

## MBTI - Type Dynamics

**1. What is Type Dynamics?** Type Dynamics is concerned with which of the four functions (Sensing, Intuition, Thinking, Feeling) is dominant. All of us use all four functions, but there is a hierarchy at work in how we use them. The dominant function is the one to which we direct most attention and energy. It is useful in understanding how others see us and how we tend to act when stressed

### 2. Finding your dominant function.

- ◆ Step 1. Write your four letter type in the box below

- ◆ **Step 2.** look at the last letter of your type. This indicates how you like to deal with your outer world. If it is J, then this tells us that you use your judging function (Thinking or Feeling) in your outer world. If it is P, this shows that you use your perceiving function in your outer world. So, an INTJ has a preference for Judging in how they deal with their outer world. Therefore their judging function, T, is the one they extravert.
- ◆ **Step 3.** Put a small “e” by the side of the function you extravert, e.g. I N Te J
- ◆ **Step 4.** The other function of your type will be the one you introvert, so put a small “i” by the side of the other function, e.g. I Ni Te J
- ◆ **Step 5.** Look at the first letter of your type, E or I. This tells us if your primary focus is your inner world (Introvert) or your outer world (Extravert). People use their dominant function in their preferred world. So, if your first letter is E, your dominant function is the one you extravert. If your first letter is I, your dominant function is the one you introvert. So, in the case of an INTJ, their focus is on their inner world so their dominant function would be N.
- ◆ **Step 6.** Underline your dominant function, e.g. I Ni Te J

**3. Auxiliary and inferior functions.** Having found your dominant function, you can now identify your auxiliary and inferior functions.

- ◆ Your auxiliary function complements your dominant function. If your dominant function is a Judging function (T or F) your auxiliary function will be perceiving (S or N) and vice versa. If your dominant function is Introverted, your auxiliary function will be Extraverted. It is the other function from your four letter type. E.g. an INTJ with dominant introverted Intuition will have extraverted Thinking as their auxiliary function
- ◆ Your inferior function is the polar opposite of your dominant function. It is your weakest function, the one you use and rely on least. Consequently it will tend to be the one you are least skilled in

using. E.g. An INTJ's dominant function is introverted Intuition, so their inferior function will be extraverted Sensing.

- ◆ Write your type and hierarchy of functions in the box below

My type is;

My dominant function is;

My auxiliary function is;

My inferior function is;

#### 4. What does this tell us?

- ◆ **Which function we use first.** In any given situation, we will tend to use our dominant function first. Although we all use all four functions, we use them with different levels of comfort and skill. Imagine an ENFP (dominant extraverted Intuition) and an ESTP (dominant extraverted sensing) are sent to assess some accommodation. The ENFP will first gather impressions about the accommodation and its possibilities, whereas the ESTP will first use their extraverted sensing to gather facts and details.
- ◆ **How others perceive us.** The function we extravert is the one people will often associate with us. For extraverts, this will be their dominant function. For introverts, this will be the auxiliary function because their dominant function is used in their preferred, inner world. Consequently, Introverts may not always show their best qualities to the outside world
- ◆ **How stress affects us.** (to be covered later in the session)
- ◆ **Midlife development.** Typically, we spend the first half of our lives using and developing our dominant and auxiliary functions. In midlife, we may find ourselves drawn to activities and pursuits that reflect our less preferred functions, perhaps being drawn to things that may once have seemed uninteresting or unappealing.

We are often unconscious of the impression we make on others. Now that you know which function you extravert, discuss with your neighbour how this might affect how others see you.

The function I extravert is;

Therefore people will tend to see me as;