

ESFP
Chrystal Inman
Beal College

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Three plus years ago I took the Jung Typology Personality Test and the results were the exact same as when I took it this week. The findings of the assessment concluded that my personality type is ESFP. This indicates that my personality is primarily based off of the characteristics of being extroverted, highly depending on my senses, feeling deeply and depending on those feelings, and perceiving.

Being an extrovert means that I am social by nature enjoy entertaining others, and that I am often energetic. Now, this is the part of the assessment that I thought would have changed from three years ago. I strongly believe that I sit on the line of being extroverted as opposed to primarily introverted. I feel like I am more introverted honestly (especially this year I have learned with COVID) but also still strongly possess many characteristics of an extrovert.

Sensing indicates that I may best receive and perceive information in the world around me through my senses (sight, sound, smell, taste, and touch). I must say, I have always been one who is easily excited and stimulated through my senses. This can also be good or bad. I can feel joy from a beautiful sight or music, or a baby laughing, or the smell at the ocean. I can also feel over stimulated and irritated if things are too loud and chaotic (depending on the situation).

“Feeling” strongly resonates with me as it is in reference to what most commonly influences my decision making. Although I know I use facts and rationale to make choices, I very often make decisions based off of feelings. Even in the decisions that are most based off of facts and reason, I still believe that feeling is often a strong indicator.

Perceiving indicates that I may be more inclined to improvise and explore alternative options rather than just sticking to what I know (HumanMetrics, 2020). I agree with this to a

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certain degree as I have always been a “I’ll just wing it” individual. However, I still once again am sure to use fact and reason when I feel I should, or it is necessary.

I feel that with this personality type, nearly each characteristic is or can be a blessing and a curse (a strength and a weakness). Being an extrovert can result in being drained. Alone and quiet time is healthy and important, and I believe everyone needs a degree of Extroverts may want to be careful that they do not allow their senses to lead them to danger though. We must always assess and respond accordingly, not on impulse simply due to an intriguing sense.

Being a “feeler” I believe is my strongest and weakest trait, one I think I will always have to work hard at balancing. Feeling deeply is a strength for the most part, especially since I have learned better self care and how to set boundaries. Feeling strongly has led me to some great relationships and experiences in my life. I believe that my ability to empathize has enabled me to help where I am needed and also where some people are unable to. Feeling has also caused me great pain on numerous occasions as well. There have been times in my life that I have taken on the feelings of others in such intensity that I have had to reach out for professional support. I have made myself sick several times over empathizing with others. I really believe that compassion and empathy are two of my biggest strengths, even with the many non-ideal things that have come along with it from time to time.

And perceiving, I think keeps me open to new opportunities, learning and experiences, and I also need always remember that I can not just “wing” everything, because that could lead to danger or being irresponsible, too. I think that in some areas of my life, I depend more on what the Meyers Briggs Theory would refer to as “judging”, but I also depend as much on perception, too. I take in information in all the other ways previously discussed (feeling, sensing, though others even) and I develop a perception, that therefore often influences my choices.

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In closing, I do agree with many of the traits within my ESFP personality type. In the same breath, I also feel that we all possess a little bit of most of these possible traits. I know that I do, and I know that the people, places, and things in my life can sometimes influence which traits I depend on, I guess is how I would best sum that up.

References:

Personality Type Explained. (2020). Humanmetrics

<http://www.humanmetrics.com/personality/type>