

## SANGUINE IN CONTROL

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

### Strengths

- Driven to control the behavior of the people around them (independent swing).
- Caring, responsible servant (independent swing).
- Charming and gracious

### Weakness

- When taking on too many responsibilities and needing recognition, driven to narcissism, self indulgence, lacking persistence and weak willed (dependent swing).
- Endlessly driven between the independent and dependent swing.

### Needs For Sanguine in Control

1. To seek employment where they can undertake task while interacting with people.
2. To learn to deal with anger constructively and in ways pleasing to God.
3. To have the feeling of interacting with people, when undertaking personal tasks by listening to the radio, television or stereo.
4. To talk on the telephone or to read books or watch television shows well people to lessen anxiety if they are forced to be away from people often or for long periods of time.
5. To be accepted. When this individual is the dependent mode i.e. self gratifying and self-indulgent mode, and they need to receive approval and not be “put down” for their indulgences.
6. To have recognition for the services they render.
7. To receive approval for their hard work and good behavior. They need to be pampered when they have taken on responsibilities and decisions.
8. To be encouraged not to overload themselves with too many tasks or activities.
9. To learn self-control based on understanding and excepting their natural tendency to swing.
10. To learn not to act on the motions of the moment. They need to think through their words and activities in the end results.
11. To learn not to adopt behavior and morality in order to get attention from significant others in their life. They will be jealous of the time significant others in their life to spend with other people.
12. To practice self-discipline and have predetermined boundaries.

## What The Sanguine Can Do To Help Themselves

1. Learn to recognize anger as anger, and deal with it constructively and in ways pleasing to God.
2. Find life situations where they can interact with people frequently, especially in regard to employment.
3. Find life situations, such as a child's choir director, where their needs for love and affection can be supplemented.
4. 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.
5. 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.
6. Learn to anticipate the end results of their words and actions. This will help lessen their impulsiveness and emotional outbursts.
7. 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.
8. Receive numerous expressions of physical affection, such as hand-holding hugging, kissing etc.
9. 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.
10. Go to Christ to receive the love and affection that is not provided through human means. This will reduce their penchant for sexual sins.

### Behavior Changes To Bring A Sanguine Closer To God

11. Learn to predict the end results of words and actions according to the ordinances of God.
12. Learn to deal with anger constructively and in ways pleasing to God.
13. Learn to become secure in the love of Christ to raise self-perception and to lessen their fear of rejection from man.
14. Learn ways to be self-indulgent that bring pleasure and are pleasing to God.
15. Learn to make their behavior pleasing to God and learn how to be accepted for good behavior. They will adopt the morality and behavior of the crowd to assure acceptance.
16. Learn to interact with God as they would any other surface relationship to lessen anxiety. They will suffer anxiety when they are forced to be away from people often or long periods of time.

## Special Things That Significant Others Can Do For The Sanguine

1. Tell them daily that they are loved, needed, and appreciated.
2. Recognize their need to socialize and provide them ample opportunity to do so.
3. Never reject them.
4. Provide them with large amounts of physical expression of affection. Touching is essential.
5. Give them recognition for all achievements and services rendered, perhaps by pampering them occasionally.
6. Do not condemn them for being self-indulgent, providing they are not entering into an area of sinning against God.
7. Do not interfere with them when they have taken on areas of responsibility, and render assistance only when asked.

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