

Myers-Briggs Type Indicator (MBTI)

ORIENTATION OF ENERGY – EXTRAVERSION – INTROVERSION

Direction of focus, source of energy

E

EXTRAVERSION

Energized by outer world
Focuses on people and things
Talk thoughts out
Active
Breadth of interest
Live it, then understand it
Interaction
Outgoing
Do-think-do

INTROVERSION

Energized by inner world
Focus on thoughts and concepts
Keeps thoughts in
Reflective
Depth of interest
Understand it before live it
Concentration
Inwardly directed
Think-do-think

I

PERCEIVING FUNCTION – SENSING – INTUITION

Ways of taking in information

S

SENSING

Facts
Data
Detail
Reality-based
Actuality
Here and now
Looks at what is real

INTUITION

Meanings
Associations
Possibilities
Hunches, speculations
Theoretical
Future possibilities
Looks at what could be

N

JUDGING FUNCTION – THINKING – FEELING

Ways of coming to a conclusion, making a decision

T	THINKING Analytical Justice Objective Logical system Impersonal Critique Reason Criteria Firm but fair	FEELING Sympathetic Mercy Subjective Value system Personal Appreciate Empathy Circumstances Compassionate	F
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ORIENTATION TO OUTER LIFE – JUDGING – PERCEIVING

Dealing with outside world

J	JUDGING Organized Settled Planned Decisive Control one's life Set goals Systematic Regulate	PERCEIVING Pending Flexible Spontaneous Tentative Lets life happen Likes surprise Open to change Flow	P
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