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COUNSELING CENTER**

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**PERSONALITY**

For **ENFPs** nothing occurs which does not have some significance, and they have an uncanny sense of the motivations of others. This gives them a talent for seeing life as an exciting drama, pregnant with possibilities for both good and evil. This type is found in only about 5 percent the general population, but they have great influence because of their extraordinary impact on others. ENFPs strive toward the authentic, even when acting spontaneously, and this is usually communicated nonverbally to others, who find this characteristic attractive. ENFPs, however, find their own efforts of authenticity and spontaneity always lacking, and tend to heap coals of fire on themselves, always berating themselves for being so conscious of self.

ENFPs consider intense emotional experiences vital; when they have these, however, they are made uneasy by a sense of being there but with a part of themselves split off. They strive for congruency, but always see themselves in some danger of losing touch with their real feelings, which ENFPs possess in a wide range and variety.

ENFPs exercise a continuous scanning of the external environment, and nothing out of the ordinary is likely to escape their attention. They are keen and penetrating observers and are capable of intense concentration on another individual while aware of what is going on about them. Their attention is never passive or casual, never wandering, but always directed. At times, ENFPs find themselves interpreting events in terms of another's "hidden motive," giving special meaning to words or actions. This interpretation tends to be negative and, more often than not, inaccurately negative. In the process, an ENFP may find that he or she has introduced an unnecessary, toxic element into the relationship. While ENFPs are brilliantly perceptive, they can make serious mistakes in judgment, which works to their discomfort. These mistakes derive from their tendency to focus on data which confirm their own biases. They may be absolutely correct in their perceptions but wrong in their conclusions.

Because they tend to be hypersensitive and hyper alert, they may suffer from muscle tension. They live in readiness for emergencies; because they have this facility, they assume this is true for others. They can become bored rather quickly with both situations and people, and resist repeating experiences. They enjoy the process of creating something – an idea or a project – but are not as interested in the follow-through. They are typically enthusiastic, and this is contagious. People get caught up and entranced by an ENFP. Yet this type is marked with a fierce independence, repudiating any kind of subordination, either in them or in others in relation to them. They do tend to attribute more power to authority figures than is there and give over to these figures an ability to "see through" them – which also is not apt to be there. While ENFPs resist the notion of others becoming dependent or having power over them, their charisma draws followers who wish to be shown the way. ENFPs constantly find themselves surrounded by others who look toward the ENFP for wisdom, inspiration, courage, leadership, and so on – an expectancy which, at times, weighs rather heavily on an ENFP.

ENFPs are characteristically optimistic and are surprised when people or events do not turn out as anticipated. Often their confidence in the innate goodness of fate and human nature is a self-fulfilling prophecy.

## **CAREER**

ENFPs have remarkable latitude in career choices and succeed in many fields. As workers, they are warmly enthusiastic, high-spirited, ingenious, imaginative, and can do almost anything that interests them. They can solve most problems, particularly those dealing with people. They are charming and at ease with colleagues; others enjoy their presence. ENFPs are outstanding in getting people together, and are good at initiating meetings and conferences, although not as talented at providing for the operational details of these events. They enjoy inventing new ways of doing things, and their projects tend to become a cause, quickly becoming personalized. They are imaginative themselves, but can have difficulty picking up on ideas and projects initiated by others. They must make these ideas and projects their own if ENFPs are to lend their energy and interest. Once people or projects become routine, ENFPs are likely to lose interest; what might be is always more fascinating than what is. ENFPs make extensive use of their intuitive powers. They usually have a wide range of personal and telephone contacts, expending energy in maintaining both career and personal relationships.

ENFPs make excellent salespeople, advertising people, politicians, screen or play writers, and in general are attracted to the interpretative arts, particularly character acting. People to people work are essential for ENFPs, who need the feedback of interaction with others. ENFPs may find it difficult to work within the constraints of an institution, especially in following rules, regulations, and standard operating procedures. More frequently, institutional procedures and policies are targets to be challenged and bent by the will of an ENFP. Colleagues and supervisors sometimes find themselves in the position of having to accommodate and salvage. At times, ENFPs demonstrate impatience with others; they may get into difficulty in an organization by siding with its detractors, who find in an ENFP a sympathetic ear and a natural rescuer. In occupational choice, ENFPs quickly become restless if the choice involves painstaking detail and follow-through over a period of time. Variety in day-to-day operations and interactions best suits the talents of ENFPs, who need quite a bit of latitude in which to exercise their adaptive ingenuity.

## **HOME**

As mates, ENFPs tend to be charming, gentle, sympathetic, and nonconformist. They are not likely to be interested in the less inspired routines of daily maintenance and ever will be seeking new outlets for their inspirations. As parents, ENFPs are devoted although somewhat unpredictable in handling their children, shifting from a role of friend-in-need-rescuer to stern authority figure. They may not always be willing to enforce their impulsive pronouncements, but leave it to their mates to follow through. A mate of an ENFP can expect charming surprises: extravagant generosity punctuated by periods of frugality. Independent actions regarding money on the part of an ENFP's mate are not ordinarily welcomed, and the mate may find him or herself in an embarrassing situation of having to return purchases. ENFPs generally are the ones in charge of the home, and a conflict free home is desired, almost demanded. When he or she is in charge of economic resources, the ENFP's home may contain extravagant luxuries while necessities may be missing. They are not always interested in saving for the future and may be casual in giving consideration to such things as life insurance, savings accounts, and even ready cash supply for mate and children.

ENFPs are characteristic in their pursuit of the novel, their strong sense of the possible, and outstanding intuitive powers. At the same time, they have warmth and fun with people and generally are usually skilled in handling people. Their extroverted role tends to be well developed, as is their capacity for the novel and the dramatic.

## **MIDLIFE**

At midlife ENFPs may need to give particular attention to their physical health, concentrating perhaps on developing resources to release muscular tensions. Body awareness and relaxation exercises may deserve investment of energies; work with various art media such as oils, clay and building materials may be pleasurable. They need also to discipline themselves against beginning too many projects and making commitments to too many people. They already exist, even at the expense of neglecting new ones. ENFPs

certainly need to relax, to decrease the number of hours invested in work, and turn to recreational activities-travel, visual entertainment, and physically relaxing activities.

### **MATES**

Here is the herald, the spirited bearer of tidings. But underneath the effervescent enthusiasm is a person fiercely dedicated to “meaning” in life and reminiscent of the INFP crusader. Only the ENFP neither crusades nor meditates, not for long anyway. The ENFP is into everything, frisky, not unlike a puppy, sniffing around to see what’s new. ENFP has to be in on everything, can’t bear to be left out of anything. That’s why they make such splendid reporters, newscasters, and journalists. Now who would enjoy this frisky, bubbly – yet serious - person? The Rock of Gibraltar, of course- ISTJ, the “trustee.” ISTJ, who reveals in “keeping the books in order,” “balancing the budget,” “securing and ensuring,” “stabilizing and steadying,” “honoring contracts,” “keeping the ship on a steady course” and “shipshape,” delights also in providing anchorage and safe harbor for the heraldic ENFP.

Who else is attractive and attracted to our curious journalist? Strangely, the abstract scientist: INTJ. Lost in his abstract world of hypotheses, he finds anchorage in the person who knows what’s going on in the real world! So ENFP can be an anchor or have an anchor, and who can tell which will be chosen.

### **TYPE “NF”**

### **COURTING**

If ever a person died for love, it was sure to have been an Apollonian (NF). Romeo and Juliet, both NFs, could not face the prospect of life without each other and so chose to die in a way which was symbolic of their single minded and eternal commitment to each other. Other famous lovers, such as Heloise and Abelard, the Brownings, Anthony and Cleopatra, Beth the landlord’s daughter and her highwayman, all created a work of art in their courtships. This is not surprising, since one of the arts at which the NF is skilled is that of creating the romantic relationship. In fact, the term sex would seem somehow crude when used in discussing the NF; love better captures their appreciation of the physical relationship. The NF female and male respond to their mate with sympathy, tenderness, and frequent verbal and nonverbal passionate expressions of love. Possessing facility with language, NFs are able to express nuances of emotions that may escape other types. NFs are not afraid of using poetry, music, quotations to enhance their courting relationships; the romantic developments in the lives of NFs thrive on receiving these tokens of affection and dedication. NFs have a flair for dramatizing their courtships, making each the perfect love. A storybook flavor permeates their courtship behavior. The NF suitor is certain he will live happily ever after, and transmits this certainty to the object of romantic pursuit. The ideal of the perfect love that will never do motivates the NFs in their search for a partner who can relate spiritually as well as physically. They strive to be authentic lovers capable of sustaining deep intimacy. Seeing their identity as mate is a major part of their personality.

Just as the possible rather than the actual lures NFs in other parts of their lives, so do the possibilities in relationships inspire them. When a relationship is being established, the recipient of the NF’s attention is apt to be the center of his world. The pursuit is given almost single-minded attention and no effort is spared in the wooing. An undying love is in the offing, and once the physical relationship is consummated (for a male NF) or the words of love spoken (for a female NF) the relationship will be blessed with romantic bliss. Both NF males and females are likely to be blind to any flaws in their beloved in the early stages of a romance. Life will be happy ever after (although the details of this happy ever after are usually not explored in depth). The romantic gesture and the idealization of the relationship are characteristic of the courting behaviors of the NF. The dream is sometimes preferred to reality. At times, the fantasy of the sexual encounter cannot survive the reality of consummation, especially for the male NF.

## SEX

It appears female NFs are more able to sustain the depth of romanticism involved with a relationship longer than male NFs. Once the physical side of the relationship is acted out, the male NF can lose interest and turn to another fantasy. In a Quixotic way, he seems to be compelled to pursue the impossible dream of a larger than life, giant-screen goddess who will be madonna, mistress, lover, whore, mother, daughter, and wife. His real-life mate is not always able to measure up. The NF male, in hot pursuit, is likely to express a love which is undying but which can vanish all too soon in the harsh light of the morning after. The female NF does not demonstrate this characteristic; rather, she is likely to increase her dedication after the physical relationship is consummated. She becomes more and more devoted, continuing to romanticize the relationship and believe in its perfection, to give small transactions profound significance, to dramatize the interactions with her mate, to be willing to die for love. She seems seldom disappointed in the sexual act; orgasmic response on her part is seen as inconsequential compared to the pleasure of giving pleasure to her mate. What matters is that he is fulfilled and satisfied. For the male NF, ennui can set in as a result of familiarity; for the female NF, this is not as likely to happen. The Sp can say and mean, with Dorothy Parker, "I'll be true as long as you, and not a moment after..."; the female NF is more likely to have as a part of her mating identity the image of falling in love once and for lifetime. The fact that his does not always work out does not negate the possibility of the dream coming true. Fortunately, both male and female NFs have a capacity for deep affection and caring over and above sexual expression and out of this capacity can grow a lasting, satisfactory relationship.

In the last decade or so a curious phenomenon has occurred, perhaps arising from the female NFs characteristic of maintaining her romantic dream even in the face of a contradictory reality. The group that spearheaded the sexual revolution was the female NFs. It has been the female NFs who have said NO to the double sexual (and other) standards. It has been the female NFs who have been most militant in demanding equal orgasmic rights. It has been the female NFs who have decided that they are not sure they will be true, even as long as their male partners. Somehow female NFs have decided that their vision of a better, more satisfactory mating relationship can be actualized. They seem willing, in ever growing numbers, to take whatever risks are necessary to find that relationship, either in or out of a legal arrangement, putting off the urging of their house mates, asking that both wait until she is sure she is doing the right thing. More and more NF females seem to be willing to bear their children outside a legal arrangement and to raise them alone. This is not to say that other types are not also involved in this movement, but it is the NFs, along with a limited number of NT females, who provide the vanguard of the revolution. Instead of being ready and willing to die for love, the current NF female seems to be willing to live for the possibility of a better way of relation to mates.

## INTERPERSONAL

Both male and female NFs are likely to be charming mates, and a source of continuing warmth, support, and understanding. They are usually ready to lend sympathy to a mate when the outside world turns hostile and are not apt to use that moment to point out the errors of a mate's ways, and people usually feel wanted and well-hosted in their homes. They often are experts in the arts of appreciation, especially in the area of personal characteristics, and they are apt to be generous in expressing these appreciations to their mate. It is probably the NF who is most loving, dedicated, affectionate, appreciative mate, and is unstinting in the expression of these emotions, both to the mate and to children. Their conversations, particularly those of extraverted NFs, are apt to be sprinkled with terms of endearment, especially in private. The NF can be as extravagant as an SP when expressing love through the media of gifts, but the NF is more than likely to present the gift in private, and select with extraordinary care something with special or even symbolic meaning. NFs, both male and female, usually remember birthdays, anniversaries, and the like without being prompted, or at most needing only a hint. If, in turn, the NFs' milestones are not needed, they are deeply hurt, as deeply as they are appreciative when theirs are noticed.

Although NFs, especially the male NF, become restless if others (including mates, children, or parents) are dependent, NFs have in their own personalities characteristics that promote this dependency. They pride themselves on being sensitive to others and caring about them. It is almost impossible for NFs to be unaware of others' psychological needs. Yet the NF becomes restless when these ties begin to bind, as they do when the amount of emotional input becomes a psychological overload for the NF. At this point the NF can seem cruel, insisting unexpectedly that the other "stand on his own two feet." This shift in attitude is usually abrupt and the person who heretofore believed that he was very special in the eyes of the NF now finds himself in apparently rejected. The NF does not mean to be unkind; he or she is simply disconnecting a relationship which can no longer be handled – in spite of the reality that the NF created this dependent relationship through expressions of empathy and unique understanding. Building empathic relationships is second nature to this temperament, a master of the art of intimacy. But as those around the NF want more and more attention, more and more expressions of this unusual appreciation, more and more signals of deep affection, the NF mate becomes restless and resentful of pressures to deliver what had seemed promised: the ideal love, the perfect friendship, complete understanding, and total acceptance.

The NF is vulnerable to this kind of misunderstanding because of his extraordinary capabilities to interject. He can take into himself the point of view, the emotions, and the psychological state of another so completely that the other feels totally received. The other person may not realize that the NF does this in most relationships, and may be hurt on discovering that he is not valued as uniquely as he first thought. When the NF leaves each person, the NF no longer resonates to that person, but relates to the person now present. Understandably, this can cause some difficulty in the mating relationship for mates who want this characteristic to be exercised more exclusively; the NF may not know how not to respond to the emotional demands of others.

## **SOCIAL**

A danger an NF faces in his intimate relationships is that he will move from relationship rather than making the necessary effort to develop those already existing. The NF's tendency to experience anticipation as more attractive than consummation can cause him to use his energies pursuing the dream at the expense of what is actually available. Once an NF believes that he or she knows all there is to know about another, disinterest sets in; restlessness and a sense of boredom develop. NFs, as do other types, want a certain amount of variety and change in their lives. Other types, however, may seek this through intellectual pursuits, adjustment of living routines, vacations, new activities. The NF is most vulnerable to seeking this through searching out new relationships, more often than not at the expense of deepening those already existing. A quality an NF can bring to intimate relationships is an extraordinary sensitivity and ability to communicate emotionally. In the affective areas the NF is without equal. No other type is as sympathetic to others as is the NF. As mates they can be a source of warmth, appreciation, and support which other types have difficulty emulating.

## **DOMESTIC**

After the honeymoon is over, the mate of an NF can feel let down when the reality of living with the NF may be in some contrast with what was anticipated. The discovery by the mate that the NF is, after all, less than perfect often results in feelings of resentment ill-deserved by the NF, but nonetheless real. NF mates themselves are in a dilemma. They are caught up in the romanticized expectations of the psychological and sexual experience generated in their own perceptions and encourage by others. The fantasy is more than likely to be exaggerated by both the NF and the mate, and it is a common experience for NFs to express that anticipation was more delightful than consummation. The actual sexual act, in particular, can be less than anticipated, for, more often than not, the NF's romantic nature will not allow him or her to acquire sexual expertise through study. Rather they see themselves as somehow supposed to know the appropriate loving and tender approach intuitively. Consulting scientific studies is seen as cold and objective and somehow destructive. Thus, the actual sexual relationship may be a letdown initially and a disappointment to both partners until both acquires the necessary competency.

NFs are sensitive to the viewpoint of their children, sometimes to the point of siding with them in a way which reinforces the youngsters' antisocial, self-defeating behaviors. An NF parent, for example, can rush

to rescue a child from consequences of his wrongdoing and, in the process, not permit the child to develop necessary skills which he needs to deal with the realities of a less protective world.