

ESFP "PERFORMER" * 'DAISY'

*(excerpted from *Blending Temperaments* book)

As an **ESFP**, you radiate attractive warmth and optimism. Smooth, witty, charming, clever and all inclusive. Your temperament represents about 13 percent of the population so you'll find plenty of people just like yourself. ESFPs 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 do not like to be alone. Others are usually highly entertained when your type is around because ESFPs find being with people so easy. Their joy of living is contagious and generally they wear happy faces. They are outstanding Conversationalists; their flowing banter is filled with wit.

ESFPs enjoy all the good things of life; dress, food, physical comfort, happy times, new fashion, etc... They like parties and have a continual party-like atmosphere around them most of the time. It's almost impossible to impose on an ESFP who is generally sitting on "go" ready for company, excitement, fun—if you can find them at home, that is.

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. Therefore, the ESFP often ignores personal problems which threaten peace and lightheartedness.

ESFPs can be generous to a fault. They want to help everyone without return of the favor. They love freely without expecting something in return.

ESFPs talent for enjoying life can make them more subject to temptations than other types. They are inclined to be impulsive, and thus both male and female ESFPs are vulnerable to negative and harmful influences.

An ESFP parent will be entertaining, a friend, and a source of fun and excitement. When sickness or trouble surfaces, however, ESFPs may become impatient and may want to leave until things are better. ESFPs have a low tolerance for anxiety.

They prefer active jobs and should not be given lonely, solitary assignments. Outstanding in public relations, ESFPs love working with people. Decisions are made with personal warmth—always genuine. Your type relies heavily on their personal experiences and generally show good common sense. Your type can be counted on to have accurate data about the people around them, gaining information through effortless and continuous observations through eye and ear. Your type is not deeply interested in scholastic pursuits because they want knowledge only for immediate utility. Your type avoids science and engineering and moves toward business—selling tangibles, services, especially.

When an ESFP does become interested in becoming a teacher, they are the favorite because their classes are always different and fun. Particularly do elementary school kids enjoy your type's teaching. ESFPs are talented at working with people in physical crisis—sometimes this leads ESFPs into social work. Because ESFPs enjoy entertaining, many are drawn to the acting field, thriving on the excitement of being in the limelight.

THE INDIVIDUAL LETTERS MEAN...

E •EXTRAVERSION—

means that you prefer people to privacy. You talk, then listen, making verbal errors. Being with people charges your battery. Extraverted people make up 75% of the world. You enjoy an in-born personal confidence and optimism.

S •SENSING—indicates that you draw your facts from your senses—hearing, smelling, seeing, touching, tasting. You remember facts, respect facts, rely and trust facts. You may not consult your intuitive process much which is good for solving relationship and systems problems, drawing information from the unknown, looking ahead, avoiding loss of time and effort.

F •FEELING—shows that your emotional decisions involve people rather than just cause and effect. It means that you may decide to do something but change your mind when someone's needs, demands, wishes become apparent. Warmth and generosity emanate from emotional decision making. This process is the bridge to people and is very important for kind relationships but is sometimes risky when people take advantage of your goodness. FEELING people are wise to consult their own THINKING process (impersonal consideration) or that of a friend, spouse or parent.

P •(Perceptive) SPONTANEOUS—measures the way you treat the world—with your ideas/facts from your SENSING function. This is your dominant or favorite process and you really are happy when you are using it. This would involve your ability to solve physical crisis problems. Your second favorite process then is your FEELING decision making. You need to use both of these processes to be balanced. Do learn to consult your intuitive process and your thinking to add strength to your facts and decisions. P also indicates that you prefer an unplanned day; dislike authority; possess a play ethic. You would rather play first, then work. You want to do your work when you feel like doing it rather than on a prescribed schedule or day. You don't want anyone controlling your activities. You do well in emergencies. You are not a finisher but a starter. This is another area where you might want to encourage yourself not to begin another project until you finish one already started, knowing that you are a process person rather than a finisher. Fifty percent of the world prefers the spontaneous lifestyle.

Enjoy your type – ESFP is a good one. The world is happier because of people like yourself. Accept your constant chatter – it's God-given, as are all your traits.

*In God's flower-garden, an ESFP is a daisy—(meaning day's Eye). Popular, brilliant, hardy, found in most bouquets. *Cheerful Performers*

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 ESFP. 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.

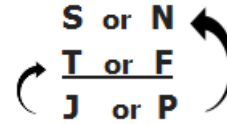
Every normal person is a blend of reserved/cautious Introversion; outgoing/confident Extraversion; fact & figures/hands-on Sensing; ideas & possibility iNtuitive; organized/closure Structure (J); open ended/crises sPontaneous (P). Temperament merely identifies our most natural or favorite way of acting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

E
S 1 N 4
F 2 T 3
P J

THUMB-NAIL:

As an ESFP, you Extravert your first preference (Sensing) which causes the world to see you as an open-ended, crisis person. You particularly enjoy freedom. You may be too busy enjoying your first preference to consult your second (Feeling) but you like to make decisions regarding yourself which explains your love for freedom and not being bossed around. Take time to develop your 3rd (Thinking) and your 4th (iNtuition)

Blending Temperaments—Improving Relationships,
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