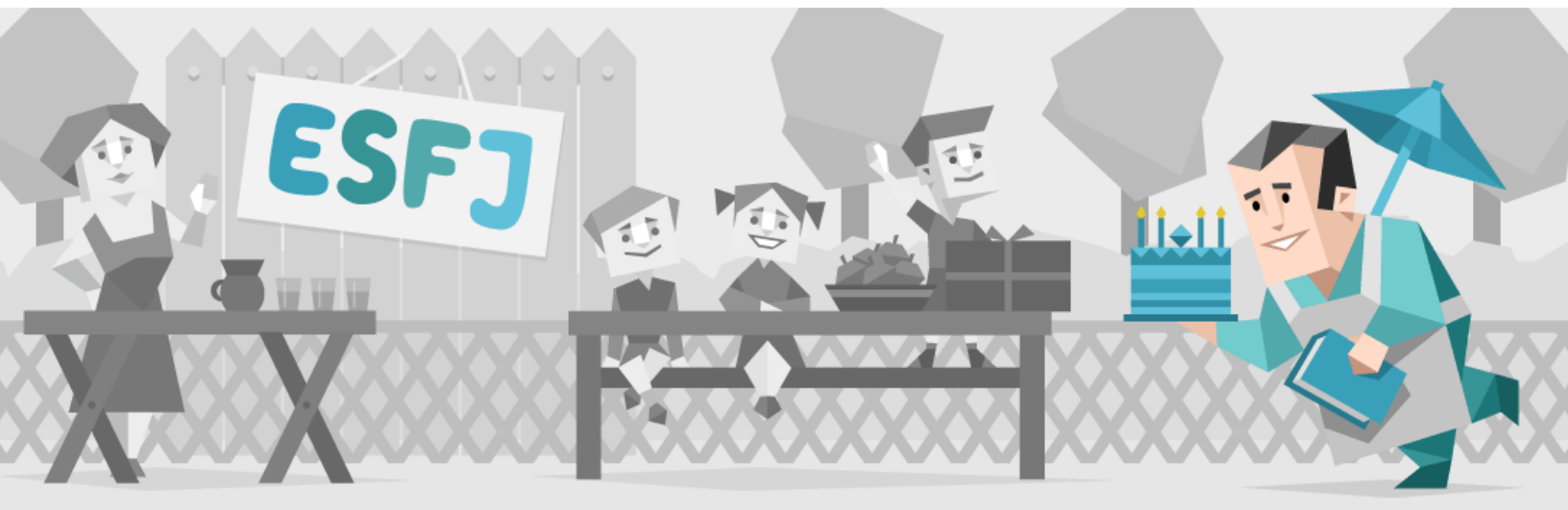


ESFJ



ESFJs are conscientious helpers, sensitive to the needs of others and energetically dedicated to their responsibilities. They are highly attuned to their emotional environment and attentive to both the feelings of others and the perception others have of them. ESFJs like a sense of harmony and cooperation around them, and are eager to please and provide.

ESFJs value loyalty and tradition, and usually make their family and friends their top priority. They are generous with their time, effort, and emotions. They often take on the concerns of others as if they were their own, and will attempt to put their significant organizational talents to use to bring order to other people's lives.

What Makes the ESFJ Tick

ESFJs act according to a strict moral code, and look for others to do the same. They often see things in terms of black and white, right and wrong, and they are typically not shy about sharing their evaluations of others' behavior. ESFJs seek harmony and cooperation, and feel this is best accomplished when everyone follows the same set of rules. They have a sense of order in the way people relate to one another, and often take on roles that allow them to help enforce that social order.

ESFJs feel a sense of personal responsibility for other people's needs, and are usually eager to get involved and help out. They tend to be serious and practical, dutifully putting business before pleasure—especially the business of caring for others. They typically enjoy routine and often keep a regular schedule that allows them to be organized and productive.

Recognizing the ESFJ

ESFJs may often be found playing host or hostess. They tend to take on the role of organizer without hesitation, and want to be sure that everyone is taken care of. Roles such as committee leader, event planner, and church volunteer suit the ESFJ well. They are typically engaged with their communities and work hard to do their part in maintaining the social order. ESFJs are interested in other people and like to

know the details of their lives. Gossip is a favorite pastime of many ESFJs; they love to share stories about the people around them.

ESFJs have a clear moral code that guides their behavior and their expectations from others. They often have strong opinions about how people should behave and the proper thing to do. Manners and other codes of social interaction are often of great interest to ESFJs. They may think in terms of black and white, right and wrong. They can be judgmental of others who they do not think are acting appropriately, but they have the best of intentions: they simply want everyone to follow the rules so they can all get along. The ESFJ wants things to be all right with the people around them, and may become very involved with others' problems and concerns.

Popular Hobbies for the ESFJ

Popular leisure activities for ESFJs include volunteering in community, charity, or religious organizations; celebrating holidays and family traditions; cooking; entertaining; and social sports.

Quotes About ESFJ

"ESFJs are primarily concerned with the details of direct experience—their own, that of their friends and acquaintances, even the experience of strangers whose lives happen to touch theirs."

- Isabel Briggs Myers, [Gifts Differing](#)

"Wherever they go, Providers take up the role of social contributor, happily giving their time and energy to make sure that the needs of others are met, that traditions are supported and developed, and that social functions are a success."

- David Keirsey, [Please Understand Me II](#)

"The ESFJ's strengths are many and varied. They are punctual, neat, responsible, and highly productive, with a great concern for others."

- Otto Kroeger, [Type Talk at Work](#)

Facts About ESFJ

Interesting facts about the ESFJ:

- Underrepresented among people suffering from substance abuse
- Among types highest in resources for coping with stress
- Second most likely of all types to report believing in a higher spiritual power
- Highest of all types in reported satisfaction with their marriage or intimate relationship
- Among most likely of all types to stay in college
- Most likely of all types to be satisfied with their co-workers
- Values at work include clear structure, security, and the ability to be of service to others
- Among the types most satisfied with their work
- Commonly found in careers in education, health care, and religion

ESFJ at Work

ESFJs like to put their interpersonal skills to work to organize people and processes. They are tuned into the needs of others and seek to create structure to provide for people. ESFJs often prefer work that allows them to help people in practical, observable ways.

ESFJs enjoy work that allows them to follow through and see results, and prefer a high degree of structure and organization. They gain satisfaction from completing tasks with attention to order and detail. An ideal job for an ESFJ requires attention to procedure and specifications, and allows the ESFJ to work methodically to organize people and processes.

ESFJs usually prefer to work with others, and are energized by participating in a motivated, conscientious, action-oriented team. It is important to the ESFJ to do work that is accordant with their values, as well as to work with others who are supportive and cooperative. An ideal work environment for an ESFJ provides clear expectations and a friendly, structured atmosphere free from conflict or uncertainty.

Top Careers for the ESFJ

[Elementary Teacher](#)

[Special Education Teacher](#)

[Child Care Provider](#)

[School Administrator](#)

[Counselor](#)

[Social Worker](#)

[Health Care Administrator](#)

[Police Officer](#)

[Paralegal](#)

[Court Reporter](#)

[Real Estate Appraiser](#)

[Technical Writer](#)

[Cosmetologist](#)

[Hotel Manager](#)

[Caterer](#)

[Family Physician](#)

[Dentist](#)

[Medical Assistant](#)

[Optometrist](#)

[Speech Pathologist](#)

[Nurse](#)

[Surgeon](#)

[Physical Therapist](#)

[Fitness Trainer](#)

[Dental Hygienist](#)

[Radiation Therapist](#)

[Respiratory Therapist](#)

[Pediatrician](#)

[Physician Assistant](#)

[Dietitian](#)

[Minister](#)

[Buyer](#)

[Public Relations Manager](#)

[HR Manager](#)

[Corporate Trainer](#)

[Event Coordinator](#)

[Funeral Director](#)

[Real Estate Agent](#)

[Insurance Agent](#)

[Merchandise Planner](#)

[Advertising Sales Agent](#)

[Office Manager](#)

[Fundraiser](#)

[Receptionist](#)

[Customer Service Rep](#)

Least Popular Careers for ESFJ

It is important to note that any personality type can be successful in any occupation. However, some occupations are well suited to the natural talents and preferred work style of the ESFJ, while other occupations demand modes of thinking and behavior that do not come as naturally to the ESFJ.

Occupations that require the ESFJ to operate outside their natural preferences may prove stressful or draining, and often sound unappealing to ESFJs who are choosing a career.

The following occupations have been found to be unpopular among ESFJs, based on data gathered from surveys of the general population.

[Software Developer](#)

[Computer Programmer](#)

[Power Plant Operator](#)

[Tech Support Specialist](#)

[Farmer](#)

[Airline Pilot](#)

[Investment Banker](#)

[Attorney](#)

[Auditor](#)

[Actor](#)

[Editor](#)

[Recreation Worker](#)

[Electrician](#)

[Mechanical Engineer](#)

[Electrical Engineer](#)

[Chemist](#)

[Social Scientist](#)

[Economist](#)