



## **Arno Profile System Clinical**

Date Taken: 2/25/2009 9:44:38 PM

Counselor: John Doe, PhD

Counselee: A Sanguine Male

Code: Gc-GP-Gc

Confidential

For

Clinical Purposes Only

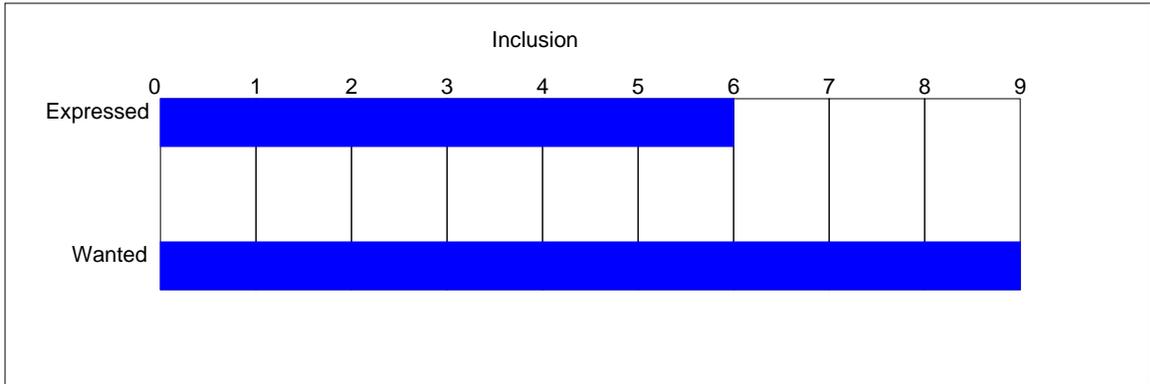


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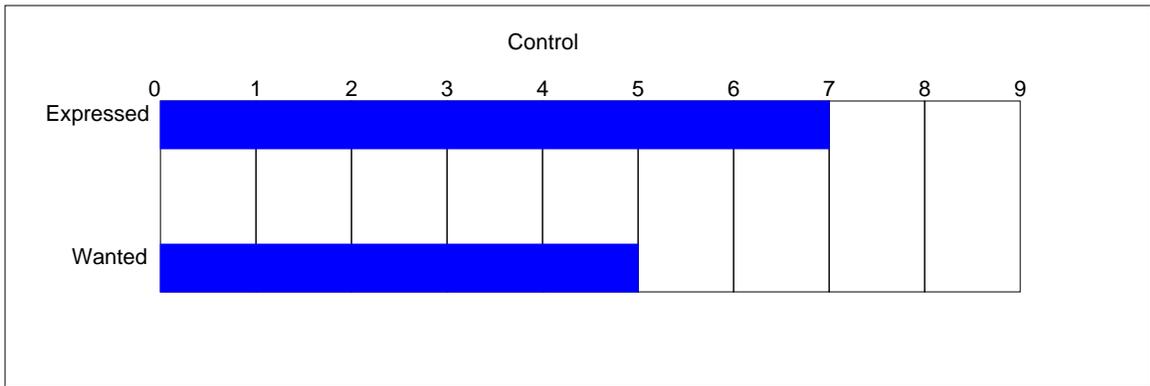
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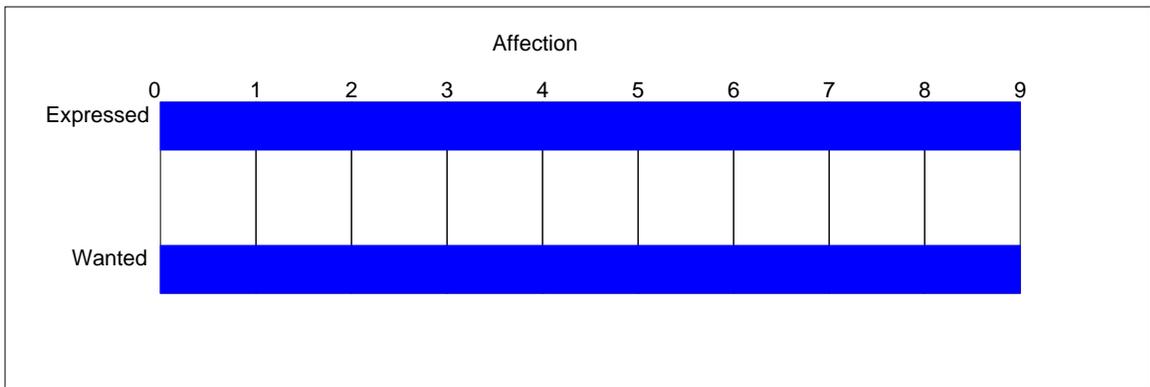
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Sanguine Compulsive



Sanguine Phlegmatic



Sanguine Compulsive

# Inclusion

Inclusion is social orientation and intellectual energies.

## BASIC INCLUSION TRAITS: Gc

1. Compulsive extrovert of high intensity.
2. Relationship-oriented. He has little understanding of tasks or systems. He has a compulsive need to be with people, and he will suffer from extreme anxiety if forced to be away from people for long periods of time.
3. Has a compulsive need to live life at a very fast pace. He is very talkative and likes to be the center of attention. He has a short attention span. He will walk away from someone while they are talking when he loses interest in what is being said.
4. Motivated by the promise of reward, and by the threat of punishment. If he does not receive attention with good behavior, he is capable of taking on bad behavior to get attention. He also has mood swings. He is either happy or sad and no one can motivate him to swing. He will make the decision when to be happy and when to be sad.
5. Very active. He finds inactivity stressful. He is highly responsive to his environment. A change of environment increases his ability to cope
6. Highly responsive to the senses: sight, smell, taste, touch, and hearing.
7. Has a compulsive need to shop. Shopping affords him the opportunity to be with people; however, he tends to act on impulse and spend money for things he does not really need.
8. Optimistic, upbeat type of person. He tends to live for today, yesterday is gone, and tomorrow may never come.
9. Has a compulsive fear of rejection. Unlike the Melancholy who withdraws from people, he tends to socialize in order to "sell himself" and gain acceptance. He will also adopt the morality of the crowd to prevent rejection.
10. Compulsively hot-tempered, he can explode or fly off the handle, and five minutes later forget why he was angry.

# Control

Control is our willingness to make decisions and to accept responsibility for self and/or others.

## BASIC CONTROL TRAITS: GP

1. Moderate independent/dependent conflict. He is stubborn.
2. Capable of making decisions and taking on moderate amounts of responsibilities.
3. He has a moderate amount of low energy, and prefers to share responsibilities and work "side-by-side" with others. He becomes angry when people do not carry their share of the load.
4. He will express as a Sanguine with a moderate "swing" from independent to dependent and vice versa and respond as a Phlegmatic.
5. If he does not receive the recognition he needs, he will swing into his dependent mode and stop whatever he is doing (even if he is working on an important project) and self-indulge.
6. He has a dry or wry sense of humor that he uses as a defense mechanism to keep people from controlling, dominating, or motivating him into doing something he does not want to do. He will also use this humor to keep people from draining his low energy.

# Affection

Affection is the need to express and receive love, affection and approval. Need for deep personal relationships.

## BASIC AFFECTION TRAITS: Gc

1. Expresses and responds to a compulsive amount of love and affection. He is uninhibited when it comes to expressing and responding to love and affection.
2. Has a compulsive need to establish and maintain a deep personal relationship with many people.
3. Communicates by touch. If a deep relationship is hurting physically or emotionally, he will tend to want to touch them as his way of trying to uplift and encourage them.
4. Compulsively needs to receive physical expressions of love and affection, i.e., hugging, handholding, kissing, and stroking. He responds to expressions of love.
5. Compulsive fear of rejection. Because of this fear, he will say and do things that he knows are not right, but will do them anyhow to keep from being rejected.
6. Very positive in regards to establishing and maintaining deep relationships. If rejected by a deep relationship, he recovers quickly and believes that if he tries harder, the relationship will work out—if not this one, the next one will.
7. Adopts the behaviors and moralities of others in order to meet his needs for love and affection.
8. Suffers from anxiety if he is not told constantly that he is loved and needed.
9. Compulsively emotional. He tends to act on the emotions of the moment without thinking through the end results of his actions. If rejected, he may explode in an outburst of anger.
10. Very inspiring, uplifting and loving. He has a way of making others feel loved and needed. He is like sunshine on a cloudy day.

# Counseling Suggestions

Based on the Basic Traits of his Inclusion, Control and Affection, the following is a composite list of the most vital needs that this counselee has, i.e., the need:

## INCLUSION: Gc

1. to be the center of attention. He has a compulsive need to socialize and to receive large amounts of attention.
2. to find life situations where he can remain active. He has an exuberant amount of energy, but it is often undisciplined.
3. to seek employment where he can undertake tasks while interacting with people. (This will increase his productivity and help meet his compulsive need to be with people).
4. to learn to deal with anger constructively and in ways pleasing to God. He has a compulsively hot-temper; he explodes, and within five minutes, forgets why he exploded.
5. to learn to listen to the radio, etc., to give him the feeling of interacting with people when he is undertaking personal tasks. (This will heighten his efficiency and help meet his compulsive need to be with people).
6. to learn, if forced to be away from people often or for long periods of time, to talk to people on the telephone, read books or watch television shows about people. (This will lessen his anxiety.)
7. to learn to discipline himself to complete the task at hand before socializing. Since he has a compulsive need to socialize with little or no thought to the consequences, he needs to motivate himself with a reward for completing his tasks. The reward can be shopping, spending time with his friends, etc.

## CONTROL: GP

1. to find employment where he can interact with people and work "side-by-side" with them. His "swings" are moderate and he will abandon his responsibilities and self-indulge if approval is withheld. He needs to learn to self-indulge in ways that are not offensive to God.
2. to learn not to overload himself with too much responsibility because of his low energy.
3. to learn to accept his swings because they will keep him from burning out.

## AFFECTION: Gc

1. to be told constantly that he is loved. This is a compulsive need and, if he is not told that he is loved, he tends to suffer from anxiety. He feels that yesterday is gone, and tomorrow may never come;

therefore, he needs to be told right now that he is loved!

2. to receive physical expressions of affection.
3. to be taught to look for ways to meet his compulsive needs for love and affection that are pleasing to God. He has a tendency to adopt the behaviors of the crowd in order to meet his needs.
4. to learn not to feel rejected or angry if his deep relationships do not respond to his compulsive expressions of love and affection; they might not require as much as he does.
5. to learn to go to the Lord to meet his compulsive needs for love and affection so that he does not make ungodly demands on his deep relationships, and to lessen his sexual and romantic fantasies.
6. to become secure in the love of God to lessen his compulsive fear of rejection from his deep relationships.
7. to learn not to compulsively explode in an outburst of anger when rejected by deep relationships. He needs to discipline himself to count to ten first.
8. to learn to interact with God. This will lessen his anxiety when forced to be away from his deep relationships.

## Special Notes to the Counselor

NOTE! This entire report is based on this counselee's temperament, not actual behavior. It is your responsibility as a counselor to determine if his actual behavior is conducive to his temperament. The wider the gap between temperament and actual behavior, the greater the counselee's anxiety levels. The accuracy is subject to the counselee's honesty in response to the questions. Environment and learned behavior may magnify or lessen the intensity of a person's temperament.

Based on his Inclusion and Control scores, the N.C.C.A./S.A.C.C. recommends that you approach this counselee as follows:

You, the counselor, must be warm and friendly while maintaining a professional attitude. He has a short attention span because his mind is on socializing, and trying to find new ways to be with people. This person has a compulsive need to socialize and be with people. The more people he is with, the more he needs to be with. This is because his compulsive need to be with people can never be satisfied. After you have completed the formalities and begin to counsel this person, he will soon become restless and bored. Do not attempt to counsel him for over fifty minutes.

He will express as a Sanguine and respond as a Phlegmatic. He “swings” from independent to dependent and from self-sacrificing to self-indulgent. His “swings” are not as abrupt as the Sanguine, nor are they as frequent. Lack of recognition and/or approval usually throws him into his “swing.” You should not criticize him or make him feel foolish. You should motivate him to make the necessary changes by pointing out both the positive and the negative things that will happen. You must acknowledge all accomplishments (verbally reward him). He is not as self-indulgent as a Sanguine. He may take on large amounts of responsibility, but he lacks the energy to follow through. At times, he has good leadership capabilities and he is usually very good at making decisions. He will use his dry or wry sense of humor as a defense mechanism to keep people from controlling or dominating him.

### SPECIAL NOTES BASED ON HIS COMPULSIVE AREA(S):

Because of his compulsive Inclusion scores, he has a compulsive need to be with people. He has a compulsive need to live life at a fast pace. He has a compulsive need to shop—this gives him the opportunity to meet his need to be with people. He also has a compulsive fear of rejection so he tries harder to please people.

Because of his compulsive need for love and affection, he will undertake whatever behavior is necessary to meet these needs. He has a compulsive need to be told that he is loved and needed everyday and, if he is not told that he is loved and needed everyday, he feels rejected and becomes moody. No matter how much love he receives, it is never enough. He needs to learn to look to the Lord to meet his needs so that he does not make demands on his deep relationships that they cannot meet.