

Arno Profile System Temperament Analysis

Affection: Phlegmatic 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 **Phlegmatic Melancholy** in Affection:

Expresses and requires very little love and affection
Has deep, tender feelings but hides these with a “dry” (witty but often sarcastic) sense of humor
If shown too much physical love and affection, he/she feels crowded or as if his/her “space” is being invaded
Expresses love and affection by performing tasks

Potential strengths which should be encouraged, used and developed:

Can be very self-sacrificing for a deep personal relationship
A faithful and loyal friend if treated properly
Able to empathize and identify with the feelings of others

Potential weaknesses which should be considered and dealt with:

Uses his/her “dry” (witty but often sarcastic) sense of humor to reduce the possibility of being rejected
Places the burden on others to establish a deep personal relationship - this is because of his/her low energy reserves.

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