

(ISTJ)

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Recipe Followers

Abilities of Recipe Followers

They are very thorough people that value solid concrete results.

Dislike disorganization and prefer a disciplined active approach to get things done.

Loyal workers that work hard while taking on the skills needed to get the job done.

They analyze their work to make sure everything is as perfectly done as possible.

They are devoted detail-oriented workers.

They are very loyal.

Their word is their bond.

They will not tolerate those who don't follow the rules.

Give them a list of rules and a job and they will get it done.



If you're a Follower

- Express your appreciation to others.
- Take time to understand the feelings of others.
- Try not to be so rigid in solving problems.
- There isn't just one way to do everything.
- Try to act impulsively at times.
- You have humor deep inside. Show people that side of you.
- Take the time to see the world through others eyes.
- Create rules that will force you to say things such as "I love you"
- Take sometime to relax. Cleaning isn't relaxing.
- Don't feel guilty if you goof off here and there.

Dealing with a Bull

- Allow them to impose the structure that they are used to.
- You must ask them their opinion because they value that most.
- Don't take their bluntness personal.
- They have trouble listening if you don't get to the point..

They are very responsible and dependable people. They are very composed people of few words who value their privacy. They expect people to be on time and organized and make sure they are as well.

- They are impatient and abrupt.
- They have trouble understanding your emotions as well as their own.
- They are very tender with those that they trust.
- They define themselves by their successes.
- They will value you if you prove you offer security.

Dealing with a Giver

- They do not like looking at the world theoretically.
- They do not like it when people offend others.
- Their extreme love and optimism can seem fake.
- They require alot of praise and attention.
- Have a tendency to compare their social status towards others.
- They may be argumentive towards those who disagree with them.
- They love to be needed, but might get overwhelmed passing out so many favors.
- A persons appearance will sway their opinion of them.
- They can become very spiteful if they feel unappreciated.
- Have a tendency to get depressed if alone.

Dealing with Others

Dealing with Recipe Followers

- They are tolerable of rules on paper but dislike being ordered by people.
- They dislike being distracted.
- They work better on their own than with people.
- They are modest and don't like to waste their money.
- They are practical and quick to judge others..
- They have a hard time understanding why people act different from them.
- It is very hard to change their opinion.
- Show love through loyalty and actions.
- They may have trouble expressing love to those they love the most.
- They are sociable but are uncomfortable getting to personal.

Dealing with Planners

- They dislike constant changes and interruptions.
- They are kind and aware of others needs.
- They can feel taken advantage of and keep it bottled up inside.
- They will stay in relationships with irresponsible people to feel needed.
- They will sense insincerity in others.
- They will feel uncomfortable if their structured life is disturbed.

- They can make quick decisions while being careful not to hurt others.
- They have a tendency to become pessimistic and negative.
- They bottle up their feelings to avoid upsetting others, but will eventually blow up.

Dealing with Adventurers

- Give them a great deal of freedom.
- Avoid giving them the feeling of being controlled.
- Set them up in situations that they can associate as an adventure.
- Stimulated by conflict.
- Understand that they can do the opposite of what you expect.
- Excite them through spontaneous activities.
- Don't talk to them about emotions.
- They get very upset if they feel pressured, or obligated.
- Understand their optimism often won't allow them to regret or worry about situations.
- Understand that they will show gratitude threw gifts but not intimacy

Dealing with Friends

- Understand their discomfort at working alone without stimulation.
- Take advantage of their ability to except others beliefs.
- They respond to optimism, not doom and gloom

- They build relationships to increase fun not to create an emotional connection.
- Are very sympathetic to the suffering of others
- They sometimes overwhelm people with their gifts and show of love.
- Understand their impulsiveness.
- Very upbeat energy levels.
- They desire approval and affirmation most of all.
- They love parties.

Dealing with Calculators

- Approach them in a straightforward way while avoiding conflicts.
- Communicate with them through action, not through socializing.
- Show them how you can be a useful tool they can use to get things done.
- They show love through the favors they do for you.
- Avoid making them feel trapped in commitments.
- Share your common interests with them. Give them the freedom to do their own thing.
- Understand that because of their focus on logic they may seem insensitive.
- Understand that they have trouble with interpersonal skills.
- Show them you value their unpredictability

Dealing with Others

Dealing with Compassionates

- They have trouble with organization and lack of direction.
- Understand that they cannot easily act forceful towards others.
- Allow them to spread unselfishness, loyalty, and kindness.
- They express affection through actions, not words.
- They are very perceptive, but won't often tell you what they think.
- They can appear relaxed and happy with resentment built up inside.
- They take criticism badly.
- They blame themselves if bad things are done to them by others.
- They will avoid conflict at all costs unless you attack their values.

Dealing with Commanders

- They are tough on those that they find indecisive or incompetent
- They are often workaholics.
- They are only convinced with solid and reasonable facts.
- They will only take advice from those they feel are more knowledgeable.
- They want everything explained step-by-step
- Can grow very impatient if their plans are not being followed.

- Can be very intimidating if they don't get their way.
- They hide their softer side from others.
- Exploding with their judgements is natural for them.
- They show you they like you by welcoming you into games and through humor.

Dealing with Inventors

- They ignore the traditional way of doing things.
- They love to start up projects and then let others finish them.
- They are easily bored by projects that don't stimulate them
- They will fight anyone who limits their freedom.
- They like being mentally stimulated.
- They can be argumentative.
- They love to debate.
- They may seem antisocial when they are deep in thought.
- They will deny their own feelings.
- They have many friends but few of them are close.
- They love to talk about ideas more than anything else.

Dealing with Visionaries

- They prefer to work out their problems on their own.
- They drive others to hard at times.

- They can be very critical of themselves if things don't work out.
- They do not like interruptions.
- They show affection only to those which they are very close.
- Don't waste their time with small talk.
- They will bottle up the rejection that they feel.
- They can be very stubborn if their rules aren't followed.
- They sometimes will neglect the ideas of others. They often won't tell others how important their contributions are.

Dealing with Geniuses

- They have a hard time explaining their thoughts to others.
- They like to create the solution to problems but rely on others to implement them
- They dislike deadlines.
- They will become very depressed if they don't have an outlet for their innovative minds.
- They don't like to be put in a supervisory role.
- They often neglect their relationships.
- They cannot handle a lot of human contact.
- They cannot handle conflict.
- They have a hard time with small talk and have dry humors often.
- They show their feelings in very subtle ways.

Dealing with Others

Dealing with Teachers

- They expect others to be organized and goal oriented.
- They dislike working with non-creative people.
- They will follow the rules if they are in accordance with their ideals.
- They want to have the leadership role in groups from which to spread harmony.
- They have trouble spotting flaws in others.
- They like to be reassured and praised.
- They do not like confrontation and negative feedback.
- They can grow depressed if they feel undervalued or insincere.
- They have many should and shouldn't rules that they follow. They feel obligated to make everyone happy.

Dealing with Jumping Beans

- They are great at getting projects going but bad at finishing them.
- When they are involved in an exciting project they will lose all sense of time.
- Often they will not prepare, preferring to think on their feet.
- They have a hard time narrowing their focus to one project at a time.
- They are often overwhelmed by bad organization

- They are constantly in love with one thing after another.
- They need freedom to do things their own way.
- They need to be told they are special.
- They need others in their life to keep them on track.

Dealing with Counselors

- Tend to be demanding of others.
- They don't like distractions.
- They want to be respected and admired but will not ask for it.
- They want to do things their way.
- They rely heavily on having a happy home.
- They sometimes will disregard their needs for the needs of others.
- They only will share their emotions and feelings with their closest friends.
- They often feel responsible for others feelings and distress.
- They can become very moody if they are criticized.
- They are very depressed if their isn't harmony

Dealing with Dreamers

- They do not like deadlines.
- They do not like being put in a competitive environment.
- They do not like interruptions.

- They want to be appreciated but will not ask for it.
- They can become preoccupied with their rich imaginations.
- Because they see each situation from all angles they have trouble making decisions.
- They can become depressed if they think they won't achieve their lofty goals.
- They can relate with people best one on one rather than in groups.
- They may seem anti-social at times while deep in thought.
- They will tell you their decision without a reason

Personality Percentages

Type	Males	Female	Name
ESTJ	12.9%	7.3%	Bulls
ESFJ	4.7%	14.1%	Giver
ISTJ	19.4%	12.3%	Recipe Follower
ISFJ	6.3%	16.2%	Planner
ESTP	6.2%	3.6%	Adventurer
ESFP	4.0%	7.2%	Friend
ISTP	8.7%	4.3%	Calculator
ISFP	2.3%	6.4%	Compassionate
ENTJ	3.5%	2.1%	Commander
ENTP	6.7%	2.8%	Inventor
INTJ	4.8%	2.2%	Visionary
INTP	6.5%	4.0%	Genius
ENFJ	1.5%	3.4%	Teacher
ENFP	6.0%	6.6%	Jumping Bean
INFJ	2.0%	3.1%	Counselor
INFP	4.5%	4.2%	Dreamer