



Own assessment of your typological preferences

Crosshatch the number of boxes that corresponds to the numerical value you assess in each category. Begin from the center, representing 0. If the numerical value is 0, do not hatch any box.

See key words on the typological attitudes, functions, and lifestyles on the next page.

E – Extraversion

9	8	7	6	5	4	3	2	1	0

I – Introversion

1	2	3	4	5	6	7	8	9	

S – Sensation

9	8	7	6	5	4	3	2	1	0

N – iNtuition

1	2	3	4	5	6	7	8	9	

T – Thinking

9	8	7	6	5	4	3	2	1	0

F – Feeling

1	2	3	4	5	6	7	8	9	

J – Judging

9	8	7	6	5	4	3	2	1	0

P – Perception

1	2	3	4	5	6	7	8	9	

You must now, in each of the four opposing dimensions, take the letter that has gotten the highest score and write it in the corresponding box:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
E or I	S or N	T or F	J or P

The four letters you have written show your typological profile as you see it at the present moment.

Key words on the typological attitudes, functions, and lifestyles

<p>E – Extraversion</p> <p>Focuses on objective phenomena Reflects with others Gets energy from external stimuli Active in contact with others May be experienced as superficial</p>	<p>Attitudes</p>	<p>I – Introversion</p> <p>Focuses on subjective experiences Reflects in solitude Gets energy from going in-depth Reserved in contact with others May be experienced as arrogant</p>
<p>S – Sensation</p> <p>Is preoccupied by factual data Gives specific explanations Seeks pragmatic solutions Prefers down-to-earth assignments May be experienced as too level-headed</p>	<p>Perception functions</p>	<p>N – iNtuition</p> <p>Is preoccupied by potentials Gives general explanations Seeks visionary solutions Prefers strategic significant assignments May be experienced as too imaginative</p>
<p>T – Thinking</p> <p>Emphasizes detached arguments Makes decisions from a logical system Strives to reach clear conclusions Wants a professional communication May be experienced as too negative</p>	<p>Judging functions</p>	<p>F – Feeling</p> <p>Emphasizes caring understanding Makes decisions from a value system Strives to reach consensus Wants a friendly communication May be experienced as too positive</p>
<p>J – Judging</p> <p>Organizes in advance Makes targeted plans Needs clear structures and rules Prefers to be in control of things May be experienced as too dominant</p>	<p>Lifestyle</p>	<p>P – Perception</p> <p>Organizes along the way Makes flexible plans Needs openness and spontaneity Prefers to take things as they come May be experienced as too laid-back</p>

Read about the typological attitudes, functions, and lifestyles in my free e-book.
Download it from this web site: <https://www.smashwords.com/books/view/631441>