

Extraverted Sensing: Activist



ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTP
ESTJ	ESFJ	ENFJ	ENTJ

Goal: To experience as much as possible of the real world; to have an un-ending variety of sensing experience

Trusts: The reality of the present moment

Seeks: Stimulation through the variety and intensity of sensation

Qualities:

- Directs their energy and attention outwards
- Focuses on living and experiencing the present
- Flexible and adaptable in the moment
- Seeks fast-paced action and situations that call for them to react quickly

Introverted iNtuition: Visionary

Motivation: To explore inner intuitive patterns for understanding the world

INTJ

How Ni is influenced by Te

Introverted iNtuition gathers insights, connections and meanings. **Extraverted Thinking** shapes them into task-focused insights and then organises them so that they can be communicated in a logical and rational way.



INFJ

How Ni is influenced by Fe

Introverted iNtuition gathers insights, connections and meanings. **Extraverted Feeling** shapes them into people-focused insights and then organises them to communicate ways for people to meet their needs and goals.



Extraverted Thinking: Director (ESTJ/ENTJ)

Characteristics when at their best:
Decisive | Objective | Logical



Moderate stress

Exaggerated Extraverted Thinking

As stress starts to build, they:

- Become demanding, inflexible and totally task focused
- Insist on logic, ignoring feelings and emotions, may appear cold
- Criticise and challenge excessively

What can trigger a grip reaction:

- Blaming self for being insensitive
- Lack of respect for their good intentions
- Illogical or emotional behaviour in others

FEELING

Extraverted

Nurturer



Create harmony,
support others

Warm and friendly

Are obvious and clearly
expressed

To facilitate team
and individual goals

Consensus, cooperation

People, community

Through relationships

Introverted

Conscience



Live life in line
with values

Reserved
and private

Are deeply held and hard
to discuss

Congruence between self and
external world

Meaning in life

Causes, campaigns

Through personal values

LOOKS TO

SEEN AS

VALUES

SEEKS

STRIVES FOR

SUPPORTS

APPROACHES LIFE