

Arno Profile System Temperament Analysis

Affection: Compulsive 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 **Compulsive Sanguine** in Affection:

1. Expresses and requires a large amount of love and affection
2. Must establish and maintain a deep personal relationship with many people
3. Requires a great deal of physical expressions of affection -- hand-holding, kissing, hugging and physical stroking
4. He/she responds to love, affection, acceptance and attention
5. Will suffer from anxiety if not told every day he/she is loved, needed and appreciated

Potential strengths which should be encouraged, used and developed:

1. Makes 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 tries harder, the relationship will work out (if not this one, the next one will)
3. Very inspiring and good at making others feel loved
4. Very uninhibited when it comes to showing love and affection

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

1. Has extreme fear of rejection and will do and say things to prevent being rejected -- may tell people what they want to hear rather than what he/she really thinks or feels
2. Tendency to develop behaviors and moralities of others in order to meet her needs for love and affection -- "people pleaser"
3. Compulsively emotional -- has a tendency to act on the emotions of the moment without thinking through the end results of his/her words and actions -- may exaggerate his/her emotions and have outbursts of anger (but forgets why in a matter of moments)

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