

Arno Profile System Temperament Analysis

Affection: Melancholy

Affection is the need to establish and maintain a satisfactory relationship with others in regard to love and affection (deep one-on-one relationships, such as spouses, girlfriends or boyfriends, parents, children, trusted friends). Affection asks two questions:

1. How much love and affection do *I* express to others?
2. How much love and affection do I want expressed to *me*?

General description of people who are **Melancholy** in Affection:

1. Rarely shows or wants *physical* expressions of love and affection -
- physical touch is regarded as part of foreplay, leading to sex; otherwise, it is considered nonsense
2. Has very few deep personal relationships -- may include only spouse and children and possibly parents plus one or two good friends
3. Has very deep tender feelings but struggles to express them
4. If shown too much physical love and affection, he/she feels crowded, as if his/her "space" is being invaded.
5. Expresses love and affection by performing tasks, being responsible and dependable -- and accepts love and affection expressed in these ways (performing tasks)

Potential strengths which should be encouraged, used and developed:

1. A very loyal friend who is faithful to his/her word
2. Very self-sacrificing for both deep relationships and mankind as a whole
3. Very sensitive and able to empathize with the feelings of others

Potential weaknesses which should be considered and dealt with: ***(Reminder: people who are Melancholy tend to focus only on weaknesses because of their perfectionism -- don't forget your strengths, please!)***

1. Has a fear of rejection in deep relationships and must feel "safe" prior to entering a deep relationship -- the other person must prove themselves trustworthy
2. Has low self esteem and tends to be pessimistic concerning deep relationships
3. When he/she loses a deep relationship, it is very devastating because he/she does not trust easily or frequently, and therefore deep relationships are very few and very precious to him/her.
4. If he/she is hurt or rejected by a significant person in his/her life, he/she will become angry and seek vengeance -- if only in his/her mind.

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