

## SANGUINE IN AFFECTION

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

### Strengths

- Able to express and receive large amounts of love and affection.
- Warm.
- Easy to get to know.
- Emotionally open

### Weakness

- Easily devastated if not constantly reassured they are loved and appreciated.
- Demanding of other people for love and affection and are plagued with feelings of jealousy when the love and attention they want is given to others.

### Needs For Sanguine in Affection

1. To be the center of attention and not be rejected.
2. To be provided with love, affection, and approval.
3. Social interaction.
4. To learn to deal with anger constructively and in ways pleasing to God.
5. To talk on the telephone or to read books or watch television shows about people to lessen anxiety if they are forced to be away from people often or for long periods of time.
6. To learn not to act on the emotions of the moment. They need to think through their words and activities and the end result.
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8. To learn not to adopt behavior and immorality in order to get attention from significant others in their life. They will be jealous of the time significant others spend with other people in their life.
9. To receive many physical expressions of love.
10. To be told every day they are loved and appreciated.
11. 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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