



Arno Profile System

Personal

Date Taken: 4/2/2009 11:14:09 AM

Counselor: C Roger Young

Counselee: Sample Profile

Code: S-MP-Gc

The following Personal Profile is based upon your responses to the fifty-four (54) written questions in the Arno Profile System Response Form.

This Profile is being provided for you for the sole purpose of helping you better understand yourself and to identify your individual needs.

When your needs are not being met, it will cause stress and anxiety. Other possible symptoms include: depression, dissatisfaction, loneliness, fear, frustration, anger, marriage and family problems, poor work performance, exhaustion and inter/intra personal conflicts.

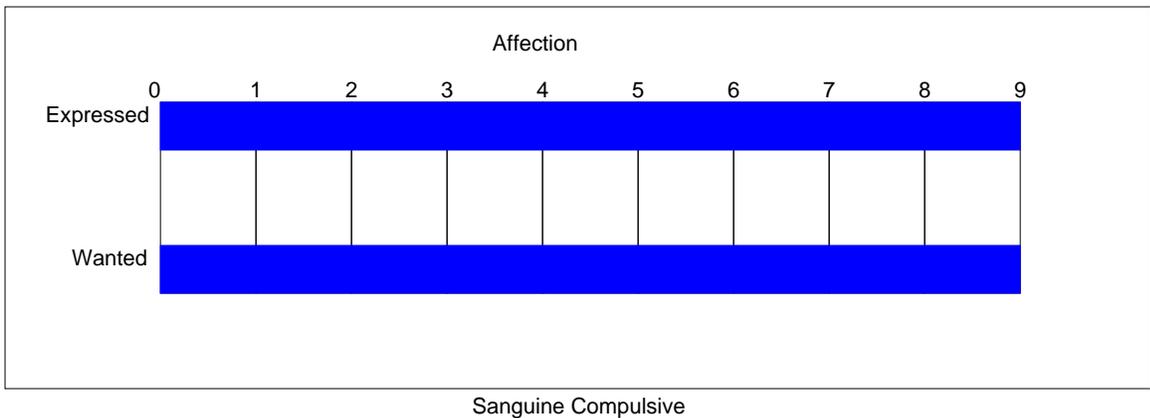
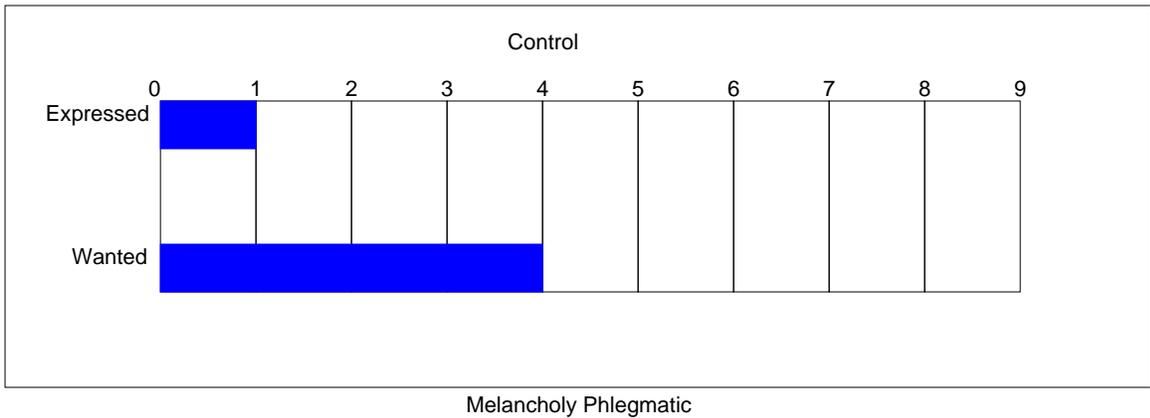
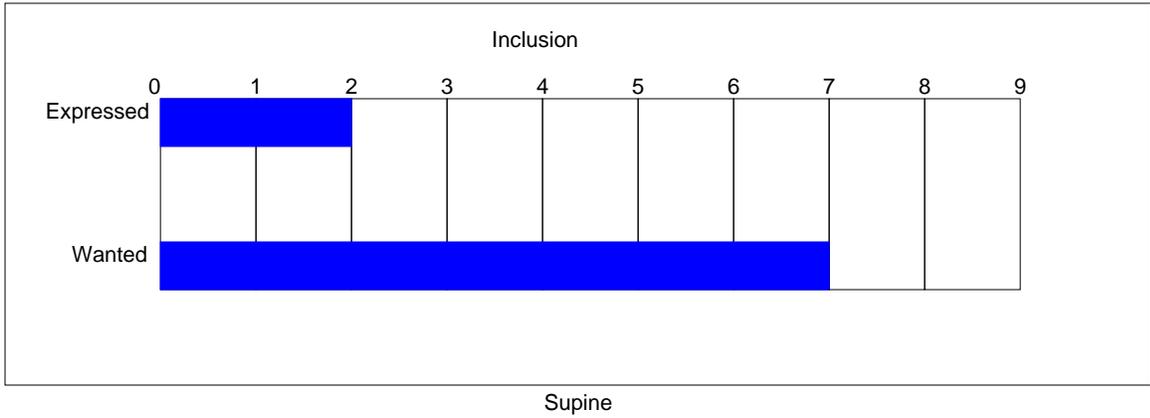


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Christian Counseling



Inclusion

Inclusion is social orientation and intellectual energies.

BASIC INCLUSION TRAITS: S

You tend to:

1. be able to relate to tasks as well as relate to people. You have indirect behavior. This means that you act like you do not want to be included in social functions, etc., but inside you are thinking: “Please invite me.” You need people to give you a personal invitation so that you know that you are wanted and needed at social functions, etc.
2. be task-oriented. You like doing tasks but they tend to stress you—especially if you are doing them for a long period of time. You also tend to perform tasks as a means of establishing and maintaining surface relationships.
3. be relationship-oriented. You like to be with people but they tend to stress you—especially if you are with them for long period of time.
4. like to alternate between doing tasks and being with people and vice versa; this tends to energize and refresh you.
5. have intellectual energies. You are a thinker, although you tend to have a hard time focusing your mind for long periods of time. You need to have quiet time to assimilate new information and organize your thoughts.
6. have a fear of rejection. You will reject others before they can reject you. You have a hard time accepting compliments about yourself because you do not feel you are valuable. You have a tendency to see only your flaws.
7. say “my feelings are hurt” instead of “I am angry.” This is because you are tenderhearted and you have a gentle spirit; however, you are angry because you do not feel you deserve to be treated badly. You need to learn to say “I am angry because...” and deal with this internalized anger instead of bottling it up inside where it can grow into bitterness.
8. be motivated by the threat of punishment, and the promise of reward.
9. respond to the senses: sight, smell, hearing, taste, and touch. You are also emotional. You cry very easily. Crying is a safety valve that will help you deal with stress. After a good cry, you are usually able to deal with any situation.

Control

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

BASIC CONTROL TRAITS: MP

You tend to:

1. be independent, and stubborn.
2. express very little control over the lives and behaviors of others, and you will not tolerate control over your life and behaviors. You are highly independent, strong-willed, and you have a moderately low energy level.
3. have a moderate fear of the unknown, and you will tend to procrastinate; however, when these areas become known, you tend to be confident and capable of making decisions and taking on responsibility.
4. have a dry or wry sense of humor. This is a defense mechanism that you use to keep people from controlling you.
5. prefer not to be responsible for anyone, including yourself.
6. be self-motivated. You like to make your own decisions in your own time. You do not like to be pushed into making a decision.
7. give good advice when you are asked, but you really do not care if someone follows it or not—it is up to them.
8. become angry if someone criticizes you, points out your mistakes, or makes you look foolish. You may ventilate your anger by using your dry or wry sense of humor.
9. at times, be legalistic, uncompromising, rigid, stubborn, and unmovable.

Affection

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

BASIC AFFECTION TRAITS: Gc

You tend to:

1. express a compulsive amount of love and affection. You do this by hugging, touching, and kissing, and you tend to be uninhibited when it comes to expressing this love and affection.
2. need a compulsive amount of love and affection such as hugging, touching, and kissing. You respond to expressions of love.
3. establish and maintain a deep relationship with many people.
4. compulsively touch people a great deal. This is how you communicate your love and affection
5. have a compulsive need to be told constantly that you are loved. If you are not told constantly, you tend to suffer from anxiety.
6. have a compulsive fear of rejection and, because of this, you may say and do things that you know are not right, but you do them anyhow to keep from being rejected.
7. be highly emotional. If you are rejected by a deep relationship, you tend to recover quickly. You believe that if you try harder, the relationship will work out. If not this one, the next one will.
8. compulsively explode in outbursts of anger; however, your anger does not last long. Once you have exploded, and you have gotten the anger out of your system, you are ready to go on as if nothing had happened.
9. be very inspiring, uplifting, and loving. You have a special way of making others feel loved—you are like sunshine appearing on a cloudy day!

Personal Recommendations

In order to reduce stress, anxiety and inter/intra personal conflict, you need to:

INCLUSION: S

1. socialize. You want people to give you a personal invitation so that you know that you are wanted at social functions, etc. No matter how many times you are included, or how many people you associate with, you never really feel wanted. This is because you feel that you are not valuable. You believe everyone else is valuable, and you are nothing. You need to believe that God created you and that you are valuable to Him!
2. seek employment where you can undertake tasks while interacting with people.
3. learn to be more direct in expressing your needs. You cannot expect other people to read your mind and know what you need.
4. serve people; serving or doing tasks for people makes you feel valuable. You need to learn to maintain balance in this area. This is because you like to please people, and you may tend to take on more than you can handle, which can lead to feelings of resentment.
5. have time to organize and “file” your thoughts. You tend to become stressed if you are not able to pull your thoughts together.
6. stop “masking” your anger as hurt feelings, and deal with this anger before it turns into bitterness.
7. be told every day that you are needed and appreciated.

CONTROL: MP

1. be in control of your circumstances. You are independent and stubborn, and you like to make your own decisions. You need to find employment where you do not have to make quick decisions in unknown areas. This is because you will tend to procrastinate until the area becomes known to you.
2. have someone to work with rather than work alone because of your moderately low energy.
3. learn to maintain control of yourself in order to keep from becoming angry if someone criticizes you, points out your mistakes or makes you look foolish and/or incompetent.
4. be in surroundings where people will meet your need for truth, order, and reliability.
5. learn not to use your dry or wry sense of humor to hurt people. You tend to use this humor in order to keep people from controlling you.

AFFECTION: Gc

1. learn to look to the Lord to help meet your compulsive needs for love and affection so that you do not make excessive and unreasonable demands on your deep relationships.

2. learn not to adopt ungodly or sinful behaviors in order to obtain love and affection from your deep relationships.
3. learn not to be jealous of the time and attention your deep relationships spend with other people.
4. be shown every day that you are loved, and needed; however, you need to learn to meet these needs in ways that are pleasing to God.
5. learn to become secure in the love of God to lessen your compulsive fear of rejection from your deep relationships. Because of this fear, you may say and do things that you know are not right, but do them anyhow to keep from being rejected. You must learn to ask yourself this question: “Am I glorifying God with this behavior?”
6. learn to discipline yourself before you have a compulsive outburst of anger. This is because your deep relationships may remain upset at you for days because of this outburst.
7. find yourself a pet to love if you live alone or do not have any deep relationships. Because of your compulsive need for love and affection, this will lessen your anxiety when you are forced to be alone.