

MYERS-BRIGGS TYPE INDICATOR GENERAL PROFILE

ESFP

Personality

ESFPs radiate attractive warmth and optimism. Smooth, witty, charming, clever, voluble, and open to the environment – this describes ESFPs who, like ESTPs, represent about 13 percent of the population. They are great fun to be with and are the most generous of all the types. Performer would be the word which best describes an ESFP.

ESFPs will avoid being alone and seek the company of others whenever possible. ESFPs easily find company, for others are usually highly entertained by the presence of an ESFP. ESFPs love excitement and create it wherever they are. Their joy of living is contagious and generally they wear happy faces. Often outstanding conversationalists, their flowing banter is amusing in its wit. ESFPs have an air of sophistication and are likely to be dressed in the latest fashion, displaying an enjoyment of all good things of life: dress, food, physical comfort, and happy times. ESFPs create a mood of “eat, drink, and be merry” wherever they go, and around them life can have a continual party-like atmosphere of gaiety.

Career

ESFPs prefer active jobs and should not be given lonely, solitary assignments. Outstanding in public relations, they love working with people. Decisions are made with personal warmth, based on personal reference or reference to significant others. This type relies heavily on their personal experiences and generally show good common sense.

The gregarious sociability and adaptability of ESFPs make them a source of warmth to others. They do not mind telephone or personal interruptions and are verbally facile in both situations. They can be counted on to have accurate data about the people around them, gaining these data through effortless and continuous observations.

ESFPs are not deeply interested in scholastic pursuits, wanting knowledge only for immediate utility. They avoid science and engineering, gravitate toward business, and are adept at selling, particularly selling tangibles. They can be effective in education, especially elementary school teaching, and can enjoy nursing for its drama. They are good at working with people in crisis, a facility which often leads ESFPs into social work. They also enjoy entertaining people and are thus drawn to the performing arts, thriving on the excitement of being in the limelight.

Home

ESFPs make exciting, if somewhat unpredictable mates, which may give quieter type mates some anxiety and tension from living on the edge of adventure. The home of an ESFP is likely to be filled with people all having a good time. Problems will not be allowed to make their appearance. The ESFP accomplishes this by taking an attitude of “walking by the graveyard whistling,” refusing to recognize doom and gloom.

ESFPs can be generous to a fault. What is theirs is yours, and what is yours is yours still. They give assistance to one and all without expectation of a return, just as they love freely without expecting something in return. ESFPs seem to view life as an eternal cornucopia from which flows an endless supply of pleasures that require no effort on their part to insure.

ESFP’s talent for enjoying life can make them more subject to temptations than are other types. They are inclined to be impulsive, and thus both male and female ESFPs are vulnerable to psychological seduction, if not physical seduction, with an ESFP giving in easily and agreeably to the demands of

others. As a parent, the ESFP will be entertaining, a friend, and a source of fun and excitement. When there is sickness, or trouble, however, ESFPs may become impatient and may want to absent themselves.

ESFP's tolerance for anxiety is the lowest of all the types. Anxiety is avoided by ignoring the dark side of a situation as long as possible. They are inclined to be somewhat self-indulgent, but, rather than make an outward show of resistance or make waves, ESFPs will give apparent compliance – and then go their own way to what they enjoy.

Midlife

At midlife ESFPs might want to look to building deeper commitments to fewer people and begin setting stable, long-term goals. ESFPs may, by midlife, begin to feel that they are used as a source of fun to others, but are not cared for themselves. This can build resentments. They may want to work at building one or two deep relationships where they are able to show their fears, their sadness, and their anxieties about the future – and still find that they are accepted and loved. They may want to increase their enjoyment of solitude and their repertoire of solitary activities. Extending their reading in “serious” literature or technical works might be one way of doing this.

MYERS-BRIGGS TYPE INDICATOR MATING PROFILE

ESFP

Mates

There is an affinity of the INTJ “scientist” for the ESFP exciting entertainer. This type of mating, however, is so infrequent as to be a mere academic interest (the INTJ is a mere 1 percent of the population and, furthermore, rarely comes in contact with ESFP). More frequently the ESFP is drawn to the ISTJ “trustee.” Here is the entertaining ESFP, bursting with energy and hankering to put on a show of some kind. More than others the ESFP yearn for the bright lights, the party, the excitement of gatherings. In a sense, the ESFP is the life of the party. How many times have novelist and screenwriter told the story of “the showgirl and the banker” or “the playboy and the owner”? The ESFP wants to liven up this Rock of Gibraltar at the same time he or she wants to be settled down by this very stable and responsible person.

Courting

An SP is likely to be compliant and agreeable with whatever is happening in the sexual sphere. They may seem quite decisive in sexual choices, but this is apt to be the result of impulse rather than the carefully thought through decisions that would characterize an NT. SPs can find themselves quickly involved with another, only to find this liaison a burden; then, they might be puzzled as to how to go about getting uninvolved. Confrontation is not likely to seem to be the way to solve this problem; rather, absence and silence are more likely to be the solution of choice. Long drawn-out courtships are not apt to hold the attention of SPs, oriented as they are by their need for freedom, which includes being able to express emotions as they occur. Expressions of deep emotional commitment directed toward an SP are apt to cause the SP to become restive and to feel trapped. Under pressure, an SP is capable of tactlessness and even brutality, but once the scene is over, may be quite oblivious to any scars marring the relationship. If an SP does not meet another’s expectations, he or she is readily willing to “reform,” although it usually turns out that the promised new behavior doesn’t last long. Generally, SPs tend to have uncritical, happy dispositions. They live so thoroughly in the present that they are not always reliable in meeting the obligations of daily life, but the intention to displease is seldom present. An SP may be as quick to anger as to act, but the anger is likely to pass as quickly as it arises. They can accept positive or negative comments about their behavior or character with perfect ease, not long bothered by it either. In and out of the mating relationship, an SP may not bother to sort out priorities, responding to each successive demand with equal energy. A small crisis may be given as much attention as a crisis of great magnitude: a claim for attention from a stranger can be given as much attention as a claim from an intimate. This can lead to some dissatisfaction on the part of a mate. At times the delightfully generous nature of the SP (what is his is yours and what is yours is his to give away if the impulse strikes) troubles mates of differing perspectives.

SPs love to receive and give gifts. Not only is the SP temperament likely to give the extravagant gift, but the SP will especially appreciate having an audience to witness the effects of this exuberant generosity. A mink coat could well appear under the Christmas tree even though they might be only minimum necessities in the closet. SPs often express sexual attraction through bringing gifts to those they want to please. The transaction involved is what is stimulating to the SP; the pleasure of playing Santa Claus in and out of season is what delights him. The receiver’s reactions of pleasure and surprise and the reactions of other witnesses are what count for an SP.

Sex

Whether Extraverted or Introverted, Thinking or Feeling, male or female, an SP may present the image of a bedroom virtuoso, a sexual superman or superwoman who voices an avid interest in experimentation. The details of the experimentation, however, are usually left for other to provide. SPs seem to enjoy talking about sex, may have an extensive repertoire of ribald sexual stories, and love to

hear details of sexual activities of all types. Modern novels, which focus on sex, tend to describe the SP more than any other type. SPs are more responsive than others to tactile, auditory, and visual sexual stimuli, which are concrete, real, and graphic. Symbolic stimuli (e.g., poetry) do not have the same power to excite the SP then might other types.

The Attitude that living is to be enjoyed applies to sex and well as work, play, or sleep. Variety in all things, including sex, is likely to appeal to an SP. An SP can become sexually excited by expressions of conflict as well as of lust and love, and perhaps will find quarreling, tears, and anger – whether these emanate from themselves or their mates – sources of stimulation. Horror movies, disaster and war films, pictorial presentations of the cruel, the terrifying, the graphically erotic may excite an SP. The slow-moving love story is less likely to have appeal, eliciting impatience in the SP to get on with it. The larger-than-life love goddess or sexual superhero performing on the screen can titillate an SP, who in the hedonic style, is ever seeking excitement and adventure. Romeo and Juliet, Heloise and Abelard were clearly not SPs' in fact, the two pairs of lovers and their styles of loving may appear to an SP to be rather pitiful.

Interpersonal

Although SPs give an impression of being extremely alert, their realism in accepting whatever exists at the moment can lead them into being oblivious to differences between quality and quantity of relationships. Whoever and whatever happens to be there is likely to be accepted, and in this process the SP may not differentiate between a person, for example, who is capable of great loyalty and a person who is only “passing through.” An SP also is, at times, not alert to potential dangers in relationships. This can lead female SPs particularly into involvements, which might be unwise. SPs truly do often rush in where angels fear to tread – sexually, socially, and at times, economically. For an SP, living may be feast or famine. They may be good providers today, but spendthrifts tomorrow. Money, like sex is to be used and enjoyed. SPs do not tend to attach much priority to saving for a rainy day, sexually or financially, as might an SJ: rather, time, money, and energy might be used to explore the newest restaurant, the newest fashion, the newest companion, the newest car. Buying new gadgets or acquiring new acquaintances to tinker with might well fascinate an SP for hours, until interest is turned elsewhere.

Social

SPs are usually energetic propagandists for their own personalities, and sexually they promote themselves well, whether extraverts or introverts. They are very likely to obtain the mate of their choice in a whirlwind courtship. If the SP's mate does not project onto the SP unrealistic expectations, the relationship can develop into a satisfactory, active way of life. If the SP is expected to be someone he or she is not, disappointment may be in store for both. Given a reasonable degree of compatibility in sexual rhythm, SPs are not apt to dissolve their relationships with selected mates. Unlike the NF, who is haunted by his lifelong romantic quest for the perfect love, the SP is not inclined to fantasize that another choice would have been all that much different.

Domestic

As a homemaker, the SP female tends to find outlets for her hunger for action through arts and crafts. Her home tends to be filled with various projects in various stages of completion. Clutter is acceptable to the SP. She may get heavily involved in gourmet cooking for a time, and then move on to an avid interest in weaving or pottery. Color is likely to be abundant and strong. Plants are apt to be set about the rooms in profusion. Drop-in guests are sure to be welcome almost any time and the SP female is not apt, as would the SJ, to be put off-balance by a less-than-guest-ready home. She is more likely to share cheerfully and freely whatever is there, pushing aside current projects to make seating or eating room. The SP mother is likely to be very much in charge of her children. She is not subject to the notion that she ought to be of service to her children; nor does that mean she is subject to guilt, wondering whether she is doing the “right thing” or whether she did the same thing as other types. She does what seems right at the moment and that is that. More often than not, she expects and gets obedience, although she also allows her children a great deal of autonomy. She cannot be conned by her children and does not allow them to rule her. It is, perhaps, easier for the SP mother to allow others to participate in the raising of her children that it is for other temperaments. When her firstborn goes to kindergarten, for example, the SP mother is apt to take it in her stride in a way other types may not.