MYERS-BRIGGS TYPE INDICATOR®



REPORT FORM

Name: Helen	
Gender: ☐ Male ☐ Female	Date:

The MBTI® reports your preferences on four scales. There are two opposite preferences on each scale. The four scales deal with where you like to focus your attention (E or I), the way you like to look at things (S or N), the way you like to go about deciding things (T or F), and how you deal with the outer world (J or P). Short descriptions of each scale are shown below.

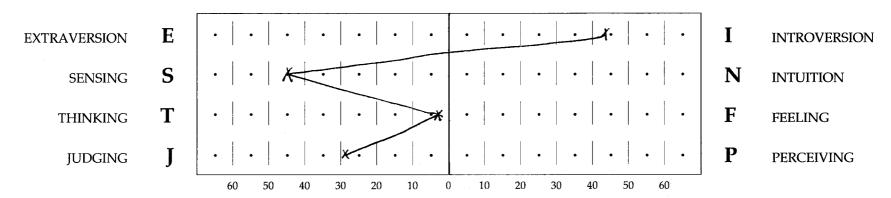
E You prefer to focus on the outer world of people and things or You prefer to focus on the inner world of ideas and impressions S N You tend to focus on the present and on concrete information or You tend to focus on the future, with a view toward patterns gained from your senses and possibilities T You tend to base your decisions on logic and on objective analysis You tend to base your decisions primarily on values and on or of cause and effect subjective evaluation of person-centered concerns You like a planned and organized approach to life and prefer to You like a flexible and spontaneous approach to life and prefer have things settled to keep your options open

The four letters show your Reported Type, which is the combination of the four preferences you chose. There are sixteen possible types. REPORTED TYPE:

PREFERENCE SCORES:

15+ 5

Preference scores show how consistently you chose one preference over the other; high scores usually mean a clear preference. Preference scores do *not* measure abilities or development.



Each type tends to have different interests and different values. On the back of this page are very brief descriptions of each of the sixteen types. Find the one that matches the four letters of your Reported Type and see whether it fits you. If it doesn't, try to find one that does. For a more complete description of the types and their implications for career choice, relationships, and work behavior, see *Introduction to Type* by Isabel Briggs Myers. Remember that everyone uses each of the preferences at different times; your Reported Type shows which you are likely to prefer the most and probably use most often.



Serious, quiet, earn success by concentration

and thoroughness. Practical, orderly, matter-

of-fact, logical, realistic, and dependable. See

responsibility. Make up their own minds as to

what should be accomplished and work toward

it steadily, regardless of protests or distractions.

to it that everything is well organized. Take

Sensing Types

ISFJ

Quiet, friendly, responsible, and conscientious. Work devotedly to meet their obligations. Lend stability to any project or group. Thorough, painstaking, and accurate. Their interests are usually not technical. Can be patient with necessary details. Loyal, considerate, perceptive, concerned with how other people feel.

INFJ

Succeed by perseverance, originality, and desire to do whatever is needed or wanted. Put their best efforts into their work. Quietly forceful, conscientious, concerned for others. Respected for their firm principles. Likely to be honored and followed for their clear visions as to how best serve the common good.

INTJ

Intuitive Types

Have original minds and great drive for their own ideas and purposes. Have long-range vision and quickly find meaningful patterns in external events. In fields that appeal to them, they have a fine power to organize a job and carry it through. Skeptical, critical, independent, determined, have high standards of competence and performance.

ISTP

Introverts

ISTJ

Cool onlookers-quiet, reserved, observing and analyzing life with detached curiosity and unexpected flashes of original humor. Usually interested in cause and effect, how and why mechanical things work, and in organizing facts using logical principles. Excel at getting to the core of a practical problem and finding the solution.

ISFP

Retiring, quietly friendly, sensitive, kind, modest about their abilities. Shun disagreements, do not force their opinions or values on others. Usually do not care to lead but are often loval followers. Often relaxed about getting things done because they enjoy the present moment and do not want to spoil it by undue haste or exertion.

INFP

Quiet observers, idealistic, loyal. Important that outer life be congruent with inner values. Curious, guick to see possibilities, often serve as catalysts to implement ideas. Adaptable, flexible, and accepting unless a value is threatened. Want to understand people and ways of fulfilling human potential. Little concern with possessions or surroundings.

INTP

Quiet and reserved. Especially enjoy theoretical or scientific pursuits. Like solving problems with logic and analysis. Interested mainly in ideas, with little liking for parties or small talk. Tend to have sharply defined interests. Need careers where some strong interest can be used and

ESTP

Good at on-the-spot problem solving. Like action, enjoy whatever comes along. Tend to like mechanical things and sports, with friends on the side. Adaptable, tolerant, pragmatic; focused on getting results. Dislike long explanations. Are best with real things that can be worked, handled, taken apart, or put together.

ESFP

Outgoing, accepting, friendly, enjoy everything and make things more fun for others by their enjoyment. Like action and making things happen. Know what's going on and join in eagerly. Find remembering facts easier than mastering theories. Are best in situations that need sound common sense and practical ability with people.

ENFP

Warmly enthusiastic, high-spirited, ingenious, imaginative. Able to do almost anything that interests them. Quick with a solution for any difficulty and ready to help anybody with a problem. Often rely on their ability to improvise instead of preparing in advance. Can usually find compelling reasons for whatever they want.

ENTP

Quick, ingenious, good at many things. Stimulating company, alert and outspoken. May argue for fun on either side of a question. Resourceful in solving new and challenging problems, but may neglect routine assignments. Apt to turn to one new interest after another. Skillful in finding logical reasons for what they want.

ESTJ

Extraverts

Practical, realistic, matter-of-fact, with a natural head for business or mechanics. Not interested in abstract theories; want learning to have direct and immediate application. Like to organize and run activities. Often make good administrators; are decisive, quickly move to implement decisions: take care of routine details.

ESFJ

Warm-hearted, talkative, popular, conscientious, born cooperators, active committee members. Need harmony and may be good at creating it. Always doing something nice for someone. Work best with encouragement and praise. Main interest is in things that directly and visibly affect people's lives.

ENFJ

Responsive and responsible. Feel real concern for what others think or want, and try to handle things with due regard for other's feelings. Can present a proposal or lead a group discussion with ease and tact. Sociable, popular, sympathetic. Responsive to praise and criticism. Like to facilitate others and enable people to achieve their potential.

ENTJ

Frank, decisive, leaders in activities. Develop and implement comprehensive systems to solve organizational problems. Good at anything that requires reasoning and intelligent talk, such as public speaking. Are usually well-informed and enjoy adding to their fund of knowledge.

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