

Arno Profile System Temperament Analysis

Control: 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 **Supine** in Control:

1. Openly dependent -- expresses very little control over the lives and behaviors of others, but must have others take a great deal of control over his/her life and behaviors.
2. Easily motivated by guilt.
3. Must have a close personal friend who will share decisions and responsibilities for the decisions made.
4. Exhibits *indirect behavior* -- expects others to know what he/she wants and needs without telling them, expects people to read his/her mind.
5. Becomes angry if not consulted on the decisions that others make which involve him/her -- he/she does not want to make the final decision, but wants to have his/her input considered.

Potential strengths which should be encouraged, used and developed:

1. Has a very high capacity to serve associates and deep relationships, but must have recognition (appreciation) for any services rendered.
2. May possess a very gentle spirit.
3. Can be a wonderful follower.

Potential weaknesses which should be considered and dealt with:

1. Must have recognition (appreciation) for any services rendered or he/she will feel used and become angry.
2. Becomes very anxious when forced to make decisions and take on responsibilities independently.
3. May be very weak-willed and easily manipulated by guilt -- will also use guilt to manipulate others.
4. Has a difficult time saying "no" -- this causes him/her to feel used, and he/she becomes angry.
5. Has strong fear of being left alone or having to take care of himself/herself.

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