

### ENFP: (Extraverted-iNtuitive-Feeling-Perceiving)

- Are aware of and interested in most areas of daily life (except routine tasks!)
- Want to participate in just about anything that is happening
- Find affirmation very important and give it readily to others
- Are energized by their involvement in the action of life, seek to discover its meaning, and then, with great enthusiasm, share their discoveries in hopes of inspiring others to follow their lead.
- Can be quite charismatic, usually in a very positive way.
- Can listen if they have to but mostly want to share what they are thinking and feeling
- Driven by inspiration and enthusiasm they are also susceptible to the ebb and flow of such states and can be very up and down.
- Easily bored, they are constantly seeking sources of inspiration and can be impatient with those to whom they feel closest.
- Can role-reverse with and grasp the essence of most people. Are like orchestra conductors: people are their instruments and they instinctively can tell when they are 'out of tune.' Have a seemingly limitless capacity for finding ways to help individuals 'fine tune' themselves. Because of this innate ability they are often extraordinary teachers
- Want others to grasp what they are saying and follow their plan. This way of being does not work so well with an ENFP's significant other. Whereas spouses often have minds of their own (and an ENFP would not respect a spouse who did not), they will tend to resist being 'orchestrated.' In essence, an ENFP is saying, "I want you to be your own person but do things the way I want you to!"
- Are by nature quite competitive, a quality that, in an NF, can cause a great deal of stress. ENFP's want to win but if their

success upsets or disappoints someone they automatically feel guilty and bad. With some ENFPs the feelings of guilt are so intense that they find ways to keep their competitiveness in check as a coping mechanism. This does not, however, usually solve the problem as their competitive nature ends up leaking out indirectly in behaviors often described as 'passive-aggressive.' Other ENFPs directly compete but, as opportunities to win arise end up making that lead to disappointing outcomes. This self-defeating mechanism is not intentional. It has a protective function in that it allows them to directly compete, to know that they are capable of winning, without having to experience the overwhelming feelings of guilt and blame that get triggered if their success upsets or disappoints someone. Other ENFPs find ways to contain the insidious feelings that get triggered by their successes allowing them to give free reign to their competitive nature. No matter what strategy an ENFP uses, it is almost a given that he or she will suffer from chronic tension in the neck and shoulders

- Lead unavoidably double lives. They are wired to nurture and support others and feel guilty and bad if they do not. Yet they are also wired to be very competitive, wanting to win whenever competition is in play. In essence, when competition enters the equation, ENFPs are caught in a paradox. They can't help but compete and they can't help but feel guilty and bad if they succeed at the expense of someone they care about.