

Type and Finding Your Spiritual Path

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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

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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 UNDER- STANDING	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. ©

BRIEF DESCRIPTORS FOR THE EIGHT PREFERENCES

EXTRAVERSION

Primary arena: external world, others
External happenings
Breadth
Discussion
Want to know community standards
Try, then consider
People and things
Interact with others
Activity
Offer thoughts freely

SENSING

Literal meanings
Pay attention to experience
Facts, precision
Focus on here and now
Master, then apply skills
Details
Trust five senses
Evidence first
Specific examples
Immediacy/concreteness

THINKING

Objectivity
Logic-centered
Justice, fairness
True/false view of issues
Search for principles
Critique first
Acknowledge differences
Head knowledge
Firm but fair
Convince by impartiality
Content of message

JUDGING

Controlled
Prefer to decide
Plan
One thing at a time
Energized at completion of task
Seek conclusions
Settled, orderly
Select the best thing, then experience it
End results
Goal-oriented

INTROVERSION

Primary arena: inner world of ideas, self
Internal reflection
Depth
Introspection
Set own standards
Consider, then try
Thoughts and ideas
Concentrate
Quiet
Hold thoughts until perfected or clear

INTUITION

Figurative meanings
Pay attention to imagination/insight
Theory, patterns
Focus on possibilities
Learn new skills, then innovate
Big picture
Trust inspirations/hunches
Impressions first
General concepts
Anticipation/vision

FEELING

Subjectivity
Values-centered
Mercy, humaneness
Person/situation view of issues
Search for values
Appreciate first
Acknowledge common ground
Heart knowledge
Compassionate
Convince through personal meaning
Impact of message

PERCEIVING

Spontaneous
Prefer to gather information
Adapt
Many things at the same time
Energized by starting multiple tasks
Seek options
In the moment
Experience it all, then select best thing
Process
Discovery-oriented

PREFERENCES IN SPIRITUAL PRACTICES

THINKING

Experiencing God intellectually

- Take an intellectual approach to faith
- Get in touch with universal principles to guide one's faith
- Search for truths in sacred texts
- Skepticism precedes conviction
- Debate and dialogue on matters of faith
- Inquiry and learning through explanation of logical questions concerning faith
- Consider the pluses and minuses of spiritual practices
- Service comes by working to establish truth, structures and mechanisms, and standards of accountability
- Identify with careers of intellectual "giants of the faith"
- Categories of faith, practice, etc.

FEELING

Experiencing God wholeheartedly

- Take a personal approach to faith
- Get in touch with personal values to guide one's faith
- Search for personal meaning in sacred texts
- Concerns for personal relationship between God and people supports conviction
- Discuss and persuade in matters of faith
- Inquiry and learning through explanation of motivations, inspirations and examples of others
- Consider the impact of spiritual practices on people or community
- Service comes by finding ways to be involved with people and provide help to others
- Identify with personal lives of compassionate "giants of the faith"
- Commonalties of faith, practice, etc.

JUDGING

Experiencing God through discipline

- The beauty of spiritual *exercises*
- Practice a daily spiritual routine
- Find resources that can help organize one's spiritual journey
- Schedule specific times for devotional practices
- Service comes by setting time aside to deal with the needs of others
- Spirituality grows through acts of will
- Inquiry and learning comes through structured learning experiences (i.e., read the eight chapters in eight weeks)
- Spiritual practices that remind us of what we *should* do
- Enjoy knowing what comes next or what is to be expected in spiritual practices
- Move quickly to decide what is appropriate, good/bad, right/wrong, valuable/not valuable in matters of spirituality—may be in danger of gathering information only to substantiate judgments

PERCEIVING

Experiencing God in the moment

- The beauty of spiritual *experiences*
- Engage in various spiritual experiences as they come along
- Use available resources as need arises to support a spontaneous spiritual journey
- Combine devotional practices with other aspects of life
- Service comes by acting in the moment to meet the needs of others
- Spirituality grows through an increased awareness of the divine
- Inquiry and learning happens during "sacred moments" (i.e., read when led to do so)
- Spiritual practices that remind us of what we *are doing*
- Enjoy occasional surprises or departures from what is customary in spiritual practices
- Seek to gather as much information or experience before deciding what is appropriate, good/bad, right/wrong, valuable/not valuable in matters of spirituality—may be in danger of being so open to new information that they do not ultimately decide

VALUES ASSOCIATED WITH THE EIGHT PREFERENCES

EXTRAVERSION

- Many relationships
- Expression
- Action/doing
- Inclusion
- Spoken word

SENSING

- Security
- Simplicity
- Practicality
- Adaptation
- Realism

THINKING

- Tough-mindedness
- Skepticism
- Competence
- Problem-focused
- Logic

JUDGING

- Perseverance
- Organization
- Consistency
- Industriousness
- Planning

INTROVERSION

- Deep relationships with a few
- Quiet
- Solitude
- Privacy
- Written word

INTUITION

- Originality
- Complexity
- Creativity
- Innovation
- Idealism

FEELING

- Tender-heartedness
- Trust
- Compassion
- Person-focused
- Harmony

PERCEIVING

- Adaptability
- Flexibility
- Surprise
- Playfulness for renewal
- Spontaneity

A BRIEF LOOK AT THE 16 PSYCHOLOGICAL TYPES²

ISTJs tend to be systematic, painstaking, thorough and hardworking. They honor their commitments, keeping track of specifics, following standard operating procedures (when they make sense) and get their work done on time. They are dependable, straightforward, and stable—the *"salt of the earth"* type.

INFJs tend to be insightful, understanding, and future-oriented. They enjoy dealing with complex people or values issues in a creative and independent way. INFJs seek work that mirrors their integrity, allows them to build on their inner ideals, and uses their inspirations for the common good or for peoples' welfare. They follow through and can be counted on—the *"oracle for people"* type.

ISTPs tend to be realists who use expediency and reasoning to find the logical way to get things done efficiently. They value clarity of thought, contribute quietly behind the scenes unless there is an extenuating circumstance—then they act quickly to come to the rescue. They are problem solvers who seek independence—the *"walking encyclopedia"* type.

INFPs tend to be inquisitive, gentle, creative, and deeply caring about the human condition or the common good. They seek to follow their ideals, remind others of what is important in life, and use humor and insight to make their points. INFPs struggle to make their inner vision of perfection real in their lives and in the lives of others—the *"Joan of Arc"* type.

ISFJs tend to be sympathetic, considerate, and conscientious to those in need of help. They value harmonious settings with well-defined roles, responsibilities, and practical ways to be of service. Each person's welfare is important to them. They will dutifully pay attention to specific needs and organize things to meet them—the *"behind-the-scenes helper"* type.

INTJs tend to be strong individualists who seek new angles or novel, logical ways to look at things. They are visionaries who value intellectual and conceptual understanding. Because they see the future possibilities so readily, they are tireless and determined to develop their theories, ideas, and principles. They see how all the parts fit together and can create new paradigms—the *"designer of the future"* type.

INTPs tend to be questors for logical purity of thought who are motivated to ask questions to clarify and examine universal truths and principles. Intensely focused on areas that matter to them, INTPs appreciate elegance and effectiveness in the realm of the intangible. Independent problem solvers and mental model builders, INTPs relish the life of the mind—the *"blueprinters of ideas"* type.

ISFPs tend to be gentle, compassionate, and considerate. They are often modest and self-effacing in their service to others. They seek cooperative, harmonious and warm work and home environments. They care deeply about less fortunate people, animals, and living things. Their assistance is often providing the right atmosphere to please others' need for color, music, flowers, etc.—the *"St. Francis of Assisi"* type.

²Some of the information in this table was previously summarized in *LifeTypes* by Sandra Krebs Hirsh and Jean Kummerow, New York: Warner Books, 1989. The descriptors for each type were first introduced in *Work it Out: Clues to Solving People Problems at Work* by Sandra Krebs Hirsh with Jane A. G. Kise, Palo Alto, California: Davies Black Publishing, 1996. Fuller descriptions of the types in terms of the world of work can be found in *Work it Out*.

A BRIEF LOOK AT THE 16 PSYCHOLOGICAL TYPES²

ESTPs tend to be action-oriented, outgoing, pragmatic, and resourceful. They like to be where the action is and where they can use their quick wit at just the right time to solve problems. They are to-the-point, lively, and efficient. Enjoying life each day, they help others participate fully in the here and now—the *“just do it”* type.

ENFPs tend to be enthusiastic, inspiring, and charismatic initiators of change who value exploring future possibilities for people’s growth and development. Resourceful, energetic, and perceptive, ENFPs often anticipate what people will want in the future. They enjoy variety, newness, and flexibility—the *“spark that ignites the fire”* type.

ESTJs tend to be forceful, direct, and practical organizers who value task accomplishment and closure. They use logical analysis to guide their actions. They enjoy being in charge, directing others, and providing structure while monitoring their own and the group’s commitments. They are decisive and systematic—the *“take charge”* type.

ENFJs tend to be lively and eager facilitators who seek to contribute and inspire others to work together toward the development of people or the institutions which serve them. Warm, talkative, interpersonally aware, caring and cooperative, ENFJs listen to aspirations, then organize, mobilize, and structure processes to meet these aspirations—the *“values spokesperson”* type.

ESFPs tend to be fun-loving, friendly, outgoing and exuberant. They are relationship-oriented and in touch with people’s needs for encouragement, comfort, and inclusion. They are sympathetic and generous with their time and money. ESFPs engage others in enjoying life to its fullest. Practical and realistic, they are often where the action is—the *“everyone’s friend”* type.

ENTPs tend to be highly independent innovators, improvisers, and change-masters. They value originality of expression, challenging ideas and norms, and developing effective strategies. ENTPs follow their hunches and jump into new, intriguing possibilities for systems and organizations. The call of adventure, allowing freedom of action, is characteristic of ENTPs—the *“classic entrepreneur”* type.

ENTJs tend to be active and direct organizers of processes, people, and plans. They are goal-directed, big-picture focused, and ardent problem solvers, especially of large and complex issues. They enjoy providing structure, establishing parameters, and designing strategies to correct existing and future systems and models. ENTJs have high expectations, are persistent and value fairness—the *“grand-scale organizer”* type.

ESFJs tend to be organized, structured, and responsible in working toward their goals of meeting people’s day-to-day needs. They are hard-working, outgoing types who enjoy managing others as they work together harmoniously to complete tasks in a timely fashion. ESFJs use tact and care to carry out their work—the *“server of humankind”* type.

SENSING TYPES

are drawn to the reality of God

- Sensing types frequently experience the Creator through the reality of Creation. By focusing on how God is with them now and can be understood through what they hear, see, touch, smell, or taste, they show how much the enjoyment of this life is one of God's precious gifts. Beauty is often found in the simplicity of faith.
- Sensing types are attentive to the present, the joys and beauty of what is. *"Putting seeds into the ground, watching them sprout and flower, and watering and pruning them brings me closer to God because I see a tangible act of God's creation."* They see God at work in the ordinary context of daily life, finding role models or events that have actually occurred as reminders of God's love.
- Sensory aids to worship such as flowers, incense, or music often enrich spiritual experiences for Sensors. Repeating common or traditional prayers or litanies often helps them feel connected to what has been handed down from generation to generation.
- For introverted Sensing types, prayer is frequently conversational, telling God one's worries and sorrows, often in a chronological fashion.
- For extraverted Sensing types, prayer is often through action, less so through words. Pursuits that tap into nature or those that meet the needs of others are often ways they feel closest to God.
- Sensing types enjoy learning about the facts, history, and customs of their faith. They enjoy step-by-step teachings that stick to the point and help them to concretely live out their faith.
- Sensing balances Intuition by concentrating on reality, balancing the dreams of what could be with the certainties of what is.

INTUITIVE TYPES

are drawn to the mystery of God

- Intuitive types are comfortable with the unseen and relish dreaming about the possibilities that God might have in store for us. By focusing on how God can be understood through the imagination, they add hope and fresh insights as they anticipate the future. Beauty is often found in the complex patterns of faith.
- Intuitive types are attentive to inspirations, especially about the future. *"The incredible sunrise reminded me of the wealth God's gifts to us and how faith in God will bring light even in darkness."* They envision the plans God may have for themselves, others, and the universe, seeking potential for growth and change.
- Imaginative aids to worship such as guided imagery, symbols upon which to meditate, chances to be creative, or parables with underlying meanings often help Intuitives tap into the sacred in new or innovative ways.
- For introverted Intuitive types, prayer is often musing with God about what could be different or might be in store for them.
- For extraverted Intuitive types, prayer is often preferred when done in community with others. Their prayers tend to come from a desire to make things better for people, organizations, or the natural world.
- Intuitive types enjoy discovering the big meanings behind simple events or stories and then relaying their insights to others. They enjoy teachings that allow scope for the imagination.
- Intuition balances Sensing by adding new possibilities and genuine hope, not blind optimism, in times of bleak reality.

THINKING TYPES

tap into God head-to-head

- Thinking types frequently experience God through their search for truth as they attempt to explain history as well as the events around them. Skepticism and distrust for the emotional aspects of faith lead them toward a more intellectual conviction of faith. Thinkers add an awareness of the principles which God has established for us.
- Thinking types are attentive to order, justice, and wisdom. *"God comes as I search to answer, 'Why?' I know I can wrestle with myself, others, or even with God, present the issues I see, and thereby move from doubt to faith."*
- Aids to worship need to engage the mind, either through clarity of teachings or the development of disciplines that demand the use of logic or reason. Sacred texts are examined for wisdom and truth.
- For extraverted Thinking types, prayer might involve acting to change the structures that seem corrupt or unfair. They may see sin as untruths, dishonesty, or personal incongruity.
- For introverted Thinking types, prayer often involves skepticism, confronting God on issues that involve ethics and principles.
- Thinking types often learn by asking the "big" questions, seeking intellectual challenge, studying the works of theologians, discussing paradoxes with other Thinking types, and using other disciplined approaches to acquire more knowledge about their faith.
- Thinking balances Feeling with a healthy questioning that can lead to greater understanding of the truths of faith.

FEELING TYPES

tap into God heart-to-heart

- Feeling types frequently experience God through warmth and closeness to others or to ideals that lead them to a personal and intimate faith. By focusing on how God loves them, they add an awareness of the God who comforts, walks alongside, and rejoices with people.
- Feeling types are attentive to the joys, longings, and emotions of our spiritual journey. *"I may not understand why something has happened, but I feel God's presence. I know in my heart that God is alive in my life."*
- Aids to worship need to tap into the intra- and interpersonal aspects of faith, including stories or teachings that engage or are in line with personal values. Sacred texts are examined for personal meaning.
- For extraverted Feeling types, prayer often involves acts of service for others as well as prayers with and for the needs of people and the community. They may see sin as insensitivity to or neglect of others.
- For introverted Feeling types, prayer often involves sharing the sentiments of one's own heart as well as offering petitions for others.
- Feeling types often learn by celebrating common values with others, reflecting on universal goodness and beauty, imagining themselves as a character in a sacred text, or writing or listening to stories that engage their emotions or cause them to remember how God has personally touched them or other individuals or groups who are important to them.
- Feeling balances Thinking by emphasizing a God who wants to be in relationship with us and wants us in community with each other.

EXTRAVERTS gain energy
by meeting God in the world around them

- Extraverts frequently encounter God through the people they meet or events they experience. They may seek situations where there is a lot of interaction.
- Extraverts prefer to talk through sacred practices and experiences in order to process what they are learning.
- Oral teachings and the spoken word aid in absorbing new ideas. Often, Extraverts would rather sample a variety of spiritual topics rather than spend large amounts of time on one subject.
- Use socially oriented retreats for renewal.
- Enjoy gathering with different groups that are perhaps loosely organized and then disbanded.
- Extraverts may express their spirituality by dynamic participation in action or service, reaching out often with many others in response to the needs they perceive.
- Extraversion balances Introversion by calling attention to the God who joins with us as we gather together.

INTROVERTS gain energy
by meeting God in the world of ideas

- Introverts frequently experience God in moments of solitude and may seek atmospheres where they can avoid interruptions and distractions.
- Introverts prefer to introspect on sacred practices and experiences, using moments of seclusion to process what they are learning.
- Studying the written word, on their own or with one or two other people, aids in absorbing new ideas. Journaling may help to process spiritual concepts in depth.
- Use meditation oriented retreats for renewal.
- Enjoy establishing a small, close group which stays together over time.
- Introverts may express their spirituality through a few carefully selected tasks, often choosing to act or serve with people they know well.
- Introversion balances Extraversion by calling attention to the God who seeks to dwell within us.

JUDGING

Spirituality comes through regular practice

- Judging types tend to schedule regular times to be in touch with the sacred in their lives. They may have made clear decisions about their exact beliefs
- Judging types often prefer opportunities for spiritual growth that are defined—set study courses, prescribed times, exercises, or regular meetings with others to work toward mutual goals.
- Judging types are most at ease in worship experiences that follow a schedule. Many become uncomfortable if these experiences run well over their scheduled time because that could intrude on their other commitments.
- Judging types may use journaling, benchmarks, or other tools to mark their spiritual progress. *"Reviewing what I've studied up until now encourages me to stick to my spiritual goals for the rest of this year."*
- Judging types may be so committed to their plan of action for pursuing spiritual matters that they may lose openness to new paths that might prove enriching.
- Judging types may become frustrated with the ad-hoc spiritual practices of Perceiving types, not comprehending how spiritual growth can happen without discipline. When Judging types compartmentalize their spirituality too much, they may struggle to integrate faith with their everyday activities.
- Judging balances Perceiving by ensuring that the necessary rhythms of the spiritual journey, as well as those of a community of faith, are observed and continued with some degree of regularity.

PERCEIVING

Spirituality comes through spontaneity

- Perceiving types tend to find the sacred in their everyday life, through serendipitous connections which reflect God. They may find it difficult to articulate their exact beliefs as they remain open to learning from new experiences.
- Perceiving types often prefer a variety of opportunities for spiritual growth, often during the same time period, gaining energy by juggling various practices, and purposely avoiding any routine that might become stifling.
- Perceiving types may become engrossed in worship experiences, if they are enjoying them, unaware of the passing time and not paying attention to their other commitments.
- Realization of spiritual growth comes as more of a revelation. *"I was surprised when I noticed that spiritual situation more easily than I would have a year ago. The experiences of the past months have increased my understanding."*
- Perceiving types may be so intent on exploring the infinite variety of ways to experience God that they fail to discern what disciplines and practices are most meaningful or logical for them to do more fully.
- Perceiving types may become frustrated by the "oughts" and "shoulds" imposed on them by their spiritual communities. Sometimes Perceiving types may doubt their own spiritual sincerity when others comment on their lack of regularity in their spiritual disciplines.
- Perceiving balances Judging by adding recreation and spontaneity to the orderly and structured disciplines of the spiritual journey and the life of a community of faith.

Here's How Others See You, Based on Your Personality Type

The ENFP

ENFPs are usually seen as lively, friendly, and open-minded individuals. They bring curiosity and enthusiasm to most encounters and this tends to draw new people to them wherever they go. Simultaneously, they are usually deeply honest and crave a great deal of authenticity in their friendships.

Because ENFPs like an ever-changing, evolving lifestyle, they tend to appear free-spirited and restless. And for all their open-minded, friendly characteristics, they can become deeply passionate when one of their values is threatened.

Healthy ENFPs are seen as:

- Friendly, insightful, compelling
- Spontaneous and creative
- Generous and curious

Unhealthy ENFPs are seen as:

- Hyperactive or scattered - unable to focus
- Struggling to apply logic to their decisions and inspirations
- Frazzled and burned out from following too many paths and being unable to say "no".
- Worn out from forgetting to take care of their physical needs

The ENTP

ENTPs are usually seen as energetic, curious, and spontaneous. They have a buzz of intellectual energy and a visionary nature that makes them intriguing to others. They are good at mobilizing people to participate in their vision and don't mind instigating challenging or deep conversations as a way to debate ideas and pose new theories.

Because ENTPs use a process called introverted Thinking (Ti), they can become abrupt and intense when they challenge other people's logic. They have a tendency to play devil's advocate, and this can irritate some people, but it is usually a way for the [ENTP](#) to connect all the data points in their mind and find out if something is definitively accurate.

Healthy ENTPs are seen as:

- Lively, curious, innovative
- Autonomous and independent
- Insightful, challenging, and logical

Unhealthy ENTPs are seen as:

- Scattered - rushing from idea to idea without accomplishing anything.
- Overly-challenging, abrasive, rude
- Physically burned out or unhealthy from forgetting to take care of physical needs.

The INFP

INFPs are usually seen as private yet kind individuals. Because they value depth and authenticity to such a great degree they are usually selective about who they spend their time with. They often seem mysterious to others because a lot of their vivid, inner world is very private. They are often seen as imaginative, creative, and focused on a future or vision they'd like to see become a reality. Because INFPs use extraverted Intuition (Ne) they tend to enjoy brainstorming or posing unusual ideas or theories with others. They like to imagine and contemplate "what if" scenarios and get excited by ideas and possibilities for the future.

Healthy INFPs are seen as:

- Introspective, sensitive, and empathetic
- Original and individualistic
- Open-minded yet complex and reserved

Unhealthy INFPs are seen as:

- Overly-withdrawn from people and the world around them
- Overly sensitive or easily offended
- Impractical - struggling to bring their ideas and goals into reality.

The INTP

INTPs are usually seen as reserved yet curious individuals. They tend to dislike pushing themselves onto other people or delegating or controlling anyone. They tend to be absorbed in several interests at a time and can work with remarkable determination towards ideas that capture their interest. They are usually tolerant of people unless they are pushy, domineering, or their logic is too flawed for them to ignore.

Because INTPs use extraverted Intuition (Ne) they tend to enjoy brainstorming or posing unusual ideas and theories in conversation. They also have a knack for seeing surprising connections and inter-relationships between seemingly disparate events.

Healthy INTPs are seen as:

- Quiet, easy-going, and calm
- Independent and innovative
- Logical, studious, and curious

Unhealthy INTPs are seen as:

- Isolative, argumentative, and critical
- Cynical, pessimistic, and insensitive
- Impractical. May forget mundane duties like paying the bills or taking care of physical needs.

The ENFJ

ENFJs are usually seen as enthusiastic, friendly, and energetic individuals. They are very aware of the needs and feelings of other people and tend to have strong, inspiring communication skills. They are often good listeners and are attuned to unique gifts of individuals they speak to. They also tend to have clear, definitive values and opinions.

Because ENFJs are judging types, they like to have an organized world around them. This doesn't mean their room will always be neat and tidy, but it does mean they like to have closure in relationships and clear plans. They don't like ambiguity in their relationships and having a clear plan of action is important to them. They have a strong focus on the future and organizing their time to reach their goals.

Healthy ENFJs are seen as:

- Kind, compassionate, and tactful
- Expressive, responsive, and authentic
- Imaginative, strategic, and visionary

Unhealthy ENFJs are seen as:

- Jumping to conclusions too quickly.
- Overbearing and overly-sensitive.
- Detail-blind. In an effort to reach goals, they ignore logical flaws or miss important details.

The ENTJ

ENTJs are usually seen as intelligent, visionary individuals who like to challenge ideas and theories to reach mutual understanding. They tend to enjoy a good debate because this allows them to bounce ideas off other people and find the truth or new insight. They are fiercely logical and tend to take charge of the conversation if no one else is doing so or if the topics revolve around mundane activities or details.

Because ENTJs are judging types they like to have an organized world around them. They like having a plan, making plans, and reaching conclusions. However, their intuition can draw them into wide-ranging discussions and explorations of various theories and abstract concepts.

Healthy ENTJs are seen as:

- Objective, fair, and logical
- Self-assured, directive, and challenging
- Hard-working, curious, and insightful

Unhealthy ENTJs are seen as:

- Critical and tactless, seeing other people's needs as less important than their own.
- Intrusive and bossy. Giving orders and making demands without listening.
- Pushy about getting a job done without giving others enough time to process or prepare.

The INFJ

INFJs are usually seen as reserved yet compassionate and caring. Their intuitions are often kept to themselves unless they are with people they trust deeply. They tend to keep part of themselves hidden and may seem "difficult to know." They usually listen more than they speak, unless the conversation is very moving or stimulating to them, in which case they can speak passionately for long periods of time, seeming more like extroverts than introverts.

Because INFJs have a driving desire to stay focused on the future and global perspectives they can seem distracted if they are involved in a conversation that is focused primarily on day-to-day details. They tend to use metaphor and analogy in their speech more than literal details and this can make them seem confusing to other types.

Healthy INFJs are seen as:

- Intense, authentic, and insightful
- Empathic and compassionate
- Creative, idealistic, and deep

Unhealthy INFJs are seen as:

- Unrealistic. They can be so wrapped up in their ideas that they lose focus on what is actually happening.
- Impractical and out of touch with what is actually possible.
- Pretentious and overly-sensitive.

The INTJ

INTJs are often seen as decisive, reserved, and intense. They tend to keep a lot of their creative visions to themselves unless they are with someone they really trust. What will be most obvious up-front is their ability to solve problems, see things objectively, and plan for the future. They can seem hard to get to know because they keep their emotions and insights internalized outside of very close relationships.

Because INTJs have a driving desire to explore new perspectives, particularly global perspectives, they usually get bored with small-talk or day-to-day conversation. They may appear bored or else abruptly change the subject during these times.

Healthy INTJs are seen as:

- Logical, knowledgeable, and insightful
- Conceptual, future-focused, and independent
- Private but open-minded

Unhealthy INTJs are seen as:

- Critical or condescending, especially to those who don't share their vision.
- Tactless and blind to giving praise or affirmation to others.
- So focused on their vision that they miss practical realities and forget to take care of themselves.

The ESFP

ESFPs tend to come across as exuberant, lively, and easy-going. They are flexible, adaptable, and seldom plan ahead. They appear open to any opportunity or activity that life throws at them. Routine and structure irk them, so they'll get irritated if they are feeling controlled by anyone. They seem full of adventure, fun, and good humor.

As extraverted Sensors and introverted Feelers, ESFPs like to interact and engage with their environment as much as possible. They tend to be physically active and expressive. They also are guarded about their deeper values but crave authenticity in their own actions and the actions of others. They are people who "keep it real".

Healthy ESFPs are seen as:

- Resourceful, adaptable, and active
- Generous, optimistic, and sympathetic
- Observant, realistic, and specific

Unhealthy ESFPs are seen as:

- Distractible and overly-impulsive
- Over-sensitive and self-absorbed
- Putting enjoyment and fun over personal obligations and responsibilities

The ESTP

ESTPs appear confident, energetic, and active. They like to be engaged and stimulated by their environment as much as possible and are always looking out for new opportunities and adventures. Their attentiveness to their surroundings gives them an intense, observant quality. They act quickly in response to incoming information and usually have quick reflexes. Others are drawn to their enthusiasm and good humor and their sixth sense for fun, enjoyable experiences.

Because ESTPs use both extraverted sensing and introverted thinking they are highly attentive to details in their environment and also have a gift for trouble-shooting, weighing pros and cons, and thinking critically.

Healthy ESTPs are seen as:

- Friendly, fun-loving, and energetic
- Adventurous and daring
- Logical, realistic, and attentive

Unhealthy ESTPs are seen as:

- Focusing entirely on excitement and fun at the expense of their responsibilities and obligations.
- Being unable to see the broader implications of their decisions.
- Overly direct and insensitive to the emotions and concerns of others.

The ISFP

ISFPs are seen as unassuming, authentic, and adaptable. People appreciate their sincerity and gentleness and are often drawn to their sense of humor. They tend to appear difficult to know well because they keep many of their values held close to the chest, only sharing them with those who've earned their trust.

Because ISFPs are introverted feeling and extraverted sensing types, they combine a need for authenticity and "keeping it real" with a desire for adventure and exploration. They enjoy taking life as it comes and being open to any opportunity that comes their way. As a result, they dislike overly-structured lifestyles or being "caged in" by a lot of rules. They also have very little patience for phoniness and people-pleasing or manipulative behaviors.

Healthy ISFPs are seen as:

- Gentle, sensitive, and empathetic
- Observant, realistic, and practical
- Adaptable, flexible, and spontaneous

Unhealthy ISFPs are seen as:

- Self-critical and overly withdrawn
- Rejecting of logical systems and rules
- Focusing entirely on the current moment without seeing the long-term implications

The ISTP

ISTPs appear observant, logical, and adaptable. They seem to have a confidence that comes from within and a calm ability to handle whatever life throws at them. They don't feel the need to impose their will on others or win arguments unless their principles are being devalued or someone's logic is incredibly poor. Overall, they keep a lot of their judgments internalized – they don't feel the need to quibble with others over their flawed opinions. They tend to have a good sense of humor, which people are drawn to, but many find that they are hard to read or to know well.

Because ISTPs use a mental process called extraverted sensing, they like having their options open and being adaptable to whatever life gives them. They will appear disgruntled and frustrated if they are micro-managed or limited by a lot of external rules and regulations.

Healthy ISTPs are seen as:

- Adaptable, realistic, and observant
- Logical, tactical, and efficient
- Independent, self-determined, and adventurous

Unhealthy ISTPs are seen as:

- Cynical, pessimistic and/or critical
- Impatient of the needs and emotions of others
- Focused on immediate results without looking at the long-term ramifications of their decisions.

The ESFJ

ESFJs usually appear friendly, outgoing, and organized. They tend to dress appropriately for the occasion and are usually on time and punctual. They are nearly always polite and empathetic, skilled in the art of hosting and making people feel “at home” with them. They seem to have an innate knowledge of what makes people feel comfortable.

ESFJs greatly value family and social connections and traditions. They enjoy rituals that commemorate favorite experiences and memories – things like annual excursions, dinners, or vacations. They like planning these experiences out and go to a lot of work to make sure everyone’s needs are met.

Healthy ESFJs are seen as:

- Sociable, energetic, and empathetic
- Organized and attentive
- Committed to preserving favored traditions and memories

Unhealthy ESFJs are seen as:

- Overly controlling and meddling
- Overly sensitive, assuming there was ill-intent where there was none.
- Unwilling to see alternative ways of doing things. Must do things their way.

The ESTJ

ESTJs are usually seen as take-charge, “tell-it-like-it-is” individuals. Because they are gifted at organizing people and managing projects and schedules, they tend to take a position of authority relatively quickly. Some people appreciate this while others find them overpowering or controlling. They are usually outgoing, friendly, and detail-oriented.

ESTJs take their responsibilities and commitments seriously, and this is something that others will notice about them quickly. They don’t shirk their duties and can’t abide others who do so. It’s important to them to make their community a better place and they don’t mind taking charge and organizing people to achieve shared goals.

Healthy ESTJs are seen as:

- Practical, realistic, and self-confident.
- Conscientious and responsible
- Logical, analytical, and objective

Unhealthy ESTJs are seen as:

- Overly controlling or “know-it-alls”
- Rigid, and nitpicky about details
- Unwilling to try to new alternatives or solutions, must do things “their way”.

The ISFJ

ISFJs usually appear unassuming, kind, and considerate. They are very aware of the practical needs of the situation and the people around them. They tend to go out of their way to make people comfortable and will often put others needs ahead of their own. While they are usually non-confrontational, they can be very quick to challenge people that are insensitive or rude to their loved ones. They are fiercely protective of their families and friends.

As introverted sensing types, ISFJs enjoy having consistency and will appear dependable and routine-oriented. They like to be prepared and to have all the details. Because of this, they tend to exude a cautious, focused demeanor. They enjoy preserving traditions and recalling positive memories and experiences.

Healthy ISFJs are seen as:

- Serious, conscientious, and empathetic
- Responsible and protective of others
- Dependable, detail-oriented, and planful

Unhealthy ISFJs are seen as:

- Rigid and overly dependent on their routine. Unwilling to try new things.
- Incapable of taking care of their own needs because they are so busy taking care of others.
- Resentful and complaining, frustrated with being "the responsible one".

The ISTJ

ISTJs are seen as pragmatic, responsible, and private. They are creatures of habit and usually have a steady routine and a consistent lifestyle. They tend to appear stable, calm, and grounded - nothing seems to surprise them and they enjoy being prepared for whatever happens next. They take their commitments seriously and others appreciate their honesty and reliability.

As introverted sensing types, ISTJs enjoy knowing what's going to happen and having a plan. They don't like having to deal with people who are wishy-washy, forgetful, or unreliable. They may seem annoyed or especially reserved if they are surrounded by people who are like this on a regular basis.

Healthy ISTJs are seen as:

- Serious, conscientious, and responsible
- Logical and objective
- Reflective, reasonable, and careful

Unhealthy ISTJ are seen as:

- Rigid about time, schedules, and doing things "by the book"
- Critical and judgmental
- So focused on logic that they forget to consider the feelings and needs of others.



TYPE PRAYERS:

- ISTJ:** Lord, help me to relax my focus on insignificant details, even though any of them may cause significant problems later. Begin this tomorrow at 8:31:04 am.
- ISTP:** God, please help me to consider other people's feelings, even if most of them ARE excessively hypersensitive.
- ESTP:** God help me to accept responsibility for my own actions, even though problems are usually NOT my fault.
- ESTJ:** God, please help me to not try to RUN everything. But, if You need some help, just ask.
- ISFJ:** Lord, please help me to be more laid back and help me to do that EXACTLY right.
- ISFP:** Lord, help me to stand up for my rights (if you don't mind my asking).
- ESFP:** God help me to take things more seriously, especially jokes, parties, conversation and dancing.
- ESFJ:** God give me the patience I need to deal with things more effectively, and I mean right NOW!
- INFJ:** Lord. Please help me not to be so perfectionistic! (Did I spell that correctly?)
- INFP:** God, help me to finish everything I sta..
- ENFP:** God, please help me to keep my mind on one... Look a butterfly! ...thing at a time.
- ENFJ:** God help me to do only what I can, trusting you for all the rest. But would you mind putting that in writing?
- INTJ:** Lord keep me open to others' ideas, WRONG though they may be.
- INTP:** Lord, please help me to be a little less independent but in my own way, of course.
- ENTP:** Lord, please help me follow our established procedures today. On second thought, I'll settle for a couple of minutes.
- ENTJ:** Lord, help me slow downandnotrushthroughwhatIdo.