Personality Type/Preference Reflection Paper

Extraverted Sensing Feeling Judging

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I have to admit; when I first started taking the test on the website I was skeptical. I have never taken a personality test before so I didn’t understand how answering a few questions would produce a personality type, I was wrong. After reading the explanation about the ESFJ personality I think it is almost creepy how well it describes me. While reading in more detail about what each component of my personality entailed I noticed that it did include what I think are my high points and even things I wish I could change.

My profile is Extraverted Sensing Feeling Judging. Overall I am described as someone who enjoys observing traditions and is liberal in giving but I like to be in charge and am easily offended and hurt by something others may do. If I provide a service to someone I expect a service in return and when I am hurt by another person I tend to “wear my heart on my sleeve”. When it comes to making decisions I am said to have a “mothering “ drive and am often left at odds with the risk and benefit of the decision. I am also known as a care taker and sense danger all around, whether it be in the form of germs or character flaws.

In a more broken down analysis I have Extraverted Feeling which means that I express opinions easily when it comes to other people or objects. I am able to express emotions from happiness and warmth to rage among other things. When it comes to my actions or decisions I think about them based on how they will affect the people that I am close to.
I am an **Introverted Sensor** which is the element of my personality that is responsible for me “wearing my heart on my sleeve”. To my understanding this is the part of me that really tends to over analyze some things in the sense that something may be said or done to me that wasn’t meant to evoke a certain feeling but by continuously thinking about it I develop an opinion and feelings about the situation. This is also the part of me that displays the “black and white” view on reality and how things are or should be.

**Extraverted iNtuition** is also something that defines who I am. This is the side of me that allows for humor and jokes; it is the part of me that loosens up my sometimes tight wound personality. The flaw is in the fact that this is what also makes it difficult for me to understand philosophies and patterns which in turn makes me lack in certain areas and understandings.

It is thought that my **Introverted Thinking** is actually a trait that is rarely expressed. It has to do with my thinking logic but in fact my logic is more “thinking in the sense of feeling”. For example I am thought to construct scenarios from only “cold hard facts” that support the conclusion that is reached by my **Extraverted Feeling** trait. To better explain this, the explanation for my personality type quoted Miss Piggy on her thoughts about eating Chinese food, “You don’t sew with a fork, so I see no reason to eat with knitting needles.” The quote displays a semi-impersonal thought and is factual, I couldn’t agree more.

As far as what I think are the negative and positives to my personality I think that many things go hand in hand. I absolutely love holidays and sending people gifts for their birthdays; I give people cards for Boss’s day or buy something and send it to them when whatever it is makes me think of them. But on the down side, I tend to put more on my plate than I can eat at times. I take it upon myself to plan things or to make sure that everyone is happy and has what they need. The part of me that takes care of people is also something that I am not a stranger too. Since my dad got sick and passed away
from cancer I have really made it my responsibility to take care of my little brother and make sure that he has everything he could possibly need, sometimes I feel like my happiness rests on if he is happy or not. I think that my skin is as thick as a rhino’s and I tend to not let new people in easily because when I do if they were to hurt my feelings the emotion overwhelms me. Sometimes though, being strong and taking on a lot is exhausting. I do really feel, as my personality is described, that the world is dangerous and it is hard to trust and even rely on other people. I would rather do something myself and know that it is done right.

When it comes to the professional aspect of my life, I think there are many things that I can benefit from if I utilize correctly. The fact that I am strong and driven is really going to be helpful in the long run. If I set my sights on something I love getting it. I can use my liking for being in charge and the “leader” to better a college campus that I am on whether it is in admissions, athletics, academics or judicial services. I know that my personality is that of an administrator or supervisor. I also am compassionate for things that I have strong feelings for. I have strong feelings for universities and students on campus, I worry about their success and would love to ensure that all every student has a wonderful college experience. I could better myself and my career by using and expanding my organizational skills so that my time is always used efficiently. My Introverted Thinking described me as in the business of “thinking in the service of feeling”. By thinking about how a freshman or transfer student may be feeling I can better service them when they are most vulnerable. I think that by using all of the things that my personality encompasses I will be successful in the Student Affairs in Higher Education profession.