

ESFP

Extraverted feeling (Se) - Introverted feeling (Fi)

MAIN CHARACTERISTICS

PERSONALITY

ESFPs have great observation skills and pay attention to concrete facts. They see reality as it is and take life as it comes to make the most of it.

ESFPs love the good things in life and know how to take advantage of them. They like good food, good company and entertainment. They see the bright side of things; for them the glass is half full, and they prefer not to look at the one that is half empty. They are naturally optimistic.

ESFPs are good companions, cheerful, full of cheerfulness, easy to get along with, always ready to talk. They are comfortable with people, break ice easily. They are generous and inclined to be helpful. They show their affection in a concrete way, through gifts or gestures.

They are spontaneous, flexible, like variety, especially when it is in a partially known area. On the other hand, they like less what is entirely new.

ESFPs generate an atmosphere of cheerfulness around them; they are hyperactive and like “things to move”. Their effervescent nature can even be difficult to bear for those who are not like them.

ESFPs learn from real-world experiences and don't much like traditional school. This is above all a meeting place for them; they will attend extracurricular activities assiduously. They learn better in interactive groups than alone and are very sensitive to their teachers' interest in them.

PROFESSIONAL LIFE

ESFPs seek out connections. What they like about a profession is the relational aspect: they excel at connecting people and establishing links between groups.

When they have a responsibility, they proceed through influence, appealing to goodwill and team spirit. They appreciate concrete approaches and visible results. Repetition and procedures quickly bore them; they often look for a way to escape them or to compensate for them with social activities. They like to be in good company in a relaxed atmosphere.

ESFPs tend to avoid conflicts to prevent them; they try to establish good relationships between people; if tensions appear, they seek to reduce them by putting them into perspective or even avoid them by changing the subject or making people laugh.

ESFPs often enjoy and choose business professions, public relations, social functions, teaching and entertainment professions. But it is obviously possible for them to carry out any other type of activity that interests them.

REACTIONS TO STRESS

FIRST LEVEL

Under stress, ESFPs' spontaneity can become excessive and turn into impulsiveness; they then tend to start several things at once and not finish any of them. They may lack rigor and continuity in their actions; this manifests itself, for example, in their relationships with their children to whom they risk not giving enough structure. This can also manifest itself in the form of hyperactivity which turns into agitation.

Without the counterpart of their intuition, their pragmatism can become outrageous and their activity turn into activism. This risks preventing them from projecting themselves into the future and seeing the consequences of their action.

Their sense of contact can make them lose sight of the task at hand. An ESFP can thus spend an inordinate amount of time talking, "making relationships" while forgetting the work to be done. Generally speaking, the organization of time among ESFPs can leave something to be desired.

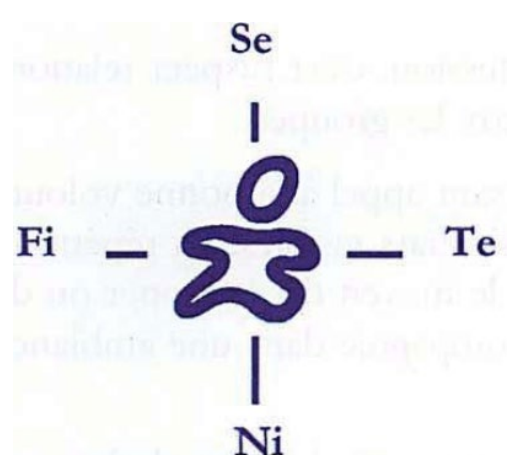
Their concern for others, their desire to please and to be pleased, can turn into complacency and charming business. ESFPs like to seduce and be seduced; they are not always able to establish clear boundaries and those around them as well as themselves can suffer from this.

SECOND LEVEL

If stress increases, ESFPs may speak sharply and become harsh and impersonal.

ESFPs will then be able to abandon their pragmatic aspect to indulge in esoteric fantasies, which they will dress up with apparent logic to mask - unconsciously - their phantasmagorical character. They may be invaded by negative intuitions which then take up all the space. This is how ESFPs who are usually expansive can experience bouts of melancholy and depression because they will be overwhelmed by their poorly controlled intuition, the vision of dark prospects. For example, if someone is late, they may suddenly assume the worst.

DEVELOPMENT PATH



Extroverted thinking can be of great help to ESFPs because it will allow them to bring order to the bustle of their activities and social relationships. It will be even easier if they can share it with others.

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. By detaching themselves from the desire to please, they will learn to say no.

ESFPs will gradually learn to project themselves into the future, take a step back in their relationships and live more for themselves by placing more trust in their intuition.

In doing so, they will be able to have access to their "inner guide", this intimate part of themselves which lies beyond the daily hustle and bustle and which will allow them to have an overview of their activity and the values they put there.

ESFPS SEEN BY THEMSELVES

"I operate in the here and now almost in a caricatured way. I rely on opportunities to seize them and it has always worked well. I don't often implement actions to achieve a goal in a planned manner. In any case, I have difficulty defining the objective that would satisfy me best. Picking up the phone to make an appointment and sending out invitations costs me. I do it at the last minute, I like the unexpected.

On the other hand, nothing really panics me. I have a powerful work force and without being organized, I am able to carry out many activities, quickly, efficiently and in a hyperactive manner. This "effervescence" nevertheless causes "rants" when I feel overloaded, especially in my family environment where I control myself less.

I am sometimes overwhelmed by emotions that bring tears to my eyes for no apparent reason: a poorly experienced thought, a word that provokes guilt. I find it hard to bear, to think that I might not please.

Professionally, as a skills assessment advisor, I strive to ensure that my consultants follow the process well, find pleasure in it and I like it when they are satisfied. I favor speaking over very planned and structured activities.

Since time, I have the impression that my tertiary function "Te" is trying to develop. I try to detach myself and take better responsibility for not meeting other people's expectations.

I dare say "no". When I still let myself go following my "Fi" preference, I sometimes have the impression of having been "tricked", I blame myself for not having been firm enough.

As for my lower function "Ni", I have difficulty identifying its attitudes. I like projects, I know how I want to lead my life, but I operate too much "when the time comes". I don't really have a prior strategy. I know that I risk missing out on certain things, and it's true that I sometimes feel anxious about it: a lump in my chest that bothers me more and more. »

ESFP IN BRIEF

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| Features | Joy of living, cheerfulness, pragmatism |
| Environment | Spontaneous, friendly, festive |
| Communication | Warm, practical, spontaneous |
| Leadership | Through motivation and pleasure |
| Learning | Through practice and play, as a team |
| Change | Great mobility, by group training effect |
| Decision | Rapid, changing, varying depending on the interlocutors |
| Stress 1 | Versatility, carefreeness, "cicada" |
| Stress 2 | Depression, negativism, phantasmagoria |