

Special Personal Profile For

Ima Client

Inclusion: Melancholy

Control: Choleric

Affection: Sanguine

The logo for 'Special Personal Profiles' is displayed in a stylized, purple, serif font. The word 'Special' is at the top, 'Personal' is in the middle, and 'Profiles' is at the bottom. The letters are overlapping and have a slight shadow effect.

Special
Personal
Profiles

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Dr. Phyllis J. Arno and Dr. Richard G. Arno
Sarasota, Florida



A MESSAGE FROM DRS. PHYLLIS J. ARNO and RICHARD G. ARNO

We pray that the information in the following Special Personal Profile will help you to better understand yourself and those around you.

In your Special Personal Profile, the following terms are used to identify the five basic temperaments:

- Melancholy** characterized by a need to be alone. They are independent, realistic, artistic, and creative. They also tend to be thinkers.
- Sanguine** characterized by their need for people. They are bright, cheerful people who are like sunshine.
- Choleric** characterized by a need to dominate/control situations, self, and others. Also have leadership capabilities.
- Phlegmatic** characterized by their low energy, easy going manner and peacemaking abilities.
- Supine** characterized by their indirect behaviors, inability to initiate, and their gentle spirit. They are also people pleasers who feel their only purpose is to serve others.

Your temperament has been divided into three categories: Inclusion, Control and Affection. Many people are a combination of the temperaments above, and some have a blend of two temperaments within a given area of their temperament—the blending temperament is the Phlegmatic. Also, some people are compulsive in four of the temperament areas. Compulsive means being compelled to do something; it takes no effort to act in that area of your temperament.

As you read this profile, you may disagree with some of the tendencies that are described; however, you must realize that any of the following could have had a positive or negative affect on your inborn temperament:

1. Growth in the Lord
2. Personality
3. Learned behavior
4. Birth order

Our prayer for you is that you will be able to say as David said in Psalm 139:14 "...I am fearfully and wonderfully made and that my soul knoweth right well."

God bless you!

Inclusion

This area of your temperament includes your need to establish and maintain a satisfactory relationship with people in surface relationships, associations and socialization, as well as indicating your intellectual energies.

As a Melancholy in Inclusion, you will have the following tendencies:

1. Wear neutral colors--you usually do not like to stand out in a crowd.
2. Prefer being at home alone or with your family rather than with a roomful of strangers.
3. Be stressed when people try to push you into socializing. There are times when it is necessary for you to go out and be with people; however, you do need to choose where and when so that you do not get overly stressed. You need quiet time alone every day in order to regenerate; therefore, you need to learn to maintain balance between socializing and being alone.
4. Distrust people--especially if they are being overly nice to you. You tend to think, What do they want from me?
5. Be serious. It is hard for you to understand why some people would rather sit around and talk than get their work done.
6. See the pitfalls (things that could go wrong) of a project. People, at times, may get upset with you because they feel that you are holding them back from doing something they want to do; they misunderstand you. You just want to make sure before a project is started that it can be completed.
7. Be moody. Your mood swings follow your thinking process, and you tend to think downward thoughts. When you are thinking downward, you need to read the Scriptures and sing Scripture songs and/or hymns to turn your thoughts upward.
8. Be perfectionistic. You set high standards for yourself and others.
9. Like to do tasks. These tasks can include cooking, sewing, carpentry, painting, crafts, computer work, writing books, writing poetry, etc. Doing tasks can help you relax.
10. Have a mind that will not shut off. It keeps playing like a television set. At times, in order to stop thinking about a certain person or event, you may want to read, play computer games, do crossword puzzles, etc.
11. Want to get even mentally with someone if they do something to you. You need to commit your thoughts to the Lord.
12. Have a fear of rejection and low self-esteem; you search the environment for messages that you are not liked or accepted. You need to learn to search the

Scriptures for messages that you are loved and accepted by God.

13. Fear that you do not have enough money. This fear can be in the form of needing a certain amount of cash in your purse/pocket, wanting to pay cash for everything you buy, and/or needing to maintain a certain amount of money in the bank.

Control

This area of your temperament includes your need to establish and maintain a satisfactory relationship with people in respect to power and control, as well as in respect to your decision-making abilities, willingness to take on responsibilities, and need for independence.

As a Choleric in Control, you will have the following tendencies:

1. Be extremely independent. You like to make your own decisions as well as the decisions of everyone else.
2. Have excellent leadership qualities and the ability to make quick decisions.
3. Express a great deal of control over others.
4. Like to receive recognition for your leadership capabilities, and you should, because God gave you this ability. However, you in turn must give God recognition for what He has done through you.
5. Be well organized and disciplined.
6. Externalize your anger. You need to learn to CONTROL your anger so that it does not control you.
7. Become angry if someone tries to control you or tell you what to do. You need to learn to submit to those placed in authority over you while still maintaining control over your own life. A good leader is one who first learns how to submit to authority.
8. Burnout because you are a leader and tend to want to take on more responsibility than you can handle. You need to learn to look to the Lord for guidance so that you do not take on more responsibility than you can handle.

Affection

This area of your temperament includes your need for love and affection and your need to establish and maintain deep, personal relationships with people.

As a Sanguine in Affection, you will have the following tendencies:

1. Express a great deal of love and affection. You do this by hugging, touching and kissing; you tend to be uninhibited when it comes to expressing love and affection.
2. Need to receive a great deal of love and affection such as hugging, touching and kissing. You will respond to expressions of love. You need to learn to look to the Lord for your great need for love and affection so that you do not make too many demands on your deep relationships.
3. Touch people a great deal. This is because you are relationship oriented in this area and you express love and affection to people by touch. You may find that you tend to stroke someone on the arm or the shoulder or pat their head while you are talking with them.
4. Need to be told constantly that you are loved. If you are not told, you tend to suffer from anxiety. You feel that yesterday is gone and tomorrow may never come. Today is what is important, so today you need to know that you are loved.
5. Have a fear of rejection and, because of this, you may say and do things that you know are not right, to keep from being rejected. Your first thought needs to be "Am I glorifying God with this behavior?"
6. Be highly emotional in this area. If loved ones reject you, you will try harder to please them.
7. Explode in an outburst of anger. However, your anger does not last long. When you have exploded and have gotten it out of your system, you are ready to forget and go forward. But your loved ones may remain upset with you for days or weeks. You need to learn to discipline yourself and to count to ten before you have an outburst.
8. Be very inspiring, uplifting and loving. You are like sunshine appearing on a cloudy day. You have a way of warming people and making them feel loved.