

Arno Profile System Temperament Analysis

Affection: Sanguine

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 **Sanguine** in Affection:

1. Expresses and requires a great deal of love and affection
2. Must establish and maintain a deep personal relationship with many people
3. Requires a lot of physical expressions of affection -- handholding, kissing, hugging, physical stroking -- responds to love, affection, acceptance and attention
4. Needs verbal expressions of love and affection -- will suffer anxiety if not told *daily* he/she is loved, needed and appreciated
5. Has tendency to adopt behaviors and moralities of others in order to be accepted -- which may be good or bad, depending

Potential strengths which should be encouraged, used and developed:

1. Very good at making deep relationships feel loved
2. Very positive in regard to establishing and maintaining deep relationships -- if rejected by a deep relationship, he/she recovers quickly and believes that if he/she just tries harder, the relationship will work out (if not this one, the next one will). Downside: may persist when it's time to stop trying so hard.
3. Very inspiring
4. Very uninhibited when it comes to showing love and affection

Potential weaknesses which should be considered and dealt with: ***(Reminder: because Sanguines long for the approval of others, they have a hard time considering their weaknesses.)***

1. Has a strong fear of rejection and will do and say things to prevent being rejected -- may lie in order to prevent rejection, will tell people what they want to hear

2. Highly emotional -- has a tendency to act on the emotions of the moment without thinking through the end results of his/her words and actions, will exaggerate his/her emotions and tends to have outbursts of anger but will forget why in a matter of moments.

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