



# **Your Secret Self: Understanding yourself and others using the Myers-Briggs personality test (The MBTI Personality Types Series Book 1)**

*Barbara G Cox*

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### Discover Your Secret Self

Take the Myers-Briggs test, score it, and find your type. Each of the 16 types is described in a separate chapter at the end of the book. You'll be surprised at the things you learn about yourself.

You'll discover your special gifts are and how to make the most of them. You'll find out how to handle relationships better, make smarter decisions, and develop a more positive attitude toward situations that used to challenge you.

### Discover What Makes Other People Tick

Just as important, you'll discover what makes other people tick. In the chapters describing the 16 types, you'll find people you know. If they're loved ones, you'll find ways to get the best from your relationships. If they're difficult, you'll learn how to handle them without confrontation.

Conflicts with others can't always be avoided, especially when two personality types are completely different. Let's say you're an INFP—an introvert who relies on hunches and insights, makes decisions on the basis of personal values, and is easy-going. The opposite type—ESTJ—may consider your introversion boring, your intuition strange, your feelings overdone, and your casual approach to appointments frustrating. You may find ESTJs' tireless pursuit of socializing tiresome, their dependence on sensing functions unimaginative, their thinking cold and unfeeling, and their judging attitude demanding. Can you ever learn to get along with each other? You may not become best friends, but least you can minimize needless conflicts by understanding each other's personality type.

### How Does the Myers-Briggs Test Work?

Maybe you've heard of the test but don't understand it. Or you've taken the test and know your type but aren't clear what the four letters mean. To understand the Myers-Briggs typology system, you need to know four pairs of personality functions—eight in all—and what they're about. The four functions you score highest on determine your type. For example, if you have high scores on Introversion, Intuition, Feeling, and Judging, you are an INFJ.

I = Introversion: a preference for privacy.

E = Extraversion: an outgoing nature, desire to be with other people.

S = Sensing: tendency to collect information from the environment through the five senses.

N = Intuition: preference for observing events to find their meaning.

T = Thinking: tendency to reach decisions objectively, without personal considerations.

F = Feeling: preference for basing decisions on personal values and the impact on others.

P = Perceiving: tendency to be flexible and open-ended, without strong needs for completion.

J = Judging: need for closure, punctuality, prompt decision-making.

### Which Type Are You?

Can you pick your type out of this list of 16 types?

ENFJ: The Mentor

ENFP: The Campaigner

ENTJ: The Leader

ENTP: The Explorer

ESFJ: The Caretaker

ESFP: The Performer

ESTJ: The Supervisor

ESTP: The Promoter

INFJ: The Counselor

INFP: The Healer

INTJ: The Mastermind

INTP: The Problem Solver

ISFJ: The Protector

ISFP: The Artist

ISTJ: The Worker

ISTP: The Artisan

About the Author

The author holds a graduate degree in mental health counseling. Her major field of study was Myers Briggs personality theory. For over twenty years, she has been administering the test and interpreting the results. The author was motivated to write this book by hundreds of posts submitted to her Myers-Briggs blog at BeaconStreetUSA.com. It started with an overwhelming response to her first blog in 2011, "It's Hard To Be and INFJ." Since then, she has published numerous articles in her blog on the impact of Myers-Briggs type on personality adjustment and relationships. In addition, she has responded to the posts of almost 200 website visitors.

Blog readers have commented on how surprised they are by the accuracy of their type descriptions. One reader wrote: "It was amazing to see myself described in print. The parts of myself I didn't underst

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