

The Myers-Briggs Type-Indicator(MBTI)

The Myers Briggs is a personality test that assigns you a **four letter personality type**. Each of those four letters show you a **different slice of your personality**. The Myers Briggs can't tell you everything about yourself, but it can be helpful in **learning more about yourself and others**.

The Four Letters

A Myers Briggs type is made up of **four letters**, each of which could be **one of two possibilities** depending on your personality.

They are:

E/I S/N T/F P/J

or

Extrovert/Introvert Sensing/iNtuition
Thinking/Feeling Perceiving/Judging

So, for example, your Myers Briggs type might be ESFJ, or INTP, or ISTJ.

There are sixteen total possible types.

Here's what the letters mean:

E/I: Extrovert or Introvert

The first letter deals with how you interact with people, and where you pull energy from.

If you're an **I, or Introvert**, then you most likely **draw your energy from being alone**. This doesn't mean you don't like people or aren't friendly; it just means that you need to take breaks from people to "recharge your batteries."

Being an introvert might also mean some of these things are true:

- You might be more of an **internal processor**, meaning that you think things through in your own head rather than needing to talk everything out.
- You might be uncomfortable being asked to share your own thoughts before you've had time to **think things through**.
- You might experience some sort of social anxiety or be **uncomfortable in large groups of people**, or in places where you don't know anybody.

If you're an **E, or Extrovert**, then you probably get more energized by being around people, and might not like being alone for long stretches of time.

Being an extrovert might also mean some of these things are also true:

- You might be more of an **external processor**, meaning that you need to talk things out to wrap your head around them.
- You might be more comfortable improvising, or **speaking off the top of your head** without much time to think beforehand.
- You might get enjoyment out of **meeting new people** or being plunged into unfamiliar situations.

S/N: Sensing or iNtuition

The second letter is less easy to understand just from looking at the words. For example, being a N doesn't necessarily mean you have better intuition. This letter has more to do with **how you think**.

If you're an **S**, you probably like **sticking to the details**. Practical information is probably more important to you than big hypotheticals.

Being an S might mean that some of these things are also true:

- You're comfortable when you have **rules and structures** to follow.
- You look to **what's worked in the past** when making a decision.
- You're more concerned with **solving the problems in front of you** than thinking about big future concerns or philosophical questions.

If you're an **N**, you probably spend more time thinking about **the big picture**. You probably like discussing **big abstract concepts** and aren't as concerned with details, or the "small stuff."

Being an N might also mean that some of these things are true:

- You spend time thinking about how **things in your everyday life could be improved**.
- You enjoy thinking **"outside the box,"** and thinking up new ways to approach a problem.
- You love conversations that involve **new theories or ideas** about the world.

T/F: Thinking or Feeling

The third letter deals with whether you tend to process things more **logically or emotionally**.

If you're a **T, or Thinking type**, you tend to make decisions more **based on fact or logic** than how you feel. **This does not mean that you don't have feelings!** It just means you might not rely on them as heavily when you're trying to make up your mind about something.

Being a T might mean that some of these things are also true:

- You might not always be able to know how you feel about something right away, and need time to **weigh all the facts before making a decision**.
- You might have a tendency to **compartmentalize**, so that your thoughts are separate from your feelings.
- You might have a **hard time understanding** where people are coming from when they react emotionally to things.

If you're an **F, or Feeling type**, you probably tend to make your decisions based more on how you feel about something than on objective facts. You probably tend to incorporate your **natural intuition** in your thought process and decision making, and find that your **feelings are extremely important** in your everyday life.

Being an F might also mean:

- **You know exactly how you feel** about something or someone before you can explain why.
- You find it very hard to make a decision if it **doesn't feel right** to you, and use your feelings to guide you through life.
- You usually have a **strong sense of empathy** for others and may be able to innately sense how others feel.

P/J: Perceiving or Judging

Like S/N, the final letter isn't literal. It doesn't mean you're either judge-y or perceptive. It's more a matter of **what kind of lifestyle you're comfortable with**.

If you're a **P, or Perceiving Type**, it means you like to leave things **open-ended**. Making concrete decisions or commitments stresses you out, and you're most comfortable if you know you can **change your mind** about something.

Being a P could also mean some of these things are true of you:

- You get uncomfortable when people try and **force you to make plans** in advance.
- Your favorite decisions are the ones that can be changed easily, because you never know if you'll **change your mind** about something.
- You'd rather be able to **"wing it"** than have every detail planned out already.
- You're kind of a **procrastinator** and don't really like deadlines.
- You're okay with things being a little **messier**.

If you're a **J, or Judging Type**, you've probably been called **"Type A"** at some point. You're most comfortable when **you've got a plan** and **everything is in its place**.

Being a J could also mean some of these things are true:

- You get stressed out when others won't **commit or stick to a plan**.
- The idea of having to improvise something makes you **uncomfortable**.
- You're usually the one **making the plans and arrangements** when your friends do something
- You're happiest when **everything you have to do is done**.
- **Too much clutter** stresses you out.

Understanding Ourselves And Others

Understanding what your Myers Briggs letters might explain about you can be really helpful in **understanding how you best operate**, or where **certain conflicts** might come from.

For example:

If you know that you're a **J and need a plan**, it might be easier to explain to your friend why you're stressed out that she won't tell you when she's free. If you're an **N who cares more about the big picture**, maybe it'll help you see why your **S friend** is upset when you don't care about details that are important to him.

Knowing you're an **introvert** can help you know to block off some alone time to recharge, and you might be less confused about your friend not intuitively knowing how you feel when you find out **they're a T**.

Your Myers Briggs can't tell you everything about yourself or anyone else. There aren't only sixteen types of people in the world. Every human being is unique

in a million different ways. But what it *can* do is **help you understand how you think** in four specific ways, and that might help you learn a bunch about yourself and people you interact with every day.