

# ENFP

*Extroverted Intuition (Ne) - Introverted Feeling (Fi)*

## MAIN CHARACTERISTICS

### *PERSONAL LIFE*

ENFPs have a keen sense of the future and the scope of possibilities. They have a taste for anticipation and guessing how things will develop. They have dazzling intuitions in this area. Their creativity is great and is exercised in multiple areas; it is often coupled with a certain artistic taste.

ENFPs excel at relationships. This is where they feel most comfortable and where they best express their talent. They have a warm, spontaneous contact; their curiosity is insatiable when it comes to understanding someone, spending time with them. They easily guess the motivations of others and listen to the hidden meanings in their words and actions. As they are very spontaneous, they can sometimes hurt, which goes against their intention.

ENFPs are expansive, sometimes to the point of excess. They readily encourage others, and like to be rewarded. They need to be reassured about themselves, which makes them act seductively, both to seduce and to be seduced. Independent-minded, ENFPs are often surrounded by a lot of people. Their sociability and enthusiasm are the causes. They love joyful gatherings and parties.

ENFPs are not comfortable in conflicts, which they avoid as much as possible, even if it means sacrificing themselves. In fact, sacrifice is less painful for them than conflict.

The common ideal among ENFPs: They want to realize themselves, explore their possibilities which are varied, and taste all kinds of things. They often have several projects in progress, or read several books at the same time.

ENFPs have a very personal mode of organization, in which they find themselves but which does not always suit those around them. They are often late, having always met someone to talk to on their way, and are very imaginative in finding excuses.

ENFPs learn enthusiastically when the topics are varied and constantly changing and when they can work with others. They don't like courses that are too structured.

### *PROFESSIONAL LIFE*

At work too, ENFPs show enthusiasm and a sense of contact. They are very good at bringing people together and getting them to work together, starting meetings, initiating projects. They are more interested in what could be than what is.

They are creative, problem solvers, especially when it comes to connecting people. As leaders, they are appreciated for their infectious enthusiasm and personal charisma.

They like work to be a pleasure and strive to make it so. This is why they sometimes make little difference between their work and their private life, both of which should be an opportunity for meetings and pleasure.

The flexibility of ENFPs opens up many careers for them. They are naturally found in large numbers in sectors where their sense of contacts and their humanist values can be best used: journalists, therapists, writers, actors, salespeople, advertisers, etc. But it is obviously possible for them to carry out any other type of activity that interests them.

## REACTIONS TO STRESS

### *FIRST LEVEL*

At the conception stage, ENFPs can become overwhelmed by the number of open possibilities and choices to be made. They may accumulate all kinds of possible solutions, without being able to choose any of them. They therefore put off the decision until later, showing procrastination. They may make decisions without basing them on enough specific facts.

In action, ENFPs may lack continuity. Those who followed them because of their dynamism and the possibilities they held out to them then risk finding themselves frustrated or having to take charge of the rest of the project themselves.

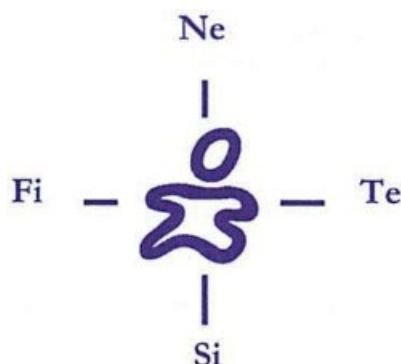
### *SECOND LEVEL*

When stress increases, ENFPs may have an exaggerated tendency to take matters into their own hands, to organize in a super logical way, or even to rule over those around them.

Under stress, ENFPs, who generally lack practical sense, can on the contrary give exaggerated importance to fleeting sensations in a negative sense; they may therefore suddenly have a tendency to dramatize or exaggerate an insignificant detail.

While ENFPs often tend to forget that they have a body and neglect their health, they risk at times overdoing it (eating, drinking, gaining weight, smoking, etc.); this can result in alternating phases of bulimia or severe dieting. Generally speaking, they tend to go through ups and downs - overexcitement and depression - which can be very pronounced.

## DEVELOPMENT PATH



To sort through the range of possibilities that can overwhelm them, ENFPs will benefit from relying on their extroverted thinking. This will allow them to set selection criteria, establish priorities and develop action plans that will allow them to better manage their time. It will thus help them to consider the logical consequences and impact of their actions, to establish priorities and an order of achievement and to somewhat plan their time and resources. It will be even easier for them if they can share it with others.

They will then be able to list concrete points to take into consideration before undertaking a project. Implementing their feelings will allow them to increase their effectiveness by making decisions more suited to the needs of the moment. Likewise, by taking better care of their body, they will be able to channel their energy and will be in better health. This will prevent them from the risk of exhaustion.

## ENFPs SEEN BY THEMSELVES

“My garden reflects my type pretty well. There is everything, in a happy disorder. No identical plants. I have tried everything. Some plants didn't survive, I pulled out others, I moved a lot. I buy gardening books, I accumulate magazines, I opened a binder, but the result is not satisfactory, it lacks method. That said, I hate French gardens, clean and without burrs. I noticed that I had much the same approach to the Internet as I did to my garden. I arrive at a fairly clear idea and very quickly, my steps, my navigation, take me completely elsewhere. It happened to me one evening that instead of going home, I left Gare de Lyon and took the first train to nowhere because I wanted a change.

Creativity through illumination, without knowing how to explain, without necessarily knowing how to find the idea, if it is lost, because it was not noted down immediately. Operation in fits and starts, not regular, whether for concentration, for taking action, for expressing ideas...

Always late, needing stress, urgency to be able to concentrate and produce . Otherwise, if this is not the case, a lot of time spent in daydreams which are very pleasant and felt productive.

Generally speaking, I am happy to live, I am enthusiastic, cheerful, spontaneous although somewhere I think I am “tortured”. My aversion to routine is common knowledge. In fact, I always try to get out of my usual frame of reference, to find new possibilities. Besides, I'm still in an emergency. I decide with my heart and often take into account what is important to others when making decisions. I'm quite awkward when people push me to express my deep values. As soon as I feel observed, judged and therefore somehow not loved, eh! Well, I'm losing all my resources, I'm getting scattered, I'm having trouble concentrating.

What characterizes me the most:

- When listening to a presentation, reading a book (other than novels), I immediately start extrapolating to other situations.
- If things hurt me (and this is easy), I attack, I collapse.
- I feel people, situations and know perfectly well how to make people believe if I really care about something and I am capable of constructed reasoning if necessary.
- Dispersion in everything I do, too curious, looking for other possibilities.
- The horror of routine and routine begins the second time. Very great loyalty to my friends and an ability to remember a lot of details as long as they concern human beings.

## ENFPs IN BRIEF

Features	Openness, spontaneity, ease in relationships, creativity
Environment	Friendly, innovative, warm
Communication	Natural, direct, people-oriented
Leadership	By training ability, charisma
Learning	Gladly in a group, through exchange and interaction
Change	Well-off, permanent, for pleasure
Decision	Based on novelty, fast, easily questioned
Stress 1	Boiling, excessive expenditure of energy, loss of contact with reality
Stress 2	Depression, physical excesses, obsessions with details