

Extraverted Physical Emotional

Typical Quote: "What you see is what you get" – Anon

Extraverted Physical Emotionals ("*extraverted PEs*" for short) have the Physical (*including details/ practicality*) most conscious in their mind, and therefore they are most aware of it and in control of this function. Their Emotional mental function (*including harmonising/ sympathising*) 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

Extraverted PEs love people, excitement, telling stories and having fun. So parties, of one type or another, are often their "thing". The spontaneous, impulsive nature of this type is almost always entertaining. And extraverted PEs love to entertain -- on stage, at work, and/or at home. In short, social gatherings are a welcome energy boost to extraverted PEs.

Extraverted PEs may jump from thought to thought in mid-sentence, touching here or there on many topics concerning things or people, but will eventually cover everything by skipping on impulse from one piece of information to another. Generally, extraverted PEs are attracted to new physical activities, new fashions, and new gadgets, new "anything". They are additionally attracted to helping and accommodating others in practical ways. Perhaps it's the newness of life combined with their desire to provide practical help and fun that attracts extraverted PEs to elementary education?

Extraverted PEs love to talk to people about people. Some of the most colourful storytellers are extraverted PEs. Their down-to-earth style, and homespun humour often reflects a mischievous benevolence, and people tend to respond well to their warmth and friendliness. Almost every extraverted PEs loves to talk. Some can be identified by the twenty minute conversation required to ask or answer a simple factual question.

"Fun" for them is no responsibility and freedom to do what they want to do. They do not generally respond well to being confronted or to conflict in general.

Key Attributes

Typical Strengths:

They are sociable, generous, natural negotiators, and go out of their way to help others. Have a very keen sense of physical reality and can deal expertly in emergencies. Likewise they can make the most fun out of each moment and usually have a good sense of humour.

Entertainer (MBTI Equivalent: ESFP)

(Style: Adventurer first, Artist second)
3.2% of Australian Population*

Typical Development Areas:

They may take conflict personally and can resist functioning on an intellectual or strategic level, acting before thinking an idea through. They can be easily distracted, and can get bored or restless easily, missing important theory or instruction. Finding it hard to keep things organised or retain self-discipline, they may miss opportunities.

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

The Spiritual function of extraverted EPs is deepest in their sub-conscious and is the least visible. Under stress extraverted PEs can go into their intuition but “use” it unskillfully becoming overly-critical, pessimistic and insist on too high expectations of others. Although some extraverted PEs may develop abilities to master logic, analysis and abstraction, (a combination of both their lesser used spiritual and intellectual functions), it is usually difficult and wearying. Additionally, when stressed they may find that their memory becomes particularly bad.

Famous Extraverted PEs

Common Frustration for Others: They may play too much.



Richard Branson

English business magnate and investor



Magic Johnson

Retired American professional basketball player



Judy Garland

American actress and singer



Hugh Jackman

Australian actor and producer

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