

Type and Finding Your Spiritual Path

An application of C.G.Jung's Theory of Psychological Types and the Myers-Briggs Type Indicator. Our aim is a balanced, centered spirituality.

Note: These words are meant to facilitate and suggest understanding; not to define, or limit understanding, or stifle individuality.

PREFERRED ATTITUDE FUNCTION OR LIFESTYLE	EXTRAVERSION E	INTROVERSION I	SENSING S	INTUITION N	THINKING T	FEELING F	JUDGMENT J	PERCEPTION P
PRIMARY ARENA	WORLD, OTHER	IDEAS, SELF	BODY	SPIRIT	MIND	HEART	WILL	AWARENESS
PREFERENCE FOR	Action	Reflection	Sensory reality Details Status Quo	Possibilities Patterns Change	Objective Principles	Subjective Values	Initiative	Response
SIGNIFICANT REALITY ASPECTS	Exterior	Interior	Immediacy Concreteness	Anticipation Vision	Theory Principles	Feeling, Ideal Memory	Product Categorical	Process Conditional
WINDOWS BY WHICH GOD'S REVELATION IS RECEIVED	People Events Scripture Natural World	Individual experience Inspiration Inner World	Society Institutions "The Seen"	Insight Imagination "The Unseen"	Reason Speculations	Relationships Emotions	Order "Ought"	Serendipity "Is"
SIGNIFICANT ASPECTS OF GOD	Immanence Creator Imago Dei	Transcendence Identity of God and inner self	Incarnation	Mystery Holy Spirit	The Absolute Principle First Cause	Relational Familial (e.g., Father)	Judge Ruler	Redeemer Healer
APPROACH TO BIBLE & RELIGIOUS EXPERIENCE	Social	Solitary	Practical Literal	Symbolic Metaphorical	Analytical Abstract	Personal Immediate	Systematic	Of – the – moment
AVOIDS (HELL)	Exclusion Loneliness	Intrusions Confusion	Ambiguity	Restriction Repetition	Inconsistency Ignorance	Conflict Estrangement	Helplessness Disorder	Regimentation Deadlines
SEEK (HEAVEN)	Participation Reunion	Incorporation Fulfillment	Physical Harmony Faithfulness Obedience	Aesthetic harmony Mystical union	Conceptual harmony Enlightenment Justice Truth	Personal harmony Communion Appreciation	Closure Productivity Work ethic	Openness Receptivity Play ethic
PRAYER	Corporate	Private	Sensuous-5 senses (Ignatian SJ / Franciscan SP)	Intuitive (Augustinian NF / Thomistic NT)	Cognitive (Mental Discursive)	Affective (Prayer of Loving Gaze)	Planned	Unplanned
NATURAL SPIRITUAL PATH	ACTION	REFLECTION	SERVICE	AWARENESS	KNOWLEDGE	DEVOTION	DISCIPLINE	SPONTANEITY
NEEDED FOR WHOLENESS	REFLECTION	ACTION or PARTICIPATION	AWARENESS or UNDER- STANDING	SERVICE or EMBODIMENT	DEVOTION	KNOWLEDGE	SPOTANEITY	DISCIPLINE

Type and Following Your Spiritual Path

PREFERRED ATTITUDE FUNCTION OR LIFESTYLE	EXTRAVERSION E	INTROVERSION I	SENSING S	INTUITION N	THINKING T	FEELING F	JUDGMENT J	PERCEPTION P
NATURAL SPIRITUAL PATH	ACTION	REFLECTION	SERVICE	AWARENESS	KNOWLEDGE	DEVOTION	DISCIPLINE	SPONTANEITY
SOME POSITIVE EXPRESSIONS	Assertiveness Building community	Independence Deepening community	Love Pleasure	Ecstasy Anticipation	Equanimity Objectivity	Compassion Rapport	Discrimination Competence	Acceptance Serenity
SOME NEGATIVE EXPRESSIONS	Anger Attack	Fear Withdrawal	Attachment	Elation Depression	Apathy Critical-ness	Sentimentality Over-protectiveness	Inappropriate control Judging others	Failure to take responsibility
UNDER-DEVELOPMENT MAY LEAD TO	Isolation Lack of circumspection	Emptiness Dependence	Abstraction Overlooking	Flatness	Confusion	Coldness Distrust	Loss of purpose Indecision	Premature closure Baseless conclusion
OVER-DEVELOPMENT MAY LEAD TO	Impatience Shallowness	Withholding Idiosyncrasy Inappropriate intensity	Idolatry Frivolity Inappropriate conformity	Illusion Impracticality Stubbornness Fickleness	Reductionism Cynicism Dogmatism Rumination	Credulity Personalizing Blaming	Rigidity Perfectionism	Passivity Impulsiveness Procrastination
SPECIAL TEMPTATIONS AND VULNERABILITIES	Distraction Suggestibility	Inaction Inclusion by others	Superstition Suspicion Fear of change	Primitive sensuality Psychogenic illness	Emotional explosion exploitation indulgence Contaminated thinking	Idealizing authority Pseudo-objectivity Hurt feelings	Self-righteousness Scrupulosity	Rebelliousness Carelessness
NEEDED FOR WHOLENESS	REFLECTION	ACTION or PARTICIPATION	AWARENESS or UNDERSTANDING	SERVICE or EMBODIMENT	DEVOTION	KNOWLEDGE	SPONTANEITY	DISCIPLINE

Finding your Spiritual Path and *Following your Spiritual Path* were developed to help individuals and groups use C.G.Jung's observations about psychological type as a way to find their individual and group journeys toward wholeness. The words and phrases are meant to open you to new aspects of this search. If you have comments and suggestions to share with the author, please send them to CAPT P.O. Box 13807, University Station, Gainesville, Fl. 32604 and they will be forwarded to the Reverend Earle Page. ©