


Myers-Briggs Type Indicator® (MBTI®)

OVERVIEW:

The Myers-Briggs Type Indicator® (MBTI®) is a widely-used personality assessment tool that helps individuals gain insights into their personality preferences. Developed by Isabel Briggs Myers and Katharine Briggs, the MBTI is based on the theories of Swiss psychiatrist Carl Jung.

The MBTI assesses personality across four dichotomies, resulting in 16 possible personality types. These dichotomies are:

- 1. Extraversion (E) vs. Introversion (I):** This dichotomy reflects how individuals focus their attention and gain energy. Extraverts are energised by external activities and interactions, while introverts are more focused on their inner thoughts and ideas.
- 2. Sensing (S) vs. Intuition (N):** This dichotomy relates to how individuals gather information. Sensors are detail-oriented and rely on concrete information from their senses, while intuitives are more focused on patterns, possibilities, and the big picture.
- 3. Thinking (T) vs. Feeling (F):** This dichotomy refers to how individuals make decisions. Thinkers prioritise logic and objective criteria, while Feelers consider personal values and the impact on others.
- 4. Judging (J) vs. Perceiving (P):** This dichotomy reflects how individuals approach the outside world. Judges prefer structure, organisation, and closure, while Perceivers prefer flexibility, spontaneity, and keeping options open.

By identifying their preferences on each dichotomy, individuals receive a four-letter personality type, such as "INTJ" or "ESFP," which describes their natural tendencies in how they interact with the world, make decisions, and manage their lives.

The MBTI is often used in personal development, career counselling, and team-building activities. It can help individuals understand their strengths, potential areas for growth, and how they relate to others. However, it's important to remember that the MBTI is just one tool for understanding personality and should be used alongside other assessments and self-reflection techniques.