

Morgan Miller

Professor Patrice Gillespie

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### Personality

Never apologize for your personality. “Personality: Where Does it Come From and How Does it Work?” This article begins with several asked questions on personalities and how exactly we become who we are. You learn about one specific theory that is used to describe how we act. How we each have a visible and invisible side to our personality. In the article you will learn the three basic psychological needs we all have; the need to predict our world, the need to build competence to act on our world, and the need for acceptance from others. As well as a term referred to as, “BEATs” and how we all have our own “beat.” These beliefs, plus the emotions and action tendencies that are stored with them, are termed "BEATs" (Dweck).

As we move into the personality assessment you can see how BEATs does play a role in personalities. The MBTI test is fascinating. I remember taking a similar personality test last year. It was the “16 Personalities” assessment that I came across. I enjoy learning about my personality, personalities in general. Last year when I took this, I was given “ENFJ - The Protagonist.” I even took the 16 Personalities test again this week and was given ENFJ again. I would absolutely agree with ENFJ and how it describes each personality trait.

I retook the test and have now been given “ESFJ - The Consul.” I agree with the similarities that the ESFJ character traits describe. The ESFJ makes up about 12% of the population. As an ESFJ it explains the extroverted, observant, feeling and judging personality traits. This information helps me realize how I treat and interact with others. Learning about personalities makes me more aware of my actions. It also helps me learn how to interact more with other personality types.

I find it interesting that I can take both tests multiple times and still get the same personality type on each assessment. Although, I do not get matching personality types for both assessments. I interpret it as being a mix of both personality traits. They both have comparable career paths as well. One is “The Helper” (ESFJ) and the other is “The Teacher” (ENFJ). After taking the MBTI/Jung Typology assessment and answering the questions in the article attached, it has helped bring to light a little about myself. Helper, supportive, outgoing, a role model, sensitive and good at connecting with others are all qualities that come with my ESFJ type. After also utilizing the 16 Personalities assessment as well, I have learned that I have a combination of ESFJ and ENFJ. I am a highly organized, driven person who enjoys taking a moment for myself to decompress once I have completed my tasks. Or when a break is necessary to get the job done right. I have a warm heart who is charismatic to those around me. I truly wear my heart on my sleeve and have enormous emotions to share and feel. Ultimately, I must continuously remind myself how to appropriately express my emotions. I know that is really what makes me who I am and I love my personality.

While many people shy away from the overwhelming and complex emotions of others, ENFJs step in bravely and venture into dark and uncertain territory. They strive to make

everyone believes in their potential, no matter how lost and insecure others may feel inside. ENFJs empathize in the presence of turbulent emotions. On the other hand, while many other types shy away from commitments and responsibilities, ESFJs bravely take on the needs and cares of the people they love. They combine a no-nonsense outlook on life with a deeply compassionate sense of purpose. ESFJs possess exceptional steadiness and compassion in a chaotic world (Storm).

While checking out some articles with Psychology Junkie, I stumbled upon one that was interesting. It is all about determining if you are an unhealthy ESFJ and some tips to incorporate to help. It is a lot of fun looking into your personality and all the qualities you carry but it is also neat to see the faults one might carry with each personality. Overall, I am proud of the traits that I have, especially being loyal, determined, tender-hearted and outgoing.

In the article “24 Signs That You’re an ENFJ Personality Type,” it is wild to see some of the signs that are listed in relation to myself and past experiences. I can certainly see how most of those do describe the exact kind of person I am. One I try to work on in my day-to-day life. Number four says it is hard for me to say “no” and that is in fact, a fact. The more mature I have grown the more I acknowledge the negative that can be in that. While everything can come with negatives, which I do not like to look at, I see how not being able to say “no” can impact my family and I. Therefore, it is something that I try to work on. Number nine says, “If You’re a Parent, You’re Not Domineering; You are deeply devoted to your children and care more about listening to them than directing them. Your empathic form of parenting means that you feel that change starts in the heart, not on the outside with strict lists of rules and regimens.

Some other parents might give you a hard time, calling you too “lenient.” But keep doing what you’re doing; your insight and compassion will be a powerful and positive influence in your child’s life.” I find that to be incredibly accurate for me, at least for where I am at in our current moment in raising our daughter. It has been eye opening to see how certain personalities mesh better together. That makes a stark difference, especially in your work environment. For my career it makes a difference because as a Doula I am with multiple personalities and one thing does not work for everyone. Knowing how to approach each personality will significantly improve business and the positivity within the team as well.

In conclusion, I have learned a lot about myself and about others. I like to improve how I am with others around me but I do not wish to change the qualities about me. Only to continue improving my traits and qualities to be the best I can be for myself, my family, and my career. Although I do have faults, I would not change a thing about myself because this is me.

MLA Citations:

Dweck, C. S. "Personality: Where Does it Come From and How Does it Work?" *American Psychological Association*. (2017)

<https://www.apa.org/pubs/highlights/spotlight/issue-111>

This article goes over all about personalities and how they each work individually and where they come from.

Storm, Susan. "A Look at the ESFJ Leader." *Psychology Junkie*. (2020)

<https://www.psychologyjunkie.com/>

This article goes over what an ESFJ Leader is like and what to expect from them. It is a longer read but overall informative on what you might be looking for with going over a lot of the qualities you would see in a leader.

Storm, Susan. "10 Signs of an Unhealthy ESFJ." *Psychology Junkie*. (2021)

<https://www.psychologyjunkie.com/>

In this article you will find facts that could mean you're potentially an unhealthy ESFJ. Along with some tips at the end on how to improve your overall self.

Storm, Susan. "24 Signs That You're an ENFJ Personality Type" *Psychology Junkie*. (2020)

<https://www.psychologyjunkie.com/>

In this article you will find 24 signs about the ENFJ personality type. It's a longer read but a fun one as you learn more about the ENFJ.