Guardian (MBTI Equivalent: ESTJ) (Style: Director first, Preserver second) 12.3% of Australian Population*



Extraverted Intellectual Physical

Typical Quote: "The Devil finds work for idle hands to do" – Anon

Extraverted Intellectual Physicals ("extraverted IPs" for short) have the Intellectual mental function (including critiquing/ analysing) 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 E (Emotional-including harmonising/ sympathising)) are most in their sub-conscious and therefore they may not naturally be so competent at managing these.

General Summary

Extraverted IPs thrive on order and continuity. Being extraverted, their focus involves organization of people through supervision. While extraverted Intellectual Spirituals enjoy organizing and mobilizing people according to their own tactically based agendas, extraverted IPs are also content to enforce "the rules," often dictated by tradition or handed down from a higher authority.

Extraverted IPs are joiners. They seek out like-minded companions in clubs, civic groups, churches and other service organizations. The need for belonging is woven into their fibre and the family is often a central focus for them, and attendance at such events as weddings, funerals and family reunions is obligatory.

Tradition is important to the extraverted IPs. Holidays, birthdays and other annual celebrations are remembered and observed often religiously by this type. The extraverted IPs is inclined to seek out his roots, to trace the family heritage back to honoured ancestors both for a sense of family respectability and for a sense of security and belonging.

Service, the tangible expression of responsibility, is another key focus for extraverted IPs. They love to provide and to receive good service. Extraverted IPs have an acute sense for orthodoxy. Much of their evaluation of persons and activities reflects their strong sense of what is "normal" and what is not. Extraverted IPs humour is frequently centred on something or someone being off centre or behaving abnormally.

The extraverted IPs is outspoken, a person of principles, which are readily expressed. The extraverted IPs is not afraid to stand up for what they believe is right even in the face of overwhelming odds.

Key Attributes

Guardian (MBTI Equivalent: ESTJ) (Style: Director first, Preserver second) 12.3% of Australian Population*



Typical Strengths:

They are enthusiastic people who are driven to fulfil their obligations and duties. They are dedicated people who 'get the job done' and are, practical, realistic, loyal and can come across as serious.

Typical Development Areas:

They tend to always need to be in charge and maybe controlling of friends and colleagues. They can too often miss the possibilities, may be perceived as both impersonal and inflexible by others, and can jump to decisions too quickly.

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

The Emotional function of extraverted IPs is deepest in their sub-conscious and they can become very wound up, and illogical and irrational when stressed. Their Emotional function may show as outbursts of anger and other negative emotions, and they may completely ignore the long-term impacts of their current negative stressful behaviour. On the other hand they may appear quiet and sober and bottle up their tensions, only for it to explode at a later time or place.

Despite this, extraverted IPs have the ability to tough it out and use humour well to get through very difficult situations.

Famous Extraverted IPs

Common Frustration for Others: They may drive things to hard.



Colin PowellAmerican statesman & retired four-star general



Judge Judy
Retired Manhattan Family Court Judge



Field Marshal Bernard Montgomery Supreme Allied Commander Europe



"Mike" WallaceAmerican journalist and game show host

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