

## Extraverted Emotional Physical

*Typical Quote:* "Happiness is caring and sharing" – Anon

Extraverted Emotional Physicals ("extraverted EPs" for short) have the Emotional mental function (*including harmonising/ sympathising*) most conscious in their mind, and therefore they are most aware of it and in control of this function. Their Physical mental function (*including details/ practicality*) is also likely to be very conscious by the time they are adult. The other two mental functions S (*Spiritual-including creativity/ originality*) and I (*Intellectual-including critiquing/ analysing*) are most in their sub-conscious and therefore they may not naturally be so competent at managing these.

### General Summary

All else being equal, extraverted EPs enjoy being in charge. They see problems clearly and delegate easily, work hard and play with zest. Extraverted EPs bear strong allegiance to rights of seniority. They willingly provide service (which embodies life's meaning) and expect the same from others. Extraverted EPs are easily wounded -- and when wounded, it is difficult to contain their emotions. They by nature "wear their hearts on their sleeves," often exuding warmth and bonhomie, but can become passionately vexed by behaviour and issues they view as wrong or unfair. Some extraverted EPs channel these vibrant emotions into moving dramatic performances on stage and screen.

Strong, contradictory forces impinge upon the extraverted EP. Their sense of right and wrong wrestles with an overwhelming rescuing, "mothering" drive. This can sometimes result in swift, immediate action taken upon a transgressor. When a decision must be made involving the risk of conflict, though, (which is uncomfortable for extraverted EPs due to their natural drive for harmony), they may struggle to apply black-and-white values with the knowledge of the discord it will bring. As caretakers, extraverted EPs are more naturally quick to observe possible dangers in the environment which could adversely affect others' health or well-being. Although this could sometimes make them seem hyper vigilant or bossy, they serve excellently as protectors, outstanding in fields such as medical care and elementary education.

### Key Attributes

#### *Typical Strengths:*

They are warm-hearted individuals who tend to put in a lot of effort into building both their relationships and their connections with others. Often striving to help others in practical ways, they are naturals at organising people and have a strong sense of duty. They can be very loyal.

# Caregiver (MBTI Equivalent: ESFJ)

(Style: Helper first, Preserver second)  
6.4% of Australian Population\*



**MarkTwo**  
Consulting  
Creating Conscious Leadership

## Typical Development Areas:

They may be self-sacrificing and not pay enough attention to their own needs. They can struggle to see a bigger picture, become impatient, miss possibilities and be inflexible. They may focus too much on “doom and gloom”.





## “Possible Shadow Side” (Mental Function deepest in the Sub-Conscious Mind)

The Intellectual function of extraverted EPs is deepest in their sub-conscious and may rarely be expressed. As a result, extraverted EPs may take affront at the aloof, detached nature of dominant intellectual types, or conversely, be drawn to them. When stressed they may have a tendency to excessively control others, or become overly critical. Additionally they may work frantically to manage the situation, seeing few possibilities except the worst possible outcome.

In emergencies they tend to rally around and “be strong” collapsing later. They may retaliate when feeling hurt but always with the aim of long term reconciliation. When stressed they typically increase their level of activity until exhausted.

## Famous Extraverted EPs

*Common Frustration for Others:* They may socialise too much.

	
<p><b>Ronald Reagan</b> 40th President of United States</p>	<p><b>Barbara Walters</b> American broadcast journalist and television personality</p>
	
<p><b>George Washington</b> First President of United States</p>	<p><b>Martha Stewart</b> American businesswoman, writer, television personality</p>

\* See MBTI® Data Archive Project: *Psychological Type Research Unit – Sample over 22000 Australians 2010*