**ENFP Overview**

For ENFPs the dominant quality in their lives is their attention to the outer world of possibilities; they are excited by continuous involvement in anything new, whether it be new ideas, new people, or new activities. Though ENFPs thrive on what is possible and what is new, they also experience a deep concern for people as well. Thus, they are especially interested in possibilities for people. ENFPs are typically energetic, enthusiastic people who lead spontaneous and adaptable lives.

Intuition constantly draws ENFPs to the new. ENFPs like, want, even must do new things or at least do old things in new ways. This drive arises out of their experience that whatever is over the horizon is always more interesting than what is here and present. ENFPs trust the truth of their Intuition. They charge off with excitement and inspiration in whatever direction Intuition points them. With their orientation to the new, ENFPs are natural brainstormers, and look to the future with optimism. They are creative, active, and imaginative. ENFPs enjoy starting and becoming involved in the initial stages of a project but usually have less interest in follow-through. ENFPs tend to be very spontaneous, flexible, and adaptable people. What may look like difficulty in committing is a manifestation of their desire to miss nothing. After all, deciding prematurely means they might close off many interesting options down the road.

Feeling provides ENFPs with a way to focus and critique their vision, but Feeling is always secondary to the driving energy of their Intuition. Feeling often molds the ENFP's visions into possibilities for people. They are concerned with personal growth, identity, and authenticity, both for themselves and for others. ENFPs want to be free to be themselves, to express themselves, and they want others to feel free to do the same. ENFPs may also be skilled in perceiving what is important to others, and what others are thinking-a valuable skill in any people-oriented profession. ENFPs are idealists, believing their vision of the higher possibilities for people are true now or can be made true in short order.

ENFPs want and need involvement with people, and they value harmony in those relationships. ENFPs derive great pleasure from meeting and talking with others, and they enjoy opportunities to think out loud. ENFPs are expressive and often have intense emotional responses to happenings and to people in their lives; vital emotional experience is of great importance to them. ENFPs like others to be as excited as they are by new ideas and new involvements, and they naturally focus on commonalities in relationships. This focus, in conjunction with their concern for others and their ability to take a global perspective, often leads to skills in negotiation or mediation.

With their combination of Intuition and Feeling, ENFPs tend to think globally and metaphorically. They are often verbally gifted, particularly in conversation. ENFPs look for the meaning behind statements and events. As a result, they can be skilled integrators of information and ideas, and they are often good at reading between the lines in conversations. They love learning new things, and love looking for new perspectives on facts, events, and people. ENFPs typically learn more by focusing on broad issues and are less concerned with the working out of their ideas.

ENFPs are people people; they are usually gregarious by nature, and they are often performers. ENFPs usually have a wide-ranging network of friends, acquaintances, and business contacts. They are naturals for work that requires meeting, persuading, or motivating others. ENFPs are catalysts for change and generators of enthusiasm, and they are often found in counseling, psychology, teaching, the helping professions, or personnel work. ENFPs may also have interests in the humanities and the arts, particularly the dramatic arts. Their adaptability and imagination help ENFPs to develop skills in almost any area of interest.

ENFPs are typically intolerant of routine, and they need variety in their work. Their perception of time is open-ended, and they like work that allows them to have a variety of projects going on at once. They need to find a place where they can use their abilities to generate new ideas and to look at things in creative ways. Though they are concerned with people, ENFPs are typically quite independent and tend not to be great upholders of tradition. In fact, it is natural for ENFPs to push boundaries and to redefine rules.

ENFPs are usually seen as warm, charming, and friendly. At times, however, others may feel overwhelmed by the energy and excitement of the ENFP. In relationships, they are typically supportive, express appreciation freely, and they like to receive feedback as well. ENFPs may be overconcerned with harmony at times. As a result, they may be seen as having difficulty standing their ground or confronting others.

ENFPs need development of introverted Feeling to help them choose which exciting possibilities they will focus upon and to help them follow through on their visions. Developing a hierarchy of values will help them clarify a direction in life and help them develop self-discipline. Once a project has started,

ENFPs may have difficulty attending to the details: for development they need to realize that implementing an idea is not always as easy as imagining it. ENFPs can also become so excited by a new idea that they may miss cues that others are not as excited by their new interest as they are. Development of Feeling will help them avoid this situation. Development of Thinking will help them avoid any overconcern with harmony. Development of Thinking and Sensing will help them attend to the pragmatic of making their visions become realities.

Under stress, ENFPs may have difficulty saying no. Consequently, they may take on too many projects without any practical way of completing them. They can also become rigidly nonconforming if they feel too much structure is being imposed on them. Under stress, ENFPs may find it difficult to pull themselves away from a project to attend to practical or physical needs. For example, they may forget to eat or sleep, may drive themselves to exhaustion, or may even have inexplicable accidents. In surprising contrast to their usual global style, under stress ENFPs can also become compulsively attentive to irrelevant details.