

The Meyers-Briggs Type Indicator (MBTI) determines preferences on four paired dichotomies:

1. Extraversion (**E**) / Introversion (**I**)

The first pair of styles is concerned with the direction of your energy. If you prefer to focus your attention on and get your energy from dealing with people, things, situations, or "the outer world", then your preference is for **Extraversion**. If you prefer to focus your attention on and get energy from ideas, information, explanations or beliefs, or "the inner world", then your preference is for **Introversion**.

2. Sensing (**S**) / Intuition (**N**)

Describes how people prefer to take in information, either focused on what is real and actual or on patterns and meanings in data.

3. Thinking (**T**) / Feeling (**F**)

Describes how people prefer to make decisions, either based on logical analysis or guided by concern for their impact on others.

4. Judging (**J**) / Perceiving (**P**)

Describes how people prefer to deal with the outer world, either in a planned orderly way, or in a flexible spontaneous way.

Combinations of these preferences result in 16 personality types. Understanding characteristics unique to each personality type provides insight on how they influence an individual's way of communicating and interacting with others.

Visit these sites for descriptions of the MBTI personality types:

Truity <http://www.truity.com/view/types>

Personality Page <http://www.personalitypage.com/high-level.html>

16 Personality Types <https://www.16personalities.com/personality-types>