



## Your Temperament Type: Guardian - Provider (ESFJ)

3201

### Your Scale Scores

#### Guardian - Provider (ESFJ)

##### Introduction

In a world filled with unique individuals, when it comes to personality there are only four different temperaments and 16 types of people. Understanding these personality types and mastering your own can be the keys to achieving your goals.

Your temperament is the Guardian (SJ). You have a lot of company out there as Guardians make up as much as 40 to 45 percent of the population. Your particular personality type, the Provider (ESFJ), makes up just about 14-15 percent of the population. This is fortunate for the rest of us, since friendly social service is a key to Providers' natures.

##### About Your Guardian Temperament

There are four types of Guardians (SJs): Supervisors, Inspectors, Providers, and Protectors. These four personality types share several core characteristics. Firstly, Guardians are dependable, hard-working individuals focused on credentials and traditions. [MORE >>](#)

##### Being A Provider (ESFJ)

As a Provider, you're typically a sociable person who takes it upon yourself to insure the health and welfare of those in your care. This combination of traits can make you a great nurturer of social institutions such as schools, churches, social clubs, or civic groups and your family. It's no mystery that female Providers personify Motherhood. [MORE >>](#)

#### Your Temperament Sorter II Results

(E) 7	*****   ***	13 (I)
(S) 8	*****   **	12 (N)
(F) 7	*****   ***	13 (T)
(J) 6	*****   ****	14 (P)

(E)=Extraversion	(I)=Introversion
(S)=Sensation	(N)=Intuition
(F)=Feeling	(T)=Thinking
(J)=Judgment	(P)=Perception

The above graph represents your score for each letter preference, on a scale of 0 to 10. A "10" means that you answered all questions in favor of a particular preference, while a "0" means that you answered no questions in favor of that preference.

##### Love and Relationships

Personal relationships are such a central part of your character, that any romantic involvement of yours is sure to have a front-and-center place of honor in your life. Romance, intimacy, and partnership are the kinds of things that are paramount in your view of "the good life." [MORE >>](#)

##### Famous Providers

Find out which well-known individuals are ESFJs just like you. [MORE >>](#)

##### What Each Letter Means

The letter names of the sixteen personality types (ESFJ, for example) are based on four letter pairings that represent the Jung-Myers dimensions of personality. Each pair of letters defines a different aspect of personality. Together they create a detailed picture of a unique type of individual. [MORE >>](#)

**Work and Career**

Even in the work environment, you are usually focused on making people happy and facilitating harmonious relationships. You often lend aid and comfort to others by drawing on a combination of tradition, past experience, and the direction of established authorities. [MORE](#) >>

**Frequently Asked Questions**

[What is temperament...?](#)

[How can the Temperament Sorter help me...?](#)

**About Your Guardian Temperament**

Guardians tend to be both helpful and dutiful, with a strong work ethic that can take them far. However, grand rewards aren't necessarily very important to Guardians. Instead, they tend to be humble types who are happy to simply receive gratitude for a job well done. Guardians are typically more cautious and deliberate than many people are; this is not a temperament that jumps into any personal or professional situation half-cocked. Their grounded approach to life can make Guardians loyal mates, responsible parents, and stabilizing leaders. Indeed, this group can serve as the very cornerstone of society. They tend to be concerned citizens who are willing to join together with others around them. Perhaps this is because Guardians typically value the camaraderie and security inherent in belonging to groups. As law-abiding individuals who place trust in authority, Guardians will often go out of their way to seek out justice.

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**Being a Provider (ESFJ)**

It seems that wherever you go, Providers like you happily give your time and energy to make sure that others' needs are met and projects maintain their flow. You're ordinarily a highly cooperative person. This can make you a skilled facilitator, one who maintains teamwork among all of a project's helpers. You can be tireless in your attention to detail when furnishing goods and services. This is a quality others surely value in you.

You're the kind of individual people call upon to be the chairperson of dances, banquets, class reunions, and charity fund-raisers - or any event that requires both social skill and strong multitasking. In addition, because you're usually able to speak publicly with ease and confidence, there are few who are as adept as you are when it comes to being a master of ceremonies. When hosting an event, it's likely that you not only know everyone by name, but that you're also keenly aware of what everyone is doing. That way you can keep wallflowers occupied and make sure that everyone is having a good time. For Providers like you, entertaining comes almost second nature. You can find it highly satisfying when the social functions you've worked on are a success.

Friendly, outgoing, and neighborly are probably all words that others have used to describe you at one time or another. In fact, Providers like you can be so gregarious that you may feel a bit restless when you're isolated from people. You often love talking to others, so striking up a conversation with strangers feels more natural to you than it does to many people. You'll usually chat pleasantly about any topic that comes to mind.

As a Provider, you're a people-person. So your friendships matter a great deal

to you, particularly the long-term, true-blue variety. However new friends, acquaintances, and neighbors can also hold your attention. You seem to like to know what the people around you are up to - whether in your social circle, your family, or your community.

In addition, family traditions can be almost sacred to providers like you. Birthdays, anniversaries, holidays - events like these seem to hold special value to you. Perhaps it's because they celebrate people and bring those you care about together. You're the type of individual who can be extremely sensitive to the feelings of others. In fact, Providers may be the most sympathetic of all the types. This focus on others can leave you somewhat self-conscious at times, because you're often so hooked into what others think of you. Because you're loving and affectionate, you want to be loved in return. The downside of this strong desire is that you can sometimes be crushed by personal criticism. However on the positive side, when you're given ample appreciation for who you are and what you do, you can be an extremely happy, satisfied person.

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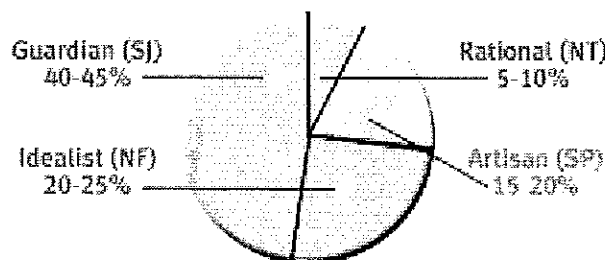
## **Work and Career**

In your ideal workplace, people would likely give freely of themselves and work for the good of the group. Naysayers who complain rather than making a positive effort can anger you. At times, you're equally unsettled by unconventional people who act like change agents. Oftentimes the status quo simply feels more comfortable to you.

Like other Guardians, you are wired to seek belonging within a group or community. As a result, in the workplace, you'll typically make attempts to stabilize both relationships and institutions through responsible, conventional behavior. You thrive as a conservator who establishes, nurtures, and maintains traditional social and business structures.

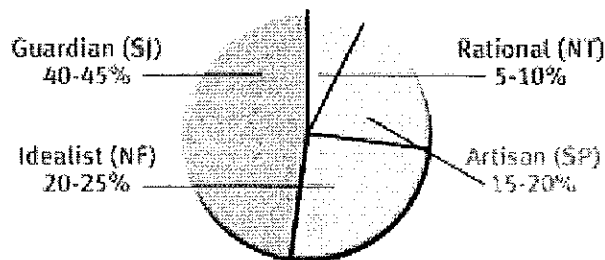
### **At Work with the Four Temperaments**

**At Work with Artisans:** Artisans (SPs) are wired to seize freedom and spontaneity. They hunger for the liberty to act on their impulses, to play, and to create. They make up about 15-20% of the population.



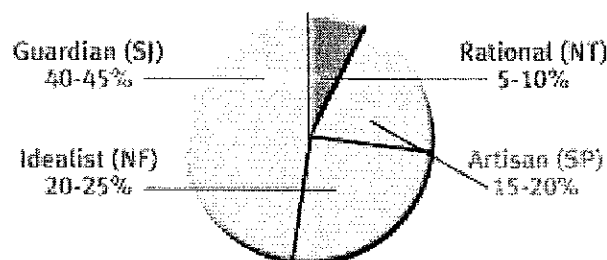
In business, Artisans are crisis managers and troubleshooters. They can be expert at solving problems and doing what is necessary, whether they are expressly permitted to or not. They are practical, resourceful, flexible, and risk-taking individuals. Coworkers are apt to enjoy their creativity and verbal wit, but may perceive Artisans as indecisive or even as troublemakers.

**At Work with Guardians:** Guardians (SJs) are wired to seek belonging to a group or community. They often stabilize relationships and institutions through their responsible, conventional behavior. They make up about 40-45% of the population.



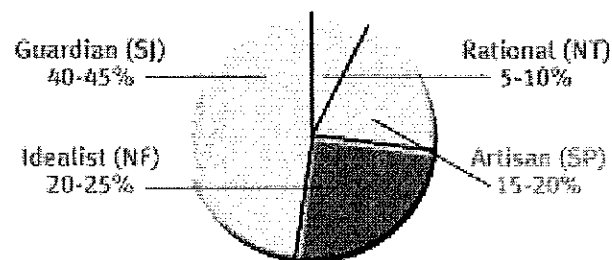
At work, Guardians tend to be administrators and managers. They can be expert at doing what needs to be done, and in the manner it must be done. They are dependable, accountable, realistic, and service-oriented. Coworkers likely appreciate their desire to belong and contribute, but may perceive Guardians as being either slave drivers or sticks-in-the-mud.

At Work with Rationals: Rationals (NTs) are wired to acquire competence and intelligence. Ordinarily, they strive to learn, know, predict, and control the resources and ideas in their environment. They make up less than 10% of the population.



In the workplace, Rationals are often the researchers and strategists. They can be expert at conceptualizing and seeing the big picture, as well as architecting and implementing the necessary systems. They are logical, precise independent individuals who usually are responsive to new ideas. Coworkers often appreciate their ingenuity and competence, but may perceive Rationals as being impersonal and not good with follow-through.

At Work with Idealists: Idealists (NFs) are wired to pursue personal growth, authenticity, and integrity. They can yearn both to develop fully as individuals and to facilitate growth in others. Idealists make up 20-25% of the population.



In work environments, Idealists are usually positive, helpful, and people-oriented. They can be expert at dealing with the human resource concerns of an organization, whether these issues are part of their job description or not. Idealists are warm, idealistic, caring individuals. Coworkers are apt to appreciate their authenticity and loyalty to the human side of the business, but may perceive Idealists as not being effective enough or even of being flaky.

Tips to Help You Find the Right Workplace

- Seek out a relatively structured environment where people work well together.
- Look for environments where there's enough of a sense of order that you feel comfortable, supportive, and productive.
- Don't let your need for comfort and security stand between you and opportunities to learn new skills, contribute in ways you may not have imagined, or take advantage of positive changes in your company or field.

When it comes to your work life, you're part of a pretty satisfied bunch. Overall, Guardians seemed to be as satisfied in their jobs as the both the Idealists and Rationals. About 75% of Guardians identify themselves as being happy in their current position. Challenging work and altruistic service seemed to be the factors that created the most job satisfaction for Guardians. Perks like being allowed to bring pets to work or have company-sponsored beer on Fridays held much less importance. Guardians are types who enjoy being of service, so feeling challenged and providing service to the employer are really top priorities, especially if that employer provides altruistic services to the community at large.

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## **Love and Relationships**

Being part of a loving couple is likely one of the greatest blessings you can imagine. Your talent as a host and planner can ensure that you and your partner will enjoy a fun, involved social life. You can also become uncomfortable when you're left alone too often. When looking for a partner, you may seek a true companion above all else. For a romantic partner, you may look for people who are somewhat different from you. As a result, individuals who appear to be independent and logical can seem very attractive to you. You may like their decisive nature or admire their willingness to try new things. During the early stages of relationships, these differences are likely to be especially endearing and fun.

### **About You**

The formality and ceremonies surrounding your relationship are especially meaningful to you. You are probably unparalleled in providing constant gestures reminding you and your mate of your bond. You are excellent at anticipating support your mate might need.

Generally speaking, you have enjoyed the dating scene. Good food, meeting new people, and plenty of opportunity to flirt are one of life's great pleasures. You may worry about what your date will think, but your sociability has probably made you reasonably popular.

One difficulty that you may have in a relationship is when your partner receives what you give to them but doesn't seem to reciprocate. Sometimes learning about different personalities can help you see their way of showing love. Other times, you may need to recognize that your partner is not a mind reader and is not intending to hurt you. Decide what you would most like your partner to do for you, determine if it is something they could be comfortable doing, then negotiate with them to get what you want.

One aspect about you that may cause your partner problems is that they may feel trapped by you. You are likely to have very specific ways of doing things, a wish for constant company, and a high desire for romantic gestures. Most other people are not as in tune to romance, like to do things their own way, and may have a higher need for solitude. Loosen up and your partner will probably become more attached.

## About Your Partner

### If Your Partner is an Artisan

Guardian (SJ)/Artisan (SP): Guardian/Artisan pairings are complementary relationships where the partners' natural tendencies can balance one another nicely. For Guardians, an impetuous Artisan can sometimes seem like a child to rear, and at other times like a wonderful diversion from their own nose-to-the-grindstone existence. For Artisans, a responsible, concerned Guardian can seem like a real Rock of Gibraltar to ground themselves to and a person who relieves them of some of the tedious chores of life. However, these couples don't always see eye to eye on money matters with Guardians desiring practicality and savings for the future and Artisans wanting the excitement of a grand gesture. For the relationship to succeed it is necessary that they retain tolerance and goodwill on both sides and appreciate the skills each brings to the pairing.

**What Artisans find romantic on a date:** There are two kinds of dates Artisans tend to like. One is an extravagant meal at a place with a fantastic view. Another is doing some sort of physical activity, such as a sport, hiking, or a board game that includes some competition and physical contact.

**What Artisans look for when dating:** When Artisans are dating, they tend to look for a calm, practical person to provide them stability. Sexual chemistry is very important as well. Once the relationship becomes established, they want their partner to liven up and quit being so serious.

**What makes Artisans jealous:** Infidelity, such as touching someone else inappropriately will make them very jealous. Another thing that makes Artisans jealous is if the partner gives gifts to others or makes an extravagant gesture for someone else.

**How Artisans show jealousy:** Artisans are the mostly likely temperament to react physically, such as throwing the partner's belongings out, etc. If their partner starts cheating, they may cheat too. They may either compete to win their mate back or give their partner the cold shoulder.

**How Artisans like to be romantic:** Artisans like to be romantic with "Big Gestures" - something unexpected and high style. Other ways they are romantic is with teasing and active flirting involving physical contact. They love sensual or exciting times, such as fine dining, gaming, or risky adventures.

**How Artisans show their love:** Artisans show their love with regular physical affection including kisses, back rubs, and hugs. They also like to give gifts. They give gifts at all times of the year, and the gifts tend to be things that are not necessary but add spice to life. They like to give loved ones nicknames.

**How Artisans like to be loved:** One thing Artisans often appreciate is a surprise, such as leaving for a weekend getaway on a moment's notice. They like to know that their partner has been thinking about them, so gifts (even small ones) at non-traditional times are usually appreciated. They are generally very sensual and enjoy touching games.

### If Your Partner is a Guardian

Guardian (SJ)/Guardian (SJ): Guardian/Guardian pairings can be traditional, predictable couplings founded on a devotion to home and family and an industrious work ethic. Their relationship can be mutually satisfying as each partner sacrifices on behalf of the other and the family as a whole. These partners can get along especially well because both tend to believe in similar

values like thrift and civic responsibility. However problems may arise at times when each mate tries to run the relationship or household according to their own personal system. The ensuing arguments and struggle for control can cause great rifts. For the relationship to succeed, the partners must come to agreement about the areas in which each is in charge and then defer to the other's wishes. When agreement cannot be made, they need to find some way to divide the territory.

**What Guardians find romantic on a date:** Guardians like to be able to see that the other person has planned ahead to make the event special. They usually like to dress up for a formal event and enjoy traditions, particularly traditions that have been created together as a couple, such as 'our song.'

**What Guardians look for when dating:** When Guardians are dating, they tend to look for a person who can provide fun, games, and spontaneity to balance their serious, hard-working nature. They like when their date takes risks on their behalf. After the relationship has become established, they want their partner to settle down and grow up.

**What makes Guardians jealous:** What is most likely to make Guardians jealous is infidelity, especially if it is done publicly so they lose face. Another thing that can make them jealous is a partner who spends what they consider to be an unacceptably large amount of money on someone or something else.

**How Guardians show jealousy :** A Guardian's first response is usually to try to guilt their partner into toeing the line. Other tactics include a constant monitoring of the partner's behavior, tearful pleadings, and loud demands. They may involve others to try to coerce the partner into right behavior.

**How Guardians like to be romantic:** Guardians typically like traditional romantic gestures, such as flowers, chocolates, lingerie, jewelry, and mild flirting. They are especially likely to keep mementos of the times with the loved one, such as programs, ticket stubs, and pressed flowers.

**How Guardians show their love:** Guardians show love by taking care of annoying details, planning for the future security of loved ones, organizing things to make them easier to use, and buying gifts. They also often like to give loved ones nicknames. They are the most likely temperament to show love by serving their partner.

**How Guardians like to be loved:** Guardians feel loved when their partner does a task they've been avoiding. They love gifts, but the amount of money spent is very important. It needs to be enough to show that they are valued highly but not so much that they feel resources are being wasted. Guardians feel loved when their partner willingly participates in traditions.

### If Your Partner is a Idealist

Guardian (SJ)/Idealist (NF): Guardian/Idealist pairings can be true-blue partnerships focused on comfort, stability, and mutual dependability. Because Guardians and Idealists are usually law-abiding types who believe in following the rules, they can make a good match. Guardians may appreciate the Idealists' sensitivity for others and their deep interest in their partner's success. Idealists can appreciate the practicality and ability to deal with day-to-day matters that may interrupt the Idealists' dreams for the future. Problems may arise at times because Idealists' morals and values tend to have a wider range more than their Guardian mates'. For the relationship to succeed, both will need to understand the differences in how each shows caring for the other and appreciate those efforts.

**What Idealists find romantic on a date:** Romantic settings, romantic foods, romantic things to do are all fun, but they aren't the main thing for Idealists. Idealists want the total attention of their partner and lots of eye contact. They want reciprocity in sharing.

**What Idealists look for when dating:** Idealists often look for someone who seems stable emotionally. Once the relationship is established, they want their partner to become more sensitive. Idealists view dating as a time to explore the compatibility of each other's view and to see if the lightning bolt hits saying, "This is THE ONE."

**What makes Idealists jealous:** Emotional infidelity makes Idealists jealous. Emotional infidelity can be seen as an emotional withdrawal, or it can be when the partner becomes emotionally attached to another person, idea or activity.

**How Idealists show jealousy:** The most common way Idealists show jealousy is with pleading and tears. They may beat themselves up and try to be the perfect partner so their mate won't stray. If that doesn't work, they will withdraw emotionally and turn to others.

**How Idealists like to be romantic:** Idealists are generally the most romantic of the temperaments. They attach romantic meaning to all kinds of ordinary events and things. What they find the most romantic is the exploration of each other's souls.

**How Idealists show their love:** Idealists show their love by listening and being a cheerleader for their partner. They will regularly affirm their belief in the other person, their abilities, and their innate goodness. Idealists are likely to write encouraging notes and give affection, such as squeezing hands, kisses, hugs, and back rubs.

**How Idealists like to be loved:** What Idealists want the most is someone to listen to what they have to say and sympathize or empathize without passing judgment or offering advice unless they ask for it. They also feel loved when a partner shares a vulnerability that the partner has which demonstrates that they have earned trust.

## If Your Partner is a Rational

Guardian (SJ)/Rational (NT): Guardian/Rational pairings are often close relationships focused on stability, reliability, and a sense of duty. Because Rationals are often wrapped up in their ideas, Guardian mates typically see to the everyday workings of family life. Guardians appreciate Rationals' deep thinking and logic while Rationals appreciate their mate's stability and self-sacrifice. Problems may arise at times if Guardians feel left out of their Rational mates' emotional lives or under-appreciated for their efforts in household matters. For the relationship to succeed, both partners need to have a separate arena to demonstrate their best skills which are not encroached on by the other.

**What Rationals find romantic on a date:** Although some Rationals find a lovely setting and good food to be romantic, what they really desire is a date in which two people spend hours sharing ideas and dreams. Rationals also like a battle of wits and word play, such as double entendres.

**What Rationals look for when dating:** When Rationals are looking for a partner, they are likely to look for one who can encourage and tame their hidden emotional side. After they have settled in a relationship, they are likely to want their partner to develop a thicker skin and be more emotionally stable.

**What makes Rationals jealous:** In general, it is very difficult to provoke a Rational to jealousy. They allow their partners a lot of freedom and expect them to justify that trust. However, if the partner looks for intellectual stimulation from others, that may cause jealousy.

**How Rationals show jealousy :** Rationals are the least likely of the temperaments to show jealousy. They tend to dislike emotional scenes. Often, they can deny jealousy and even be unaware of it. Their reaction is usually to withdraw or show distaste for the person's company without explanation.

**How Rationals like to be romantic:** Many people see Rationals as being unromantic. Some Rationals see themselves that way as well. However, most of them have a sometimes deeply hidden sentimental or romantic side. They usually need training to express themselves appropriately.

**How Rationals show their love:** Rationals show love by not holding onto to their partner too tightly. They give their partner lots of freedom to pursue their own ideas and dreams. Another way they show love is by treating their mate as an expert and asking them for advice on something the Rational needs for their latest big idea.

**How Rationals like to be loved :** Rationals love to be seen as experts and approached for advice. They appreciate partners who listen to their ideas and ask intelligent questions. They want partners who can encourage them and their ideas without being condescending. Rationals also like for their partners to be sensitive to their moods and respond accordingly.

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### **Famous Providers**

Did you know that George Washington and Barbara Walters are both ESFJs too? It's not so surprising when you think about it. Not only is George Washington known as " the father of our country," he would also go to heroic lengths during battle to provide supplies to his troops. Journalist and interviewer Barbara Walters shows herself to be a Provider because of her gracious, caring interview style. She takes on an almost parental role that brings out the most personal sides of her guests. She is also as hardworking as Providers are known to be.

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### **What Each Letter Means**

The pair of letters are E-I, S-N, T-F, and J-P. No single letter should be taken as naming a type of person. For example, there are no "Extraverts" or "Thinkers," as such. A personality is a complex union of traits. These letters merely suggest stronger or weaker tendencies in a person's overall makeup. The pairs of letters stand for the following qualities:

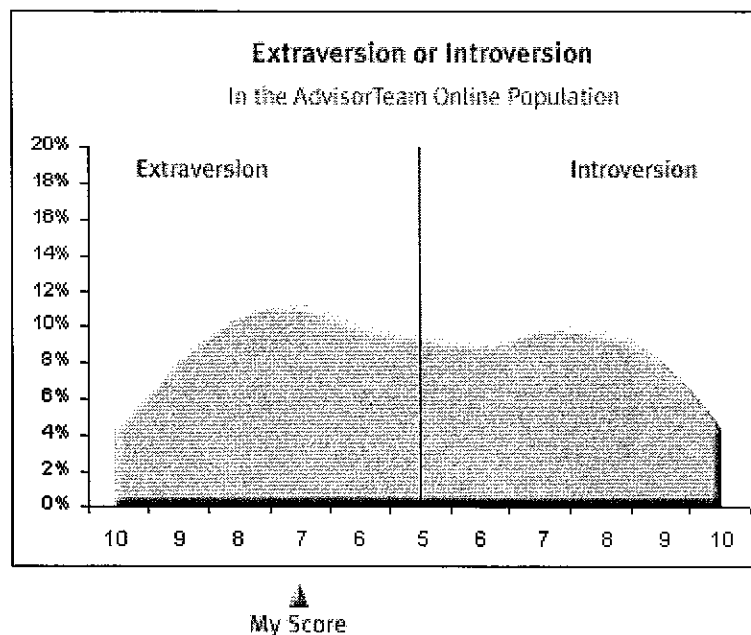
E = Extraversion	I = Introversion
S = Sensation	N = Intuition
T = Thinking	F = Feeling
P = Perception	J = Judgment

The terms Extraversion (E) and Introversion (I) describe two vastly different social styles. People who score high in Extraversion on the Temperament Sorter tend to be gregarious and expressive; those scoring high on Introversion tend to be private and reserved.

People strong in Extraversion are typically more comfortable socializing with groups than being alone. They often report that they're energized by contact with other people. These individuals usually have a large circle of friends and are happy to approach others, even strangers, to talk. For people high in Extraversion, social banter is usually an easy and pleasant thing. Interaction is something that makes them feel alive. As a result, too much quiet and seclusion can actually exhaust such persons. They tend to report feelings of loneliness or power drain when not in contact with others.

On the other hand, people prone to Introversion often seem more comfortable alone than in a crowd. They tend to draw energy from private, solitary activities, including reading, listening to music, and working by themselves on their latest project or favorite hobby. Introverts usually have a few, long-time friends, and can remain in contact with larger groups only so long before their energies are depleted. If their job, family, or social responsibilities require them to be outgoing or take center stage, they can soon become exhausted and need down time in quiet places to rest and recharge their batteries.

Remember, however, that no one is simply an "Extravert" or an "Introvert." These terms are merely end points on the E-I scale, with most everyone falling somewhere in between. Most individuals embody a mixture of these two social styles. Also, different tasks or roles at work or in the family can bring out more Extraversion or Introversion in a person. This dimension of personality, more than the other three, is fluid and situational.



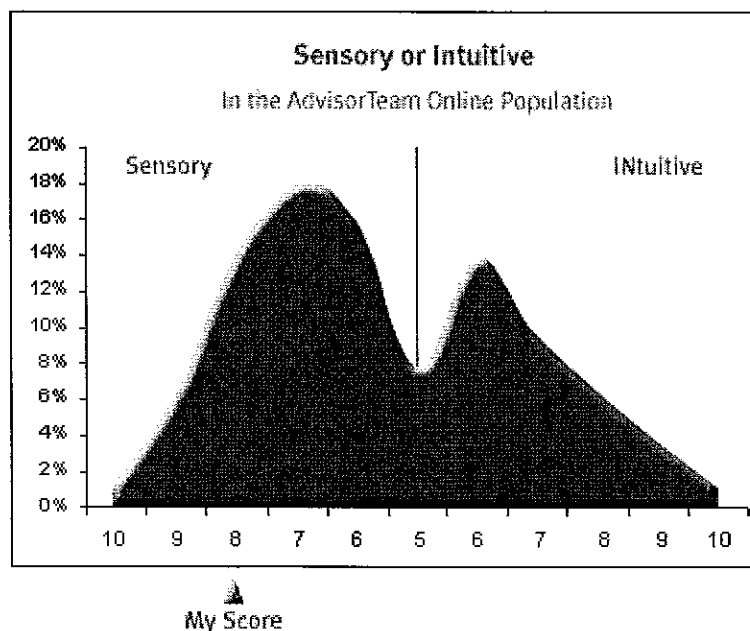
The **Sensory/Intuitive (S-N)** scale on the Temperament Sorter differentiates between two distinct kinds of human focus. People with high Sensory scores pay more attention to what is going on outside themselves in the world of concrete things; people with high Intuitive scores pay more attention to what is going on inside themselves in the abstract world of ideas.

Sensory people make up the vast majority of the population -- upwards of 85%. These people seem more at home in the material world, where they spend their

time looking after the business of everyday living: food and clothing, transportation and shelter, job and family, recreation and social life. With their eye on physical realities, they tend to see all the particulars of what is right in front of them. They typically focus on what's happening in the here-and-now, or what has happened in the past, rather than speculating about future possibilities. These are practical, down-to-earth people who want facts, trust facts, and remember facts. They believe in common sense and usually trust that experience is the best teacher.

In contrast, people who are strongly Intuitive seem more at home in the abstract, conceptual world of ideas. Intuitive types deal in inferences, theories, daydreams, musings, speculations, and symbols -- things that can only be seen with the mind's eye. In fact, because they're so often focused on their internal world, these individuals can sometimes miss a great deal of what's going on around them. For highly Intuitive people, reality is not a solid, present thing, but is more a mental image or a stage of development toward some future ideal. The possible almost always looms large for Intuitive people: whatever "is" can be better. They can be fascinated by hypotheses and potentials. They are also often absorbed by their vivid and complex imaginations. The S-N scale measures the most fundamental of the four dimensions of personality. It's the first cut, so to speak, in evaluating one's type.

However, this delineation doesn't mean that being Intuitive or Sensory is an "either-or" proposition. Intuitive individuals certainly turn outward at times and pay attention to the world at large; they're just far more inclined to become preoccupied with their own ideas. So too, Sensory people do sometimes look inward to ponder and to dream. However, for the most part their flights of imagination lag well behind their real-world observations. Neither type can occupy both worlds at once, and each will usually show a clear preference for one over the other.

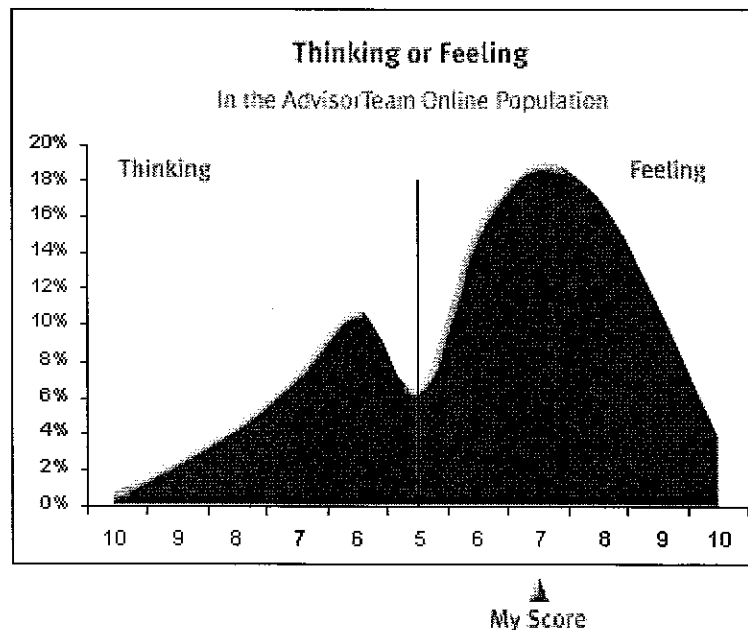


The Thinking/Feeling (T-F) scale assesses how people govern themselves and make decisions. Everyone has both thoughts and feelings. However those who score high on Thinking tend to use their head more when making choices, while those scoring high on Feeling tend to follow their hearts.

People falling on the Thinking end of the scale tend to be more comfortable basing their actions on impersonal, objective factors. Thinking people can be critical and exacting, both with themselves and others. They're often convinced

only by hard data and sound reasoning. Individuals who scored highly in Thinking tend to be frank and straightforward. They are the kind of people who are usually willing to speak their minds and stick to their guns, even if it causes conflict with others. They're known for being tough-minded in their decisions, preferring to keep emotions and desires out of the process as much as possible. Thinking types do have powerful feelings, but a strong show of emotion can embarrasses them. As a result, they'll usually keep their feelings in check rather than appearing to lose self-control, even at the risk of seeming hard-nosed or cold.

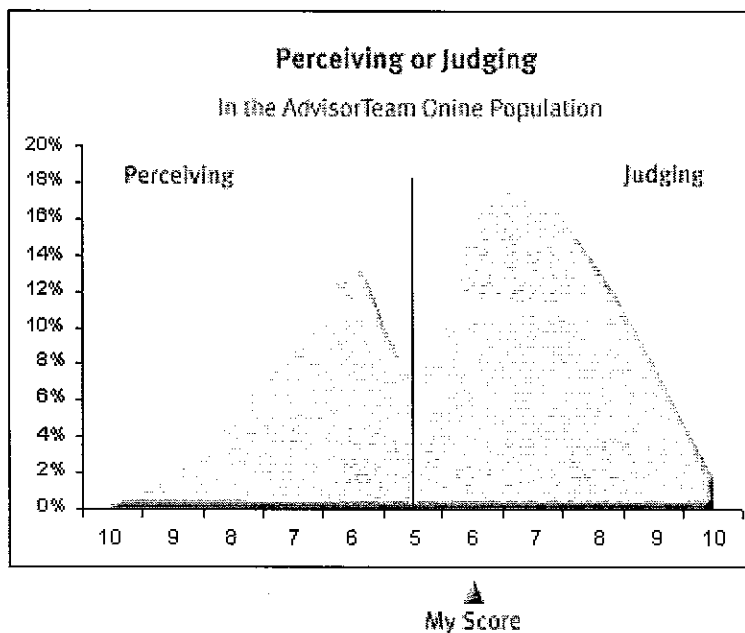
In contrast, people on the Feeling end of the scale are typically more comfortable basing their actions on personal, emotional factors. When considering their course, this type will consult their feelings first and will almost always show concern for others. For the most part, these individuals are sympathetic and sentimental. As a result, many times they can be swayed by powerful desire or a touching appeal. Feeling people tend to be softhearted when making decisions. They don't like to hurt anyone's feelings. It's not that Feeling individuals necessarily have more or deeper emotions than those on the Thinking end of the scale. They simply let their feelings show more easily. This tendency makes them seem warmer and friendlier, which in turn can give them an easier time getting along with others.



The Judgment/Perception (J-P) scale measures how people process information and arrange their lives. Those who score high on Judgment tend to make up their mind quickly and commit to schedules, while those scoring high on Perception prefer to keep their options open and their timetables flexible.

People strong in Judgment waste no time forming opinions or drawing conclusions. They often report feeling a sense of urgency until a decision is made, and can rest only after everything is settled. Closure and finality are important to these individuals, as is orderly procedure. As a result, they can be quick to make schedules, agendas, or timetables for themselves and others to follow. People strong in Judgment will establish deadlines and take them seriously, expecting others will do the same. They're usually comfortable with routines and can be willing to do all sorts of maintenance and cleaning up after a task, feeling that these are necessary steps for a job's completion. For this type, neatness counts. They usually feel unhappy or unsettled when their personal space is a mess. Straightening things up is often near the top of their list.

For their part, people given to Perception keep their eyes open to what's around them, gathering information and looking for opportunities and alternatives that might be available. They usually feel no hurry to nail things down or settle on a finished product. Instead, they tend to prefer exploring possibilities. These individuals are often playful and spontaneous in action. Schedules can make them feel hurried and over-controlled; they tend to look upon deadlines as mere reminders to get on with the job. Also, People high in Perception prefer their work to be enjoyable and meaningful. If a task of routine maintenance or clean up falls to them, they may balk at doing it, or may leave it to someone else. Easy-going, even somewhat impulsive, these people are usually quite tolerant of mess. Their personal spaces are often cluttered with an assortment of things they've picked up, used, then dropped and forgotten about.



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## **Frequently Asked Questions**

### What is temperament?

There are two sides to personality: One is temperament and the other is character. Temperament is a set of inclinations we are born with, while character is a set of habits we acquire as we grow and mature. Character is disposition, developed over a lifetime; temperament is predisposition, hardwired in from birth. Thus, those of the Artisan temperament are predisposed to impulsive action, those of the Guardian temperament to responsible service, those of the Idealist temperament to personal development, and those of the Rational temperament to objective analysis. Each type of person, unless blocked or deflected by an unfavorable environment, will develop the habits of character appropriate to his or her temperament.

Put another way, our brain is a sort of computer that has temperament for its hardware and character for its software. Our hardware is the physical base of our personality, placing on each of us an unmistakable temperament signature, some facets of which can be observed from a very early age. Our software on the other hand, is made up of our individual experience and social environment -- the forces around us that, with time and occasion, give shape to our individual character.

Thus temperament is the inborn form of human nature and character is the emergent form that develops through the interaction of temperament and environment. Personality, your unique personal style, is a combination of the two.

### How can the Temperament Sorter help me?

Fundamentally, the Temperament Sorter helps you to do two things: Understand your own temperament, and gain insight to other peoples'. Possessing this valuable knowledge of human nature can have a variety of far-reaching effects on your life.

In the work world, being savvy about your temperament can lead you to a clearer understanding of your natural role and functions within an organization. It can also help you better capitalize on your personal strengths to build your success. By comprehending your coworkers' temperaments and how each temperament relates, you can begin to master your interactions with supervisors and staff. In addition, being able to interpret others' innate styles can help you to meet their implicit expectations, as well as increasing your own leadership abilities.

In your personal life, being knowledgeable about temperament can help you build strong, lasting ties with others. This is true because it aids you in anticipating your loved ones' needs and respecting their different ways of dealing with life. When you are responsive to others, you will naturally be looked upon as dependable, responsible, helpful, and empathetic. These are all wonderful qualities to bring to your personal relationships. In addition, coming to terms with your own temperament and innate tendencies can bring new levels of wisdom and self-knowledge to all of your interactions, as well as identifying how your particular temperament impacts and influences others.

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