

Arno Profile System Temperament Analysis

Control: Compulsive Sanguine

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 who are **Compulsive Sanguine** in Control:

1. Has a dependent/independent conflict -- swings like a pendulum from needing to take on responsibilities and making decisions to being totally dependent -- when in the dependent mode, he/she needs people to control his/her life and make all the decisions
2. Is usually driven from independent to dependent when approval is withheld -- will be whatever gets the most approval
3. When in the dependent mode, he/she begins to feel guilty, selfish and worthless, and these feelings cause him/her to swing back into the independent mode.
4. Will take on large amounts of responsibilities or volunteer for services in order to receive recognition or approval

Potential strengths which should be encouraged, used and developed:

1. When in the independent mode, he/she is very capable, dependable and performs with a high degree of excellence
2. Can be an effective leader when in the independent mode

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. When in the dependent mode, he/she may be selfish and self-indulgent -- this self-indulgence may be in the form of overeating, spending large amounts of money, sexual sins, drinking, gambling, etc. -- feelings of guilt and shame will cause him/her to swing back into the independent mode
2. When in the independent mode, he/she has a tendency to take on too much responsibility and refuses to accept any assistance -- this causes him/her to feel used and results in burn out and a swing into the dependent mode.

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