

Arno Profile System Temperament Analysis

Affection: Melancholy Phlegmatic

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 Phlegmatic** in Affection:

1. Expresses and wants only a *moderate* amount of love and affection
2. He/she is emotionally guarded, rarely showing or saying how he/she feels -- needs to learn how to show deep, tender feelings in ways others can understand
3. The people with whom he/she chooses to have a deep relationship must make him/her feel "safe" and meet criteria which are in his/her mind
4. Hides personal feelings behind a "dry" (sometimes witty and often sarcastic) sense of humor

Potential strengths which should be encouraged, used and developed:

Faithful and loyal friend if treated properly

Potential weaknesses which should be considered and dealt with:

1. If rejected, insulted or offended by a deep personal relationship, he/she uses his/her "dry" and "biting" sense of humor to take vengeance
2. Tends to be an observer of deep relationships and uses "dry" humor to avoid becoming too involved -- this is a defense mechanism to protect his/her low energy level
3. Resists affection from others because he/she has very little energy and it takes "too much" energy to respond.

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