

Myers Briggs Personality Type Interpretation

ENFJ

The Giver

Alysa Bartha CCP
Neo Vida Life Coaching



The following interpretation is based on the results of the MBTI Personality test you participated in. The test was first published in 1943 and has been used by many institutions and therapists the world over. The purpose for using this test in my coaching is to help both of us to get an objective snapshot your personality and which strengths to play to as well as what areas need some strength training.

Please take time to carefully read through each point and remember that the purpose of participating in this test is to bring to light what personality traits shape your approach to navigating life. Bear in mind the results are not about if you are doing things right or wrong, it is to shed light upon the personality traits that have either helped or inhibited you in achieving your goals.

Though the MBTI is considered by most to be very accurate you may read through the interpretation and perceive characteristics you may not see in yourself. With the traits you do not resonate with it may be that they are not present or not fully expressed either way it is fine.

The characteristics that you can easily identify should be seen as a snapshot of your personality. The results of the test are to be used as a stepping off point. I can't stress enough that the results are not hard and fast nor are they a place to become stuck. As you evolve you will find traits that were once considered weaknesses have, through your effort, morphed into strengths.

After reading the interpretation please take time to fill in the boxes provided on the interpretation page with as many strengths and weaknesses that you feel are accurately identified by the test. When you have done this we will discuss your feelings about your observations.

*****A more in depth and comprehensive interpretation based on your results is available upon request. You may find it helpful to have the results more intensely defined in a one on one session.**

The Giver

Jungian functional preference ordering:

Dominant: Extraverted Feeling

Auxiliary: Introverted Intuition

Tertiary: Extraverted Sensing

Inferior: Introverted Thinking

ENFJs generally have the following traits:

Genuinely and warmly interested in people

Value people's feelings

Value structure and organization

Value harmony and good at creating it

Exceptionally good people skills

Dislike impersonal logic and analysis

Strong organizational capabilities

Loyal and honest

Creative and imaginative

Enjoy variety and new challenges

Get personal satisfaction from helping others

Extremely sensitive to criticism and discord

Need approval from others to feel good about themselves

Most ENFJs will exhibit the following strengths:

Good verbal communication skills

Very perceptive about people's thoughts and motives

Motivational, inspirational; bring out the best in others

Warmly affectionate and affirming

Fun to be with - lively sense of humor, dramatic, energetic, optimistic, Good money skills. Able to "move on" after a love relationship has failed(although they blame themselves)

Loyal and committed - they want lifelong relationships

Strive for "win-win" situations

Driven to meet other's needs

Most ENFJs will exhibit the following weaknesses:

Tendency to be smothering and over-protective

Tendency to be controlling and/or manipulative

Don't pay enough attention to their own needs

Tend to be critical of opinions and attitudes which don't match their own

Sometimes unaware of social appropriateness or protocol

Extremely sensitive to conflict, with a tendency to sweep things under the rug as an avoidance tactic

Tendency to blame themselves when things go wrong, and not give themselves credit when things go right

Their sharply defined value systems make them unbending in some areas

They may be so attuned to what is socially accepted or expected that they're unable to assess whether something is "right" or "wrong" outside of what their social circle expects

[illegible]

