

Carl Jung & MBTI

- Carl Jung has described many archetypes dimensions of personality namely the animus/anima, the shadow and the self.
- The animus is the masculine side of the female and anima is the feminine side of male and the role of this archetype is to guide us towards a perfect mate.
- The shadow is the negative or the dark side of our personality also known as the devil.
- The self-archetype is the unifying part of all of us that finds balance in our lives.
- Carl Jung is most known for the theory behind the well-known MBTI instrument.
- Based on Jung's basic elements of human psyche, a mother daughter team (Katherin Briggs & Isabel Briggs Myers) developed a 100-item instrument popularly known as MBTI.
- MBTI stands for Myers-Briggs Type Indicator widely used instrument for personality analysis.
- 16 personality types are generated by the instrument and are based on combination of four basic elements of psyche.

Source of Energy

- Introverts (I): are motivated by what's on the inside and prefer self-reflection, dreaming and vision.
- Extroverts (E): are outgoing, speaks then thinks, relate more easily to the outer world of people and things than the inner world of ideas.

Collecting Information

- Sensing (S): Practical, concrete, would work with known facts than look for possibilities and relationships.
- Intuiting (N): Theoretical, abstract, would look for possibilities and relationships.

Decision Making

- Thinking (T): Analytical (head), relies more on interpersonal analysis and logic than on personal values.
- Feeling (F): Subjective (heart), relies more on personal values than on interpersonal analysis and logic.

Understanding the World

- Judging (J): Structured, organized, likes a planned and orderly way of life rather than flexible and spontaneous way.
- Perceiving (P): Flexible, spontaneous, likes a flexible, spontaneous way rather than a planned and orderly way of life.

Combination of four Jungian Aspects of 16 Personality Types

ISTJ	ESTJ	IMTJ	ENTJ
ISTP	ESTP	INTP	ENTP
ISFJ	ESFJ	IMFJ	ENFJ
ISFP	ESFP	INFP	ENFP