Myers Briggs Personality Type Interpretation



The Caregiver

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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 Caregiver

## Jungian functional preference ordering:

Dominant: Extraverted Feeling Auxiliary: Introverted Sensing Tertiary: Extraverted Intuition Inferior: Introverted Thinking

#### ESFJ's generally have the following traits:

Organized, Loyal

Can be depended on to follow things through to completion

Enjoy creating order, structure and schedules

Enjoy interacting with people Warm-hearted and sympathetic

Tend to put others' needs above their own

Very good at giving practical care

Very cooperative, good team members

Practical and down-to-earth

Value peaceful living and security

Enjoy variety, but work well with routine tasks

Need approval from others

Receive satisfaction from giving to others

Live in the here and now - dislike theorizing about the future

## **ESFJ Strengths**

Put forth a lot of effort to fulfill their duties and obligations

Warm, friendly and affirming by nature

Service-oriented, they want to please others

Take their commitments very seriously, and seek lifelong

relationships

Responsible and practical, they can be counted to take care of day-to-day necessities

Generally upbeat and popular, people are drawn towards them

Generally very good money managers

Traditionally minded and family-oriented, they will make family celebrations and traditions special events

#### **ESFJ Weaknesses**

Generally uncomfortable with change, and moving into new territories

Extreme dislike of conflict and criticism

Need a lot of positive affirmation to feel good about themselves

May be overly status-conscious, and interested in how others see them

Have very difficult time accepting the end of a relationship,

and are likely to take the blame for the failure onto their own shoulders

Have difficulty accepting negative things about people close to them

Don't pay enough attention to their own needs, and may be self-sacrificing

ESFJ		
Please enter your perceived strengths and		
weaknesses.		
Strength	Weakness	
1		



# NOTES