

Arno Profile System Temperament Analysis

Affection: Compulsive 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 **Compulsive Melancholy** in Affection:

1. Rarely shows or wants physical expressions of love and affection -- physical touch must lead to (or be part of) sex; otherwise it is considered nonsense
2. Deep personal relationships are very few and far between
3. If shown too much physical love and affection, he/she feels crowded, as if his/her "space" were being invaded
4. Expresses love and affection by performing tasks, being responsible and dependable

Potential strengths which should be encouraged, used and developed:

1. Has very deep, tender feelings -- *Downside* = seldom shows or communicates how he/she truly feels
2. A loyal, faithful friend who is true to his/her word
3. Very self-sacrificing for both deep relationships and mankind as a whole
4. Able to empathize and identify with the feelings of others

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

1. Has extreme fear of rejection -- therefore, waits for others to prove themselves trustworthy and must feel "safe" prior to entering a deep relationship
2. Has extremely low self esteem and tends to be pessimistic about deep personal relationships -- therefore, when he/she loses a deep relationship, it is devastating
3. 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)

Note: "Compulsive" means that this person tends to try to get this need met at any cost -- even when it is to his/her disadvantage to do so.

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