

Introverted Physical Emotional

Typical Quote: "If you want it done right, do it yourself" – Anon

Introverted Physical Emotionals ("*introverted PEs*" for short) have the Physical mental function (*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

Introverted PEs are characterized above all by their desire to serve others and their "need to be needed." Due to the mixture of their inherent physical and emotional gifts, they prove over and over that they can be relied on for their loyalty and unstinting, high-quality practical work in the service of others. Ironically, those around them often take them for granted--even take advantage of them. Admittedly, the problem is sometimes aggravated by the introverted PEs themselves; due to their desire to maintain harmony they are hesitant to delegate and typically refrain from asserting themselves if they are treated badly.

Introverted PEs make pleasant and reliable co-workers and exemplary employees, but tend to be harried and uncomfortable in supervisory roles. They are capable of forming strong loyalties, but these are personal rather than institutional loyalties. While their work ethic is high on the introverted PEs priority list, their families are the centres of their lives. Introverted PEs are extremely warm and demonstrative within the family circle -- and often possessive of their loved ones, as well. Introverted PEs usually take infinite trouble over meals, gifts, celebrations, etc., for their loved ones.

Like most introverts, introverted PEs have a few, close friends, but unlike other introverts, they also focus on building a supportive community. They enjoy employing their practical skills and realistic sensibilities in the service of their community, demonstrating unstinting loyalty to those they are close to. They have difficulty saying 'No' and may hide their own needs at the expense of others' or in consideration of cultural norms of politeness.

Key Attributes

Typical Strengths:

They are warm, welcoming and usually honour their commitments. They tend to have very strong organisational abilities and are often hardworking and conscientious. They readily serve others and make loyal friends.

Nurturer

(MBTI Equivalent: ISFJ)
(Style: *Preserver first, Helper second*)
8.2% of Australian Population*

Typical Development Areas:

They usually dislike conflict and criticism, and can ignore their own needs to please others. Due to the difficulty seeing future possibilities and solutions they can over-worry or catastrophize.

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

The Spiritual function of introverted PEs is deepest in their sub-conscious and therefore, when stressed, they can start believing in the fantastic, become gullible (or conversely unfoundedly sceptical) which can lead to introverted PEs showing very poor judgement and bad decisions. Also when stressed they can become irritable, and withdraw or start telling others how things should be done.

Famous Introverted PEs

Common Frustration for Others: They may worry too much.



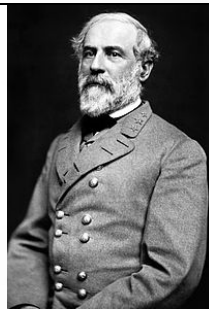
Mother Teresa
Roman Catholic missionary



George H W Bush
41st President of United States



Jimmy Stewart
American film and stage actor



General Robert E. Lee
Commander of a Confederate Army in the
American Civil War

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