

What the Sanguine Can Do to Help Themselves

- Learn to recognize anger as anger, and deal with it constructively and in ways pleasing to God.
- Find life situations where they can interact with people frequently, especially in regard to employment.
- Find life situations, such as a children's choir director, where their needs for love and affection can be supplemented.
- When forced into life situations where they are away from people, they can lessen their anxiety by talking on the telephone, watching television shows about people, or reading books about people.
- Listen to the radio or television while undertaking tasks. This will cause them to have a feeling of interacting with people, reducing their anxiety and increasing their efficiency.
- Learn to anticipate the end results of their words and actions. This will help lessen their impulsiveness and emotional outbursts
- Learn not to adopt bad behavior and immorality to gain attention from significant others in their lives. They will be jealous of the time significant others in their life spend with other people.
- Receive numerous expressions of physical affection, such as hand-holding, hugging, kissing, etc.
- Learn to interact with God and Christ as they would in any other surface relationship in order to lessen anxiety when they are forced to be away from people.
- Go to Christ to receive the love and affection that is not provided through human means. This will reduce their penchant for sexual sins.

An Excerpt from:

Creation Therapy

A Biblically Based Model for Christian Counseling

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