

# The Temperament Approach

The Arno Profile System assists Christian Counselors by looking at and identifying a persons' spiritual genetics

The Arno Profile System (APS Report), named after it's founders, Dr. Richard and Phyllis Arno, is the tool used to identify a person's temperament.

Temperament, in simple terms, is the inborn (not genetic, i.e. brown hair, blue eyes, etc.) part of man that determines how he reacts to people, places and things. In short, it is how people interact with their environments and the world around them. Temperament pinpoints our perception of ourselves and the people who love us. It is also the determining factor in how well we handle the stresses and pressures of life.

Temperament can best be defined as Spiritual genetics or God's imprint upon each one of us. Three are involved in the conception of a child, the mother, the father and the Creator.

Here is an illustration that illustrates the difference between Temperament, Character and Personality:

