

Introverted Emotional Physical

Typical Quote: "Do it with joy" – Anon

Introverted Emotional Physicals (*"introverted 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

Introverted EPs are the first to hear the different drummer. Many eagerly plunge into the latest fashions, new experiences, and 'hip' trends -- some even setting the trends. More in touch with the reality of their senses than their extraverted Spiritual counterparts, introverted EPs live in the here and now. Their impulses yearn to be free, and are often loosed when others least expect it. The introverted EPs who continually represses these impulses feels 'dead inside' and may eventually cut and run.

Introverted EPs may be quite charming and ingratiating at times due to the influence of their introverted emotional function which acts on deep personal values of maintaining harmony and pleasing others. On other occasions, the same individual may be more aloof and detached due to additional propensities to work quietly in the background and spend time alone. Due to their propensity for activity, fun, and practical skill, some introverted EPs males are fiercely competitive, especially in sport or table games, and may have great difficulty losing. This competitive nature sometimes fosters 'lucky,' 'gut' feelings and a willingness to take risks.

Seekers of flexibility, spontaneity and freedom, organized education can be challenging in holding an interest for introverted EPs. Their interest can be held better through experiential learning, at which many excel. They often enjoy working behind the scenes in practical ways many times choosing work which is creative and/or in the services of others. Introverted EPs will practice playing an instrument or honing a favoured skill for hours on end, not so much as practice as for the joy of the experience, but the result can often be they become highly accomplished.

Key Attributes

Typical Strengths:

They are flexible, fun and laid-back, usually willing to defer to others. Warm, quiet, tolerant, adaptable and spontaneous they excel in behind-the-scenes practicality for others. They provide energy and enthusiasm to get things done.

Typical Development Areas:

Appreciating others, they tend to hold back their thoughts and feelings, unless drawn out. It may help them to be more thick-skinned and assertive. They can also get side-tracked and could usefully develop their long term planning ability.

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

The Intellectual function of introverted EPs is deepest in their sub-conscious and they may employ their Intellectual function awkwardly in external situations requiring deadlines or lack of flexibility. The resultant thinking can behave in an all or nothing manner or become overly critical of themselves or others. Under extreme stress, they may have angry outbursts unlike their usual calm and supportive nature. Thus, as with other EP types, the introverted EP's thinking is at risk for a lack of context and proportion when they have become stressed.

They may also find themselves becoming tired or bitter, showing this through sarcastic comments.

Famous Introverted EPs

Common Frustration for Others: They may wear their heart on their sleeves.

	
<p>Cher American singer and actor</p>	<p>Steven Spielberg American film director, screenwriter, producer</p>
	
<p>Wolfgang Mozart Influential classical music composer</p>	<p>Jackie Kennedy Wife of the 35th President of the United States</p>

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