

ESFJ

Extraverted feeling (Fe) - Introverted feeling (Si)

MAIN CHARACTERISTICS

PERSONALITY

ESFJs have a developed sense of social life, where they stand out for their interpersonal skills and their desire to please. They are keen to help others, in a practical and concrete way. If the neighbor is sick, they will spontaneously offer to take the children to school. ESFJs can push this dedication to the point of forgetting their own needs; over time, this can lead them to resent those who take advantage of them, especially if they are not thanked as they think they should be and if their services are taken for granted.

ESFJs like an organized world, where everyone's rights and especially duties are known, where roles are clear, and the structure is stable. They readily use expressions like "We must" or "We must not". In this sense ESFJs are guardians of tradition and social order. They plan their activities, including leisure activities.

ESFJs like group life. They cultivate good humor and good relationships between people. They willingly take care of those who are apart to include them in the group. They make conversation easily, most often on practical subjects.

Home is the ESFJ's favorite place. It is the protective castle where they can build the world they love, a place of well-ordered pleasures and activities, where everyone feels safe and at home.

ESFJs are often good students, attentive and methodical. They like discipline and that everyone behaves as they should, with teachers they like. They learn in stages and need to express themselves out loud; these two combined characteristics can sometimes make them appear slow in their approach.

PROFESSIONAL LIFE

ESFJs have the same sense of duty and the work to be done in their work. They like to have clear and precise instructions, rules and procedures that they willingly respect. Regular tasks suit them well.

They are both efficient and friendly. They carry out their duties with rigor and punctuality without neglecting contact and exchange with people. They enjoy working in a team and while meeting scheduled deadlines, enjoy spending time talking with their colleagues.

When in a position of authority, they set an example of what to do. They are hard workers who also care about those they have to command.

They are particularly attracted to professions that allow them to be of service to others. We will therefore find them more particularly in the medical or paramedical professions, the teaching of young children; they also make good salespeople. But it is obviously possible for them to carry out any other type of activity that interests them.

REACTIONS TO STRESS

FIRST LEVEL

The search for social harmony can lead ESFJs to prefer to hide problems rather than risk conflict. Their verbal ease can thus be used to mask difficulties and then turns into worldly chatter.

ESFJs may have difficulty saying no to requests made of them and lack assertiveness in expressing their own needs.

ESFJs may also live too much in the present and not see the consequences of their action, or be unable to consider other possibilities than what is done socially. They can thus become uncompromising conformists who know better than everyone else what is appropriate.

ESFJs may possibly adhere excessively to a doctrine that seems satisfactory to them, without questioning it. They can then become unconditional “fans” who will devote their energy to convincing those around them and blaming those who do not follow them.

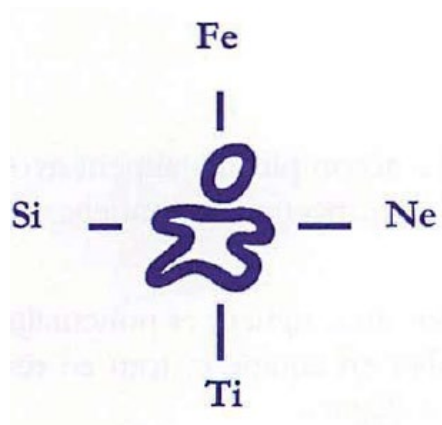
Finally, ESFJs who are comfortable with what is known can feel destabilized by change. It can even make them unpleasant.

SECOND LEVEL

If stress increases, ESFJs can sometimes manifest, beneath their usual cordiality, a very negative philosophy of existence, which is not normally expressed but can suddenly emerge when they do not feel appreciated. Intuition then begins to construct negative scenarios of everything that is wrong.

Particularly in situations of tension between people, logical thinking, which is their least developed function, can manifest itself in difficulty accepting criticism from others. They will then feel betrayed and risk losing their means, criticizing themselves and withdrawing into themselves.

DEVELOPMENT PATH



ESFJs will be able to exercise their intuition by broadening the field of possibilities, by looking for new ways of doing things. The discovery of other societies, other habits and customs will, for example, be useful for them to put the strength of their obligations into perspective and to question their convictions.

This openness can help them to consider the consequences of what they had planned, and to build other scenarios by imagining different scenarios.

This will be a good way to defuse negative thoughts and prevent them from manifesting at the wrong time.

They will then be able to work to develop a personal philosophy of existence, to make their logical judgment speak, without resorting to external models, which will allow them to question the values in which they believe and to take a step back from the social obligations.

ESFJS SEEN BY THEMSELVES

“I love people and take pleasure in knowing them: I like knowing people who are out of the ordinary, who transport me to other worlds... I have the impression of learning everything through emotion ... I admire great scientists, great writers, philosophers, but I prefer those in whom we feel a true human sense, who know how to express their talent with heart and passion... I am concrete, I like to organize, to put people in relationships... I like parties, lights, music, the circus, ballets, opera voices. Faced with strong emotions, I don't know how to reason. I am punctual and organized, but this organization is more aesthetic than logical and rational.

Relationships, helping others are my favorite areas, where I am truly at ease, I keenly observe people, gestures, attitudes, things said and unsaid, and I “guess” them well. The effort begins with the synthesis, namely, extracting the essential from the accessories, relating the observed phenomena to theories, providing a clear vision of the possibilities to be put into practice or suggested. I know well what I like, that is to say what produces in me, by anticipation, enjoyment, whether the action is final, emotional, aesthetic, physical. However, there are “failures” due to insufficient reflection in terms of material, logical and methodological consequences.

I have the ability to adapt in very different teams. To listen, to give confidence to the interlocutors, to be authentic, to express with great ease my feelings both in personal and professional life, strong human values and sometimes expressed without too much moderation.

I need a lot of detail to understand. The more precise, finer, detailed the content, the more I remember... This results in quite meticulous behavior, picky about details, organized on small things but not on the global side... I don't see the situation globally and in the future .

I experience the lower function almost on a daily basis as a handicap. But it's about strategies, about how to think, think in advance, read theoretical works, I delay, I get tired faster, I need to take breaks, time or chat with people on the mentioned topic. »

THE ESFJ IN BRIEF

Features	Concrete actions for others, efficiency, sense of duty
Environment	Organized, where everyone knows what to do
Communication	Frank, open, results-oriented
Leadership	Support, sense of responsibility, ensures the common good
Learning	Methodical, with exchanges, links with the teacher
Change	For the good of people, by organizing the stages
Decision	Based on common values, fast, clear
Stress 1	Conservatism, decides for others, intransigence
Stress 2	Self-criticism, feeling of uselessness