

Arno Profile System Temperament Analysis

Control: Compulsive Supine

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 Supine** in Control:

1. Compulsively dependent -- expresses very little control over the lives and behaviors of others, *and* must have others take control over his/her life and behaviors
2. Strong need for a close personal friend who will share decisions and responsibilities for decisions made
3. Indirect behavior -- expects others to know what he/she wants and needs without telling them (read his/her mind)

Potential strengths which should be encouraged, used and developed:

1. Very high capacity to serve associates and deep relationships
2. May possess a very gentle spirit

Potential weaknesses which should be considered and dealt with: (*Note: Because Compulsive Supines are constantly searching the environment for signs of rejection, they may have a difficult time considering their weaknesses.*)

1. Motivated by guilt and fear of punishment
2. Does not make a good leader
3. Compulsive need for recognition for any services rendered -- will become angry if not appreciated
4. Extremely anxious when forced to make decisions and take on responsibilities independently
5. Extremely weak-willed and highly responsive to the emotion of guilt -- may also use guilt to manipulate others
6. Becomes angry if not consulted about decisions that others make which involve him/her -- does not want to make the final decision but wants his/her input considered
7. Has a difficult time saying "no" because he/she lacks the ability, and because of the fear of rejection he/she also lacks the courage to say "no" -- this causes him/her to feel used and he/she becomes angry
8. Extreme fear of being left alone or having to take care of himself/herself

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