

The **Myers-Briggs Type Indicator** (MBTI) is a psychological assessment tool designed to measure and categorize people's personality types based on their preferences in perceiving the world and making decisions. The MBTI was developed by Isabel Briggs Myers and her mother, Katharine Cook Briggs, based on the theories proposed by Carl Jung. It aims to identify an individual's personality type, strengths, and preferences through a series of questions.

The **MBTI** divides personality into 16 different types, based on four dichotomies, each consisting of two opposite preferences. These preferences are:

1. **Introversion (I) vs. Extroversion (E)** - This dichotomy concerns where individuals prefer to focus their attention and get their energy—from internal sources (I) or external ones (E).
2. **Sensing (S) vs. Intuition (N)** - This dichotomy refers to how individuals prefer to gather information—through direct sensory experience (S) or by interpreting and adding meaning (N).
3. **Thinking (T) vs. Feeling (F)** - This dichotomy addresses how individuals prefer to make decisions—based on logical reasoning (T) or considering the impact on others and personal values (F).
4. **Judging (J) vs. Perceiving (P)** - This dichotomy describes how individuals prefer to organize their lives—through a structured and decided way (J) or in a more flexible, adaptable manner (P).

By responding to the MBTI questionnaire, individuals can discover their preference in each of these dichotomies, leading to a four-letter type code (e.g., INTJ, ESFP) that provides insights into personality, communication styles, and possible career paths. The MBTI is widely used in various settings, including in career counseling, team building, personal development, and relationship counselling, to help individuals understand themselves and others better.

Sensing (S) and **Intuition (N)** are terms from the Myers-Briggs Type Indicator (MBTI), a popular personality framework that describes how people perceive the world and make decisions. These terms refer to the two primary ways individuals gather information about the world around them, influencing how they think, communicate, and interact:

1. **Sensing (S)**: People who prefer sensing tend to focus on the present and rely heavily on concrete, practical data that they can perceive directly through their five senses. They are detail-oriented, pragmatic, and grounded in reality. They tend to value realism and practical applications, preferring to deal with what is, rather than what could be.
2. **Intuition (N)**: Those who prefer intuition pay more attention to patterns, abstract theories, and possibilities. They think about the future and are more interested in exploring novel ideas and imagining potential outcomes. Intuitive types are often

more focused on the big picture than on the details, and they value innovation and theoretical possibilities.

These preferences do not mean that a person uses only one mode of perception exclusively, but rather that they tend to be more comfortable with and inclined toward one over the other. Understanding these preferences can help explain differences in behavior and communication styles among people.

In the Myers-Briggs Type Indicator (MBTI), **Thinking** (T) and **Feeling** (F) are the two cognitive functions that describe how people make decisions and judge the world around them. These preferences highlight different approaches to processing information and forming conclusions:

1. **Thinking** (T): Individuals who prefer thinking tend to make decisions based on objective principles and impersonal facts. They prioritize logic and consistency in their decision-making process, focusing on the task rather than on people.

Thinkers seek to analyze situations and apply rational criteria to assess the best course of action, often valuing truth and fairness over tact.

2. **Feeling** (F): Those who prefer feeling make decisions based primarily on personal values and how their choices will affect others. They are more concerned with harmony and the emotional impact of their decisions on people. Feelers tend to be empathetic, compassionate, and supportive, prioritizing relationships and the well-being of others in their decision-making process.

These preferences do not mean that thinkers lack emotion or that feelers lack rationality, but rather that each type has a natural inclination toward one decision-making style over the other. Understanding these differences can be useful in various contexts, such as improving communication, enhancing teamwork, and fostering better personal and professional relationships.

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Or type in the Keirsey Test is GONE