

The MBTI Preferences

Where do you get energy?

Extraversion

Introversion

<p>E Energized by outer world Focus on people and activity Prefer to communicate by talking Learn best through doing or discussing Sociable and expressive</p>	<p>I Energized by inner world Focus on ideas and experiences Prefer to communicate in writing Learn best by reflection Private and contained</p>
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How do you prefer to take in information?

Sensing

Intuition

<p>S Take in real and tangible information Focus on present realities Notice factual and concrete information See what is real and actual Trust experiences</p>	<p>N Take information by seeing the big picture Focus on future possibilities Imaginative and verbally creative See pattern and connections between facts Trust hunches</p>
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How do you make decisions?

Thinking

Feeling

<p>T Use logical analysis to make decisions Examine pros and cons objectively Use cause-and effect reasoning Strive for an objective standard of truth Fair-want everyone treated equally</p>	<p>F Use person-centered values to make decisions Examine situation by identifying with others Guided by personal values Strive for harmony and positive interactions Fair-want everyone treated as an individual</p>
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How do you deal with the outer world?

Judging

Perceiving

<p>J Live in a planned, orderly way Seek to regulate and manage life Prefer to make a decision and move forward Make short- and long-term plans Energized by getting things done</p>	<p>P Live in a flexible, spontaneous way Seek to experience life Open to new information and options Like things loose and open to change Energized by adapting to last-minute demands</p>
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MBTI Worksheet

Name: _____

Date: _____

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Self-Estimate Type _____ _____ _____ _____

Reported Type _____ _____ _____ _____

Best Fit Type