Myers-Briggs Type Indicator

The Myers-Briggs Type Indicator (MBTI) is a way of examining the personality of an individual. Our personalities are based on who we are and what we really like to do, and can aid us in determining career decisions. We all have a complex set of tendencies, behaviors, attitudes, and characteristics that make us unique. Carl Jung (1923) developed a way to help us understand and categorize our inborn tendencies, and Katherine Briggs and Isabel Briggs-Myers (1962) later expanded on Jung's theory, resulting in the MBTI. The information gained from the MBTI can help us make practical decisions, gain knowledge of SELF, and make better choices.

The MBTI Provides a four-part framework to examine inborn tendencies, with each part helping determine which of two characteristics or preferences better describes you: **E** or **I**, **S** or **N**, **T** or **F**, and **J** or **P**.

E (Extroversion)

- Likes action and variety
- Likes to do mental work by talking to people
- Acts quickly, sometimes without much reflection
- Likes to see how other people do a job, and to see results
- Wants to know what other people expect of him or her

I (Introversion)

- Likes quiet time to consider things
- Likes to do mental work privately before talking
- May be slow to try something without understanding it first
- Likes to understand the idea of a job and to work alone or with just a few people
- Want to set his or her own standards

S (Sensing)

- Pays most attention to experience as it is
- Likes to use eyes, ears, and other senses to find out things
- Dislikes new problems unless there are standard ways to solve them
- Enjoys using skills already learned more than learning new ones
- Is patient with details but impatient when the situation gets complicated

N (Intuition)

- Pays most attention to the meanings of facts and how they fit together
- Likes to use imagination
- Likes solving new problems and dislikes doing the same thing over

- Likes using new skills more than old ones
- Is impatient with details but does not mind complicated situations

T (Thinking)

- Likes to decide things with logic (common sense)
- Wants to be treated with justice and fair play
- May neglect and hurt other people's feelings without knowing it
- Gives more attention to ideas or things than to human relationships
- Does not need harmony

F (Feeling)

- Likes to describe things with personal feelings and human values even if it sound illogical
- Likes praise, and likes to please people, even in unimportant things
- Is aware of other people's feelings
- Can predict how others will feel
- Gets upset by arguments and conflicts; values harmony

J (Judging)

- Likes to stay flexible
- Deals easily with unplanned happenings
- Likes to start many projects but may have trouble finishing them
- Usually looks for additional information about situations, people
- May decide too slowly
- Want to miss nothing before forming opinions and making choices
- Lives by making changes to deal with problems as the come up

P (Perceiving)

- Likes to stay flexible
- Deals easily with unplanned happenings
- Likes to start many projects but may have trouble finishing them
- Usually looks for additional information about situations, people
- May decide too slowly
- Want to miss nothing before forming opinions and making choices
- Lives by making changes to deal with problems as they come up