. Hesitant, unwilling to engage or see the possibilities.
- ___ *Deflective*. Uses charm, seduction, and "tap dancing" to change the subject/focus.
- ___ *Domineering*. Sometimes takes charge and commands others too strongly
- ___ *Depressed*. Can a little too easily feel discouraged and down.

34

- ___ *Improper*. Inappropriate responses or behavior to get a laugh or attention.
- ___ *Indisposed*. Doesn't want to be bothered; can't someone else do it?
- ___ *Irritable*. Quickly triggered by others' real or perceived incompetence
- ___ *Interfering*. Meddlesome; unable to stop managing and perfecting others

35

- ___ *Mercurial*. All show and no go; makes lots of promises you can't keep.
- ___ *Moody*. Can go into a discouraged, dark, or sullen place
- ___ *Mumbles*. Passive-aggressive reluctance or refusal to speak up or more clearly.
- ___ *Muscular*. Too rough by dragging, pushing, and forcing people along

36

- ___ *Slow*. Doesn't always act/think quickly because it's too much of a bother/not interested.
- ___ *Scornful*. Looking down on all the idiots.
- ___ *Silly*. A juvenile need for attention; wants to be watched and admired.
- ___ *Skeptical*. Disbelieving, questioning the motive behind the words or action.

37

- ___ *Long-suffering*. Dramatic, emotional tendency to martyrdom.
- ___ *Lords over others*. Quickly lets others know that he or she is right or is in control.

___ *Lazy*. Puts in bare-minimum energy and focus into activity and relationships

___ *Loud*. Laugh or voice can be heard above others in the room.

38

___ *Sluggish*. Slow to get started; needs push to be motivated; tends to be late.

___ *Suspicious*. Tends to initially doubt or distrust others or their ideas.

___ *Short-tempered*. Anger is quick and impatience rather than building or slow seething

___ *Shallow*. Flighty, not grounded, makes light, or laughs things off too quickly.

39

___ *Ruthless*. Can be downright nasty with sharp words: sarcasm, criticism, or mockery.

___ *Riled*. Quick to irritation and bad temper

___ *Reluctant*. Thinks it's just too much effort and not that important or interesting.

___ *Ridiculous*. Carries humor too far or says inane things at inappropriate times.

40

___ *Compromising*. To keep peace, will often relax his or her position, even when right.

___ *Critical*. Quick to make judgments; frequently seeing, thinking, or expressing the negative.

___ *Calloused*. Just done with inept, unreliable people and fine by yourself.

___ *Clownish*. Undignified acting out meant for attention and laughs

scoring charts

Next step! Transfer the √s to this *Scoring Chart*. Then, total the number of √s at the bottom of each column—first for strengths, then on the next page for weaknesses, and finally you'll add the totals for all four columns.

strengths – A

Playful Sanguine	Powerful Choleric	Perfect Melancholy	Peaceful Phlegmatic
1. ☐ Animated	☐ Action-oriented	1. ☐ Analytical	☐ Adaptable
2. ☐ Playful	☐ Powerful	2. ☐ Perfectionist	☐ Peaceful
3. ☐ Sociable	☐ Strong	3. ☐ Self-sacrificing	☐ Stable
4. ☐ Charming	☐ Challenging	4. ☐ Controlled	☐ Careful
5. ☐ Refreshing	☐ Resourceful	5. ☐ Reserved	☐ Respectful
6. ☐ Spirited	☐ Self-reliant	6. ☐ Sensitive	☐ Satisfied
7. ☐ Promoter	☐ Positive	7. ☐ Planner	☐ Patient
8. ☐ Silly	☐ Sure	8. ☐ Sentient	☐ Serene
9. ☐ Optimistic	☐ Outspoken	9. ☐ Observant	☐ Obliging
10. ☐ Fun	☐ Fearless	10. ☐ Faithful	☐ Friendly
11. ☐ Delightful	☐ Dauntless	11. ☐ Detailed	☐ Diplomatic
12. ☐ Cheerful	☐ Confident	12. ☐ Ceaseless	☐ Consistent
13. ☐ Inspiring	☐ Independent	13. ☐ Idealistic	☐ Inoffensive
14. ☐ Demonstrative	☐ Decisive	14. ☐ Dry humor	☐ Demure
15. ☐ Merry	☐ Motivator	15. ☐ Meditative	☐ Mediator
16. ☐ Trusting	☐ Take-charge	16. ☐ Trust-worthy	☐ Tolerant
17. ☐ Lively	☐ Level-headed	17. ☐ Loyal	☐ Lenient
18. ☐ Childlike	☐ Chief	18. ☐ Cautious	☐ Contented
19. ☐ Plucky	☐ Productive	19. ☐ Purist	☐ Pleasant
20. ☐ Bouncy	☐ Bold	20. ☐ Behaved	☐ Balanced
Total checks for each column			

weaknesses - B

Playful Sanguine	Powerful Choleric	Perfect Melancholy	Peaceful Phlegmatic
21. ☐ Brassy	☐ Bossy	21. ☐ Bashful	☐ Blank
22. ☐ Unaware	☐ Unsympathetic	22. ☐ Unforgiving	☐ Unavailable
23. ☐ Reckless	☐ Raging	23. ☐ Revengeful	☐ Reticent
24. ☐ Forgetful	☐ Frank	24. ☐ Fussy	☐ Fearful
25. ☐ Inappropriate	☐ Impatient	25. ☐ Intolerant	☐ Indecisive
26. ☐ Unpredictable	☐ Unpopular	26. ☐ Unaffectionate	☐ Uninvolved
27. ☐ Haphazard	☐ Headstrong	27. ☐ Hard to please	☐ Hesitant
28. ☐ Provocative	☐ Pompous	28. ☐ Pessimistic	☐ Plain
29. ☐ Angry	☐ Argumentative	29. ☐ Alienated	☐ Aimless
30. ☐ Naive	☐ Nervy	30. ☐ Negative	☐ Nonchalant
31. ☐ Wild	☐ Workaholic	31. ☐ Withdrawn	☐ Worrier
32. ☐ Teasing	☐ Tough	32. ☐ Talkative	☐ Timid
33. ☐ Deflective	☐ Domineering	33. ☐ Depressed	☐ Doubtful
34. ☐ Improper	☐ Irritable	34. ☐ Interfering	☐ Indisposed
35. ☐ Mercurial	☐ Muscular	35. ☐ Moody	☐ Mumbles
36. ☐ Silly	☐ Scornful	36. ☐ Skeptical	☐ Slow
37. ☐ Loud	☐ Lords over others	37. ☐ Long-suffering	☐ Lazy
38. ☐ Shallow	☐ Short-tempered	38. ☐ Suspicious	☐ Sluggish
39. ☐ Ridiculous	☐ Riled	39. ☐ Ruthless	☐ Reluctant
40. ☐ Clownish	☐ Calloused	40. ☐ Critical	☐ Compromising
Total checks for each column			

GRAND TOTALS

Now transfer your totals from the prior charts:

	Playful Sanguine	Powerful Choleric	Perfect Melancholy	Peaceful Phlegmatic
Strengths A				
Weaknesses B				
TOTALS				
	SANGUINE	CHOLERIC	MELANCHOLY	PHLEGMATIC

you should have two primary scores!

You are either part Choleric or part Phlegmatic, but not both; *they are opposites*.

You are either part Sanguine or part Melancholy, but not both: *they are opposites*.

- If you scored two opposite Personalities (Choleric *and* Phlegmatic, or Sanguine *and* Melancholy), we suggest you ask your friends and family to help you with choosing your characteristics in the Personality Profile.
- The two lowest scores will be those personalities that are not natural to you, but which you *can* work to develop for a well-rounded personality.
- If you've scored evenly between all four, there's a good chance you're Phlegmatic, because Phlegmatics are naturally most adaptable and can see themselves in every type. You might also be confused because you are unfamiliar with the terms (check out the definitions in appendix B). **NO ONE IS NATURALLY MORE THAN TWO.**
- Another reason that two dominate types might not appear in your scores is that you have been masking (functioning in a type that is not natural for you) because of childhood pressures; expectations from employers, spouses, and others; or a desire to be like someone you admire.

The culture also pressures men to be Choleric.

Your two natural types may be balanced, or one will dominate. The natural combinations are:

<i>Sanguine & Choleric</i>	(double extrovert)
<i>Choleric & Melancholy</i>	(extrovert/introvert)
<i>Melancholy & Phlegmatic</i>	(double introvert)
<i>Phlegmatic & Sanguine</i>	(introvert/extrovert)

basic emotional needs

Popular Sanguine Basic desire: FUN <i>Emotional needs:</i> • attention • affection • approval <i>Cause of depression: OTHERS ARE TOO CRITICAL</i> • life/work no longer fun • no parties, no spending <i>Stress relief:</i> • moments of fun /eternal shopping • naps /cooking/eating <i>How to help:</i> • visit and give gifts • take him or her out to eat	Powerful Choleric Basic desire: BE IN CHARGE <i>Emotional needs:</i> • loyalty • achievement • appreciation <i>Cause of depression: OTHERS ARE TOO SLOW</i> • life/work out of control • no business, no income <i>Stress relief:</i> • detach from problem • start new project <i>How to help:</i> • recognize the person's efforts • put him or her in charge
Peaceful Phlegmatic Basic desire: PEACE <i>Emotional needs:</i> • respect • feeling of worth • peace and quiet <i>Cause of depression: OTHERS ARE TOO PUSHY</i> • life/work not peaceful • no rest, no escape <i>Stress relief:</i> • watching TV/ eat • rest and relaxation/ naps <i>How to help:</i> • keep conflict down • respect his or her space	Perfect Melancholy Basic desire: PERFECTION <i>Emotional needs:</i> • order and perfection • sensitivity • silence and space <i>Cause of depression: OTHERS DON'T CARE</i> • life/work not perfect • no hope, no improvement <i>Stress relief:</i> • getting organized • time alone/ cooking-eating <i>How to help:</i> • listen to his or her problems • show warm concern

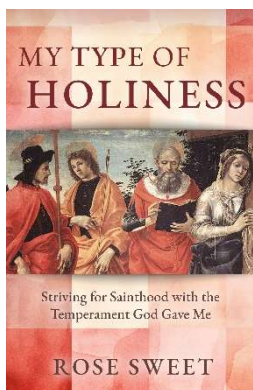


Did you enjoy that?

If you want clarification or help in your relationships, schedule a coaching session with me!

<https://rosesweet.com>

temperament test adapted from:



My Type of Holiness – Striving for Sainthood with the Temperament God Gave Me
© 2025 by Rose Sweet

Published by OUR SUNDAY VISITOR
Printed in the United States of America

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—for example, electronic, photocopy, recording—without the prior written permission of the publisher. The only exception is brief quotations in printed reviews.

Contact Rose: rose@rosesweet.com Website: rosesweet.com