

So, you've just gotten into MBTI but you're wondering, "What do all these letters mean?". Well, we'll get into that here. (Note: I'm NOT including cognitive functions, we're just doing basics!)

Got that? Good. MBTI is just preferences. It decides how you make observations and decisions. MBTI is NOT supposed to put you in a box, it puts you on a spectrum which is flexible.

Introversion and/or Extroversion

They are energy preferences.

Introverts recharge their batteries by being alone or with a close friend or family member in a non stimulating environment. Such as, reading a book, watching youtube, etc. Introverts get very drained by being with other people, this is NOT to say they hate people, they just get tired after being with a lot of them for a long period of time.

Extroverts on the other hand, recharge their batteries by being with large groups of people, either large groups of friends or strangers, their environments need to be more stimulating for them to be satisfied. Such as, going to parties, hanging out at crowded spaces, or meeting strangers. Extroverts get very drained and bored by being by themselves for extensive periods of time, or in non stimulating environments. Extroverts are generally more outgoing than introverts for this very reason.

Most of the population are “ambiverts” which have traits of both introverts and extroverts but they usually feel more natural and more like themselves with one than the other.

Sensation and/or iNtuition

They are observation preferences.

Sensors prefer to observe the world through their 5 senses, concrete evidence and facts. They create meaning from what’s right in front of them. They often look back on past experiences to figure out what to do right now. They generally love details.

Intuitors prefer to observe the world through pattern, deeper meanings, and concepts. They create meaning through deeper thought and exploration. They often see what new possibilities they could work with to figure out what to do. They are big picture people.

Reminder: Everybody uses BOTH. But like with I vs E it’s which one they feel more natural with that they use more.

Feeling and/or Thinking

They are decision making preferences.

Feelers prefer to make decisions not necessarily based on feeling, but values that come from within. When they make decisions they first make sure it aligns with their values, is the decision good or bad, do I like it or not like

it, etc. Making a decision with feeling means you either like it or other people like it.

Thinkers prefer to make decisions based on logical conclusions. When they make decisions they first make sure it's logical, makes sense, works, it's true, etc.

Making a decision with thinking means you do it because it makes sense and it works.

ANOTHER reminder: Everybody uses BOTH. But like with I vs E and N vs S it's which one they feel more natural with they use more.

Perceiving and/or Judging

They are lifestyle preferences. Perceivers observe.

Judgers decide.

Perceivers, when they make decisions, they look within themselves. When they make observations, they gather as many as possible. They don't limit the observations and they don't organize it either.

Judgers, when they make decisions, they look outward of what everyone else thinks is the right decision, they'll make it based on that. When they make observations, they only take in what is necessary.

This is why to the outside world, J types are more organized and planned ahead. And P types can look more disorganized and spontaneous.

Reminder: Everybody uses BOTH. But this one can be a bit more confusing which is why next time, we'll get into cognitive functions and how they tie into the letters.