

Personality Type

1

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February 9, 2020

## Personality Type

2

My personality types where as followed ESFJ. I scored out at 7 percent in extravert, 38 percent in sensing, 31 percent in feeling, and 44 percent in judging. They say this personality trait is This type of person has a tendency to wear their heart on their sleeve. They may struggle with too much complexity or too much dry material. They have a thirst for excitement, and they love getting to know people, expressing their emotions, and staying in the moment. They are smart, fun, and affectionate. However, they keep a lot of their deeper thoughts to themselves—this is their introverted and less developed side. (PairedLife. (2020).)I would have to say that this describes me almost exactly. There is not much that I would not do to help someone in need. I am thought of as the mother hen in school. Always trying to help others. This often bites me in the behind as helping others tends to set me back, but I wouldn't change it for anything. It is what I feel is the best part of me. The keeping the deeper thoughts to my self-hits perfect. I do talk about my feelings but tend to keep a lot locked up inside. I don't like to fight or argue so there is a lot I don't say. I just process it in my head and burry it down deep inside.

An ESFJ will dress to the nines. They're probably are already noticeably attractive, but when they like someone, they'll go the extra mile. (PairedLife. (2020).) This however is not who I am. I rarely get dressed up or put my makeup on. I have a busy life and find there is not much time to do this. I like to work in the garage and feel there's no reason to look my best when I am out there painting or working on cars and motorcycles. This is what I like to do when I'm not at school or at work. It is my me time. When I do dress my best, it is nothing special a pair of jeans, shirt and dressy boots. I'm not big on doing my hair so it is up in a ponytail most of the time. I would have to say this part does not match me very well.

## Personality Type

3

An ESFJ wants things their way and may try to control the situation. If they're letting you lead, then they are smitten. (PairedLife. (2020).) This is totally not who I am. I do not like being the person who makes the choices. I am more of a go with the flow type of person. The biggest argument I have with my spouse is what is for dinner. I hate deciding on things. It works better for me to know what someone wants and just go with it.

An ESFJ will keep mementos that you give them, such as flowers, cards, and jewelry. ( PairedLife. (2020) This I agree with. I keep a lot of things. I once kept a lollipop that one of my step kids gave me for the first valentine's day, I had with them for over 10 years. I feel the little things mean way more than the big ones. I kept everything the kids made for me at school and most of their graded papers. To the point I had to tell them I was running out of room and had to stop keeping it all. Holding onto the little things such as old cards, old pictures, old notes makes it easier to remember about the good times in the past. It also hits home when you bring them out to show the kids as they grow.

An ESFJ will be willing to make a complete fool of themselves for you. (PairedLife. (2020)) This is another good one that fits who I am. I love making people happy and smile. I'm not afraid of looking like a fool to do so. I worked as an activity's director for four years in an assisted living facility. I held an exercise group every day. In order to get my residents down to join in I had to make it fun. I thought nothing to dance around, sing or even get on the floor and pretend to be an animal to get them to smile and join in. Doing so I was very successful at getting the residents to join in on a lot of different things. If my peers are feeling down, I will do about anything to get them to smile and feel better.

## Personality Type

4

I would have to say this the personality trait that I got after taking the test, ESFJ explains me about halfway right. Without taking any test the best way, I can explain me is that I love helping others. That's one of the reasons I want to work in the medical field. I roll with the flow and don't like being in charge. I like to get along with people rather than fight. Even if I do not like someone rarely do, they even know it. I will go out of my way to make someone smile or help them. I will talk about my feelings just not often and usually takes a lot to happen before I do so. This is a bad quality that I have as it usually don't go over well because I let things build and build before talking about them.

## Personality Type

5

## References

PairedLife. (2020). *Signs an ESFJ Personality Likes You*. [online] Available at:

<https://pairedlife.com/compatibility/Signs-and-ESFJ-Personality-Likes-You> [Accessed 11 Feb. 2020].