



**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 a 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 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!