

Myers Briggs Type Indicator explanation

E Extroversion

talk >act >think (maybe)

talk it out

movers and shakers

less time with thoughts and ideas

noisy, need people, want to devour people around them

energy for people and things

outside self

I Introversion

rich inner life

think about it

retreats into shell

think >act >talk (maybe)

privacy

likes to be alone to recharge

reads rather than talks

internalises

requires less of world

S Sensing

uses 5 senses

'all evidence points to inescapable fact that

factual things

methodical, linear logic

practical, likes routine and order and to know what the constraints are

'leave me alone to get it done'

lives in present

prefers tasks to projects

'what do I need to get done by the end of the day'

N Intuition

relies on 6th sense

yes I know but.....

concepts, ideas, big picture

bored by detail

works in burst of energy

doesn't like routine

finds new ways to meet new challenges

thinks about future

imagines what's possible and prefers not to consider constraints

T Thinking

decides impersonally on rules

high premium on fairness

logical implications

F Feeling

judges on likes and dislikes

impact of decisions on people

premium on harmony

impact on people

J Judging

planned orderly lifestyle

more comfortable when a decision is made

decides quickly

doesn't care if makes wrong decision, just wants to make it

leaves early to be on time

hates being late

P Perceiving

flexible about options

open to suggestions

puts off decision making

pressure prompted

considers and ponders for hours, asks questions, seeks information

so busy maximising time, often late