

Yes, **ESFJ personalities** are generally described as being **empathetic**, with their **dominant cognitive function**, Extroverted Feeling (Fe), making them **highly attuned to the emotions of others** and driven to respond to those needs. This natural empathy enables them to be caring, supportive, and responsive in their relationships and communities.

How empathy manifests in ESFJs:

- **Emotional Awareness:** ESFJs are highly aware of the emotional atmosphere around them and can often sense when someone is feeling upset, even before they express it.
- **Focus on Feelings:** As "Feeling" types, they prioritize emotions and the rightness of a situation over pure logic when making decisions, according to BetterHelp.
- **Desire to Help:** Their empathy fuels a desire to help and support others, often by taking action to alleviate distress and create harmony.
- **Putting Others First:** ESFJs frequently **put the needs of others before their own**, and their efforts are often motivated by **a desire to make people feel valued and cared for**, notes Calm.
- **Responsiveness:** They are skilled at understanding their partner's or friend's emotional needs, making them feel heard and supported in a relationship, according to The Myers-Briggs Company.