

## Myers-Briggs Type Indicator (MBTI) Overview

The Myers-Briggs Personality Type Indicator is based on the personality theories of psychologist Carl Jung. Use the information below to determine your preference for each dichotomy.

### Where do you prefer to get your Energy?

Extroverts recharge their energy by focusing towards the OUTER world of activities, excitements, people, and things. Introverts recharge their energy by focusing inward to the INNER world of thoughts, interests, ideas, and imagination.

#### Extraverted Characteristics

- Act first, think/reflect later
- Feel deprived when cutoff from interaction with the outside world
- Usually open to and motivated by outside world of people and things
- Enjoy wide variety and change in people relationships

#### Introverted Characteristics

- Think/reflect first, then Act
- Regularly require an amount of "private time" to recharge batteries
- Motivated internally, mind is sometimes so active it is "closed" to outside world
- Prefer one-to-one communication and relationship

### How do you prefer to interact with INFORMATION?

Sensors (S) prefer to notice the sights, sounds, smells and all the sensory details of the PRESENT. They prefer information that is REALITY based, dealing with "what is." Intuitive (N) prefer to understand, interpret and form OVERALL patterns of all the information that is collected and records these patterns and relationships. They like to speculate on POSSIBILITIES, including looking into and forecasting the FUTURE.

#### Sensing Characteristics

- Mentally live in the Now, attending to present opportunities
- Using common sense and creating practical solutions is automatic-instinctual
- Memory recall is rich in detail of facts and past events
- Best improvise from past experience
- Like clear and concrete information; dislike guessing when facts are "fuzzy"

#### Intuitive Characteristics

- Mentally live in the Future, attending to future possibilities
- Using imagination and creating/inventing new possibilities is automatic-instinctual
- Memory recall emphasizes patterns, contexts, and connections
- Best improvise from theoretical understanding
- Comfortable with ambiguous, fuzzy data and with guessing its meaning

## How do you prefer to make DECISIONS?

Thinkers (T) make decisions in a DETACHED, objective fashion. They look at factual principles, and make conclusions systematically. Logic decides. Feelers (F) make decisions in an ATTACHED and somewhat global manner, based on likes/dislikes, impact on others, and human and aesthetic values. Values decides. While everyone uses both side when considering decision, ultimately one preference outweighs the other when finalizing the decision.

### Thinking Characteristics

- Instinctively search for facts and logic in a decision situation.
- Naturally notices tasks and work to be accomplished.
- Easily able to provide an objective and critical analysis.
- Accept conflict as a natural, normal part of relationships with people.

### Feeling Characteristics

- Instinctively employ personal feelings and impact on people in decision situations
- Naturally sensitive to people needs and reactions.
- Naturally seek consensus and popular opinions.
- Unsettled by conflict; have almost a toxic reaction to disharmony.

## How do you prefer to interact with the OUTER-WORLD?

Those who prefer Judging (J) approach the outside world WITH A PLAN and orients towards organizing one's surroundings, being prepared, making decisions and reaching closure and completion. Those who prefer a Perceiving (P) style takes the outside world AS IT COMES and adopt and adapt, be flexible, open-ended and receptive to new opportunities and changing game plans.

### Judging Characteristics

- Plan many of the details in advance before moving into action.
- Focus on task-related action; complete meaningful segments before moving on.
- Work best and avoid stress when able to keep ahead of deadlines.
- Naturally use targets, dates and standard routines to manage life.

### Perceiving Characteristics

- Comfortable moving into action without a plan; plan on-the-go.
- Like to multitask, have variety, mix work and play.
- Naturally tolerant of time pressure; work best close to the deadlines.
- Instinctively avoid commitments which interfere with flexibility, freedom and variety