

Arno Profile System Temperament Analysis

Control: Compulsive Melancholy

Control is the need to establish and maintain a satisfactory relationship with people in respect to control and power. Control asks two questions:

1. How many people do I want to control?
2. How many people will I allow to control *me*?

General description of people **Compulsive Melancholy** in Control:

1. Compulsively independent and self-motivated -- will refuse to allow anyone to control himself/herself for any reason
2. Expresses very little control over the lives of others and will not tolerate control over his/her life and behavior
3. Becomes anxious if someone is his/her sole responsibility
4. Very strong willed

Potential strengths which should be encouraged, used and developed:

1. Has very good leadership capacity if allowed to move into unknown areas at his/her own pace, which is slow and cautious when unsure
2. Demands order, truth, and dependability from self and others
3. Perfectionistic -- strives for excellence
4. Intellectually oriented, thorough in research and information gathering -- when presented with information he/she knows to be true, he/she must act on it

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. Perfectionistic -- may have unrealistic expectations for self and others
2. If pressured into making decisions or taking on responsibility in unknown areas (areas not previously dealt with). he/she tends to procrastinate. If the pressure continues, he/she will rebel angrily. This anger will be expressed in learned ways -- i.e. if in childhood he/she observed adults getting angry and throwing things, he/she will ventilate anger in the same way.
3. Compulsive need to *appear* competent and in control -- has difficulty admitting weakness or incapability, becomes angry if confronted for mistakes, criticized or made to look foolish
4. Compulsive fear of the unknown -- therefore, needs time to build up self-confidence before moving into unknown areas, which is viewed by others as procrastination
5. May be legalistic, rigid and uncompromising

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.

Copyright 2009 Pastoral Counseling Center

<http://Pastoral-Counseling-Center.org>

<http://Temperaments.Info>