



## Myers-Briggs Type Contrasts

### Extraverts (E) are likely to...

- Gain energy by doing/initiating
- Talk to think
- Take less time to process new information
- Talk when they are upset, angry or embarrassed
- Network with many
- Become tired if they have to just sit and think
- Remember more if they review supplemental written material after a lesson

### Introverts (I) are likely to...

- Gain energy by separating from others
- Reflect to think
- Take more time to process new information
- Not talk when they are upset, angry or embarrassed
- Network with few
- Become tired if they are actively engaged with other people for too long of a time
- Remember more if they review supplemental written material before a lesson

### People who prefer Sensing (S) are likely to...

- Begin with details and move to ideas
- Focus on the present
- Be practical
- Process information sequentially
- Enjoy producing
- Trust experience
- Want data, details and examples
- Remember everything in case they might need it

### People who prefer Intuition (N) are likely to...

- Begin with ideas and move to details
- Focus on the future
- Be innovative
- Process information randomly
- Enjoy designing
- Trust ideas
- Summarize
- Not remember information they think they won't need



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### People who prefer Thinking (T) are likely to...

Use logic to decide

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Be driven by a need for competence

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Offer critiques as a tool for excellence

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Use convincing language to prove their point

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Be competency driven

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Be issue focused

---

Have a critical eye

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Believe that addressing a problem will help people

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Love personal challenges

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### People who prefer Feeling (F) are likely to...

Use values to decide

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Be driven by values and connection

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Offer appreciation as a tool for excellence

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Use persuasive language to prove their point

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Be cooperation driven

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Be relationship focused

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Have an affirming eye

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Believe that working with the people will help solve the problem

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Love competition when the winner is a good sport

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### People who prefer Judging (J) are likely to...

Want to come to a decision

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Want closure, feel they need to “do something”

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Prepare ahead of time

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Control stress through good planning

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Be decisive

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Look for the joy of closure

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Consider deadline stress negative

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Work then relax

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Be realistic

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Be externally organized

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Resist change unless planned

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### People who prefer Perceiving (P) are likely to...

Be fine with collecting information without necessarily coming to a conclusion

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Accept things as they are

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Wait until the last minute

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Control stress through flexibility

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Remain open to possibilities

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Look for the joy of exploring options

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Consider deadline stress positive

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Weave work and playfulness together

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Be open to all possibilities

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Be internally organized

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Enjoy change

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