

The MBTI® is one of the most widely used personality instruments in the world today. It has a long history, an established Qualifying Process, and over one million practitioners worldwide.

## History of the MBTI®

During World War II, a young woman named Isabel Myers decided to do her part for the war effort by creating a self-report inventory that would make Carl Jung's theory of psychological types available to more people. At this time self-report instruments were just beginning to be developed. Prior to that time, only psychologists "assessed" personality. Her goals were two fold; 1) help people find a better fit for their work and so make the work in factories and in the military more effective and 2) promote world peace by helping people develop more appreciation for individual differences and how to use the differences constructively rather than divisively. Her work resulted in world-wide use of the Myers-Briggs Type Indicator(R) and spawned an industry of professional "type practitioners" who apply type theory to business effectiveness, communication, career development, cross-cultural understanding, education, spirituality and more.

## The MBTI® reports preferences on four dichotomies, with two opposing preferences on each dichotomy.

<i>Your Preferred World or Attitude</i>	<b>E</b>	<b>Extraversion</b>	or	<b>I</b>	<b>Introversion</b>
		Energized by interaction with others			Energized by solitary activities
<i>Mental Process</i>	<b>S</b>	<b>Sensing</b>	or	<b>N</b>	<b>iNtuiting</b>
Perception - Accessing / Gathering Information		Concrete, experiential awareness			Abstract, symbolic awareness
<i>Mental Process</i>	<b>T</b>	<b>Thinking</b>	or	<b>F</b>	<b>Feeling</b>
Judgment - Organizing / Evaluating / Deciding		Information/situations assessed objectively based on criteria			Information/situations assessed subjectively based on worth/values
<i>Orientation to the Outer World</i>	<b>J</b>	<b>Judging</b>	or	<b>P</b>	<b>Perceiving</b>
		Plan ahead and follow the plan			Keep options open to adapt

The MBTI® instrument has a long history with more studies done and more extensive revisions than almost any other personality assessment tool. It is classified as a "Level B" instrument, which means that special training is required to purchase and administer the instrument. You may be educationally qualified because you have had a graduate level tests and measures course.