Component Characteristics of MBPT

Extraverts (E):
- are energized by talking to people, playing & working with people, parties, group interactions.
- experience loneliness when they are not in contact with people.
- sometimes like to be alone, but this is not their preferred way of being.
- take frequent work breaks when working on solitary projects.

Western culture seems to "sanction" the outgoing, sociable, gregarious extravert. Extraverts find it difficult to understand why introverts WANT to be alone.

Introverts (I):
- get energy from solitude.
- desire their "own space", both in the mind and in the environment.
- pursue solitary activities, work quietly alone - reading, meditating, participating in activities which involve few or no other people.
- may feel lonely, but usually it is in the context of a crowd (such as at a party). They often feel more disconnected in crowds.
- need quiet places and solitary activities to recharge. This <u>does not mean</u> they dislike people. It just means for their own well-being, they truly need some quiet time for reflection.

Intuitives (N):
- enjoy vivid imagery through metaphor, daydreams, poetry, fantasy and fiction.
- often act on hunches
- are captivated by possibilities

The possible is always in front, pulling the intuitive like a magnet. The future (not the past nor present) holds the greatest fascination for the intuitive. ("What will you be doing in 5 years?" asks the intuitive job interviewer.)

Sensors (S):
- want facts, trust facts and remember facts
- focus on what actually happened, not what might have been or what will be in the future.
- are practical & pragmatic

Experience (history) is important, especially in work-related contexts ("What experience have you had?" asks the sensing job interviewer.)

Thinkers (T):
- use logic & objectivity to make decisions
- have emotions (feelings) but do not show them as visibly as others. (Do not assume a thinker is not feeling!)
- often do well in school
- are usually very analytical

Frequently, the most productive teams (both marital & in the work place) are made up of both thinkers and feelers who have learned to appreciate each others' view points.

Feelers (F):
- obviously also think, but they prefer to make decisions through emotions ("This just FEELS like the right thing to do.")
- notice generalities & sometimes "see" mathematical solutions without understanding the step-by-step elements of the solution
- have more visible emotions that thinkers

College teaches people how to think, so feelers often have their "thinking nature" better developed than thinkers have their "feeling nature" developed.

Judgers (Decision Makers) (J):
- feel pressure until a decision is made; they prefer <u>closure</u>
- take deadlines & appointment times seriously
- make lists, keep schedules & prioritize tasks as aids in "getting the job done".
- are not judgmental; they merely want closure

Decision makers will feel uncomfortable with the statement, "I'll drop by Saturday." They will want to know "What time". Data gathers (Perceivers) will feel comfortable with the open-endedness of such a comment.

Perceivers (Data-gathers) (P)
- prefer to keep things open-ended.
- often see deadlines & appointment times more like an alarm clock, which serves as a trigger TO START a project.
- like to keep all their options open
- need lots of information before making a decision