

ENFJ "ENCOURAGERS" *' POPPY'

*(excerpted from *Blending Temperaments* book)

AS AN ENFJ you join only 5% of the general population. Your type especially likes to help others, particularly adults, find solutions to their emotional and relationship problems, patiently donating many hours listening and offering tactful advice. ENFJs are natural counselors, teachers, speakers, writers, and are capable of relating to and drawing out any type.

ENFJs relate to others with unusual empathy, identifying with the emotions, problems and beliefs of others. Over-extending themselves emotionally is normal behavior. ENFJs can pretty safely follow their hunches, for their intuition tends to be well developed. They can read other people with such outstanding accuracy, spotting a phony in a minute, that they often become apologetic about being so critical. However, this ability is more of a definitive discernment. ENFJs detest negativism so much that as they identify drawbacks they sound critical and hard to please to listeners.

ENFJs are socially adept and make excellent companions, mates and parents. However, because they are idealists, ENFJs want themselves, their marriage, and family to be perfect. They are likely to reveal personal troubles only after the problems have been resolved.

The goal of an ENFJ is to have a goal—or ten. Without goals, ENFJs become despondent. However, they are interested in so many things, they may have difficulty choosing a career.

ENFJs have unusual charisma and place a high value on cooperation from others, and are most willing to cooperate themselves. They are very good at organizing and keeping track of dates, events, and duties, with the help of several detailed lists. For these reasons, ENFJs can come across as overbearing at times.

ENFJs possess a remarkable fluency with conversation, so are good with face to face dialogue. Endeavoring to speak one idea at a time in complete sentences is a worthy personal goal.

ENFJs are generally surprised, but pleased to learn that they exert much influence in committees, on the job, with their mate, family, neighbors, etc. Recognition and reputation rank among the highest ideals for ENFJs.

ENFJs love learning and will never get enough. They always have dozens of ideas along with scads of questions. Never a boring moment around an ENFJ! People with this temperament prefer to be in charge of their own schedule and are often slave drivers of themselves. They are also good at delegating with great diplomacy.

Most ENFJs find keeping financial records, handling boring physical detail, or wasting precious time on meaningless pursuits their least favored responsibilities.

Because of their empathy, making logically based decisions and sticking with them seems to be one of the ENFJs most difficult assignments, therefore, running ideas and decisions through a "logical decider's" mind serves as a double-check and encourages wise self-protective decisions. ENFJs like to have disagreements settled but don't like to settle them.

THE INDIVIDUAL LETTERS MEAN...

E •EXTRAVERSION—indicates that you need a little bit of privacy and lots of people-relationship; that you think while you listen to what *you* say. At times, you may wish to erase what you just said. Extemporaneous style of speaking comes naturally for you. Your extraversion equips you with confidence and optimism. You have little problem verbalizing your thoughts.

N •INTUITION—means that you share the preference for ideas and design to facts and figures with only one-fourth of the world. You enjoy theories; dislike mundane routine or repetitive action. Improvement is a necessity. Jack of all trades, master of none describes intuitives pretty well, because you are interested in so many subjects. Solutions and ideas swirl in your mind constantly—perhaps five or six deep. You are easily bored with chit chat.

F •FEELING— Indicates that your decisions involve people; you are sensitive to criticism and appreciation; must have harmony; approval from others and are often easily persuaded by others' needs, wishes, demands and desires.

J •(Judging) STRUCTURED—describes your lifestyle and indicates that you like an organized day; like to finish projects; keep close tabs on the clock. As an extravert, you use your favorite process, which is decision making regarding people, on the world. "Work it must be done," fits your ethic, but its easier to finish head work before physical work.

ENFJ is a fun but complex type. Develop your favorite preferences but strive to use your opposite ones. Enjoy your role as influencer, peacemaker, adjuster, encourager and speaker along with all the other roles with which you're comfortable.

*In God's flower-garden, an ENFJ is a poppy—
Delicate beauty, hardy, yellow, rose, pink, scarlet
and varied colors with many uses;
Versatile and popular Encouragers

TIPS ON TEMPERAMENT MANAGEMENT

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Temperament does NOT label or limit a person, but rather frees one to be who they were designed to be. Discovering temperament completely changes some peoples' view of themselves and others, improving their self esteem and giving them a new lease on life. Others who have not struggled with low self worth, having never been put in a box, just appreciate knowing the legitimate differences in people, and make few immediate adjustments.

Temperament does not determine attitudes. Two people sharing the same temperament preferences may exhibit very different dispositions. Temperament can be compared to musical chords in various keys... distinctive in their own right, but enhanced when blended with tones from other keys. The more skilled the musician, the more beautiful the melody.

- Occasionally people will use temperament preferences to excuse inappropriate or tactless behavior such as:
- "Don't fault me for giving you the silent treatment; I'm an Introvert."
 - "I'm late, but it's OK; I'm Spontaneous".
 - "You know how Extraverts are; we can't help but ask personal questions."
 - "I have every right to do this job differently each time because I'm an Intuitive."
 - "I've always done it this way and that's the way Sensing people are."

Temperament is a wonderful tool, but is not to be used as a hammer to beat someone over the head. Some people dislike being analyzed, categorized or discussed. Respect their privacy.

You are more than just an ENFJ. You are like a house with many rooms, acting and responding a little differently depending on which room you're in, with whom and under what circumstances.

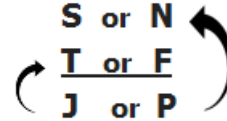
Every normal person is a blend of reserved/cautious Introversion; outgoing/confident Extraversion; fact & figures/hands-on Sensing; ideas & possibility iNtuitive; organized/closure Structure (J); open ended/crises sPontaneous (P). Temperament merely identifies our most natural or favorite way of acting or responding to people and situations

Everyone Extraverts their last letter: 'J' or 'P'. 'J' reflects the decision making preference—Thinking or Feeling; 'P' reflects information gathering preference—Sensing or iNtuition.

Introverts' last letter *happens* to be their second favorite preference, but because it is used on the world, it becomes their best developed function.

 Extracted from *Self-Esteem—Gift From God*, (Smyth & Helwys). Other related titles: *Coaching Kids—Practical Tips for Effective Communication* by Jim and Ruth Ward (Smyth & Helwys);

This final column explains the order which individuals access their four preferences. Although the information is beneficial, not everyone desires to digest it fully. Hopefully, a quick reading will reveal understanding for behavior. Don't miss the last paragraph's thumb-nail for your temperament.



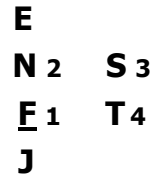
Introverts prefer to reserve use of their first and favorite preference for private use. Since Introverts are forced to use their second preference through Extraversion, they develop both the first and second functions.

Extraverts' last letter is their first and favorite preference which they easily Extravert on the world. However, since Extraverts prefer to use their favorite preference on the world, they often neglect developing their second preference.

Opposite our first preference is our fourth (least) preference.

Opposite our second preference is our third preference..

Purposely using less preferred preferences encourages healthy balance and enables better handling of different situations more wisely—produces a clearer and more beautiful melody. We can get "visas" anytime to enter the camps of our less preferred functions. Even though we will feel strange or awkward as we consult the third and fourth functions—our shadow side camps—we'll benefit from the practice and use of those helpers.



THUMB-NAIL:

As an ENFJ, you Extravert your first preference (Feeling decision making) which causes the world to see you as a delegator and finisher, which you are. You will need to make a decision to quit working to allow yourself to take advantage of your second preference (iNtuition) which will add luster to your life and keep you from being bored. Consulting your 3rd (Sensing) will tire you because of the routine of mundane duties, but you'll have to spend time using sensing abilities. Your 4th and most difficult preference (Thinking) can be developed with practice.

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