Mbti

The Myers–Briggs Type Indicator (MBTI), is personality test created by Isabel Myers and Katherine Briggs. It is based off of the works of Swiss psychiatrist and psychotherapist Carl Jung on cognitive functions.

Jung's cognitive functions

Jung's cognitive function consist of:

Introverted Intuition (Ni): This a cognitive function that allows individuals to have deep insights, see abstract patterns and relationships, and envision future possibilities.

Extroverted Intuition (Ne): This is a cognitive function that helps people spot possibilities and see situations from multiple perspectives.

Introverted Sensing (Si): This is a cognitive function that helps individuals interpret the world by drawing on past experiences and memories.

Extroverted Sensing (Se): This is a cognitive function that focuses on experiencing the world through the five senses: sight, touch, smell, taste, and sound.

Jung's cognitive functions (cont)

Introverted Thinking (Ti): This is a cognitive function that focuses on internal logic and order.

Extroverted Thinking (Te): This is a cognitive function that emphasizes logic, organization, and objective analysis.

Introverted Feeling (Fi): This is a cognitive function that focuses on internal values and personal beliefs.

Extroverted Feeling (Fe): This is a cognitive function that emphasizes harmony, empathy, and social dynamics.

Type Dynamics

Each cognitive function has its opposite:

Introverted Intuition (Ni) ⟷ Extroverted Sensing (Se)

Extroverted Intuition (Ne) ⟷ Introverted Sensing (Si)

Extraverted Feeling (Fe) ⟷ Introverted Thinking (Ti)

Introverted Feeling (Fi) ⟷ Extraverted Thinking (Te)

Mbti Personality Types

The MBTI uses a combination of **four(4)** cognitive functions to produce **sixteen(16)** unique personality types; **XXXX** e.g, **ISFJ**.

The order of the letter in $X^{1st}X^{2nd}X^{3rd}X^{4th}$ is important:

X^{1st}: This function is either **Introverted(I)** or **Extroverted(E)**. It shows wether a person is dominately **extroverted** or **introverted**.e.g **ENFJ vs INFJ**.

X^{2nd}: This function is either **Sensing(S)** or **iNtuitive(N)**. It show how a person perceive the world around them.e.g **ISFP vs INFP**.

X^{3rd}: This function is either **Feeling(F)** or **Thinking(T)**. This is what people use to make decisions (with logic or feelings).e.g **ESTJ vs ESFJ**.

X^{4th}: This function is either **Judging(J)** or **Perceiving(P)**. It is how people choose to arrange the things around them.e.g. **INTP vs INTJ**.

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