



Jung's Theory and Myers-Briggs Model

Assoc. Prof. Chaweewan Kaewsaiha

Four Areas of Personality Test

- ❖ How do you **direct and receive energy**
- ❖ How do you **take in information**
- ❖ How do you **decide and come to conclusions**
- ❖ How do you **approach the outside world**

Source: <https://www.maxwell.cz/training-solutions/personal-effectiveness/myers-briggs-type-indicator-mbti/>

Jung's Theory of Personality Types

Jung's theory focuses on four basic psychological functions:

1. Extraversion vs. Introversion
2. Sensation vs. intuition
3. Thinking vs. feeling
4. Judging vs. perceiving

This theory later led to the development of the famous **Myers-Briggs Type Indicator**.

Source: <https://www.verywellmind.com/jungs-theory-of-personality-learning-styles-2795160>

Dimensions of Personality

Code	Dimension
I / E	Introversion or Extraversion
S / N	Sensing or Intuition
T / F	Thinking or Feeling
J / P	Judging or Perceiving

Isabel Briggs Myers and her mother, Katharine Briggs, developed four dimensions of personality in the 1960's based on Carl C. Jung Theory in the 1920's.

Source: <https://www.truity.com/page/16-personality-types-myers-briggs>



Introversion or Extraversion (I / E)



An introvert person tends to be more reserved and thoughtful.



An extrovert person tends to be more expressive and outspoken.



Sensing or Intuition (S / N)



Sensing personality tends to be interested in information they can directly feel.



Intuition personality focuses on a more abstract level of thinking often described as "creative".



Thinking or Feeling (T / F)



Thinking personality tends to be interested in finding the most logical, reasonable choice.



Feeling personality tends to make decisions with their hearts



Judging or Perceiving (J / P)



Judging personality tends to be systematic planning, early starting, and schedule.



Perceiving personality tends to leave things open so they can change their minds.





16 Myers-Briggs Personality Types

Your natural preferences sort you into one of 16 distinct MBTI personality types. Understanding these types gives you objective insight that you can use to enhance your professional and personal relationships, as well as your direction, focus, and choices.

Source: <https://www.maxwell.cz/training-solutions/personal-effectiveness/myers-briggs-type-indicator-mbti/>

16 Personalities Myers-Briggs Model

Isabel **Myers** and her mother Katherine **Briggs** based on the work with Carl Jung's theory.

ISTJ Introverted sensor thinker judger	ISTP Introverted sensor thinker perceiver	INTP Introverted introitor thinker perceiver	ESTP Extraverted sensor thinker perceiver
ISFP Introverted sensor feeler perceiver	ISFJ Introverted sensor feeler judger	INTJ Introverted introitor thinker judger	ESTJ Extraverted sensor thinker judger
INFP Introverted introitor feeler perceiver	INFJ Introverted introitor feeler judger	ESFP Extraverted sensor feeler perceiver	ENFP Extraverted introitor feeler perceiver
ESFJ Extraverted sensor feeler judger	ENTP Extraverted introitor thinker perceiver	ENTJ Extraverted introitor thinker judger	ENFJ Extraverted introitor feeler judger

16 Personalities Myers-Briggs Model (cont.)

Group 1: Analysts	Architect/INTJ, Logician/INTP, Commander/ENTJ, Debater/ENTP
Group 2: Diplomats	Advocate/INFJ, Mediator/INFP Protagonist/ENFJ, Campaigner/ENFP
Group 3: Sentinels	Logistician/ISTJ, Defender/ISFJ Executive/ESTJ, Consul/ESFJ
Group 4: Explorers	Virtuoso/ISTP, Adventurer/ISFP Entrepreneur/ESTP, Entertainer/ESFP

Group 1: Analysts – Architect/INTJ



An **Architect** (INTJ) is a person with the Introverted, Intuitive, Thinking, and Judging personality traits. These thoughtful tacticians love perfecting the details of life, applying creativity and rationality to everything they do. Their inner world is often a private, complex one.

Source: <https://www.16personalities.com/entj-personality>

Group 1: Analysts – Logician/INTP



A **Logician** (INTP) is someone with the Introverted, Intuitive, Thinking, and Prospecting personality traits. These flexible thinkers enjoy taking an unconventional approach to many aspects of life. They often seek out unlikely paths, mixing willingness to experiment with personal creativity.

Source: <https://www.16personalities.com/entj-personality>

Group 1: Analysts – Commander/ENTJ



A **Commander** (ENTJ) is someone with the Extraverted, Intuitive, Thinking, and Judging personality traits. They are decisive people who love momentum and accomplishment. They gather information to construct their creative visions but rarely hesitate for long before acting on them.

Source: <https://www.16personalities.com/entj-personality>

Group 1: Analysts – Debater/ENTP



A **Debater** (ENTP) is a person with the Extraverted, Intuitive, Thinking, and Prospecting personality traits. They tend to be bold and creative, deconstructing and rebuilding ideas with great mental agility. They pursue their goals vigorously despite any resistance they might encounter.

Source: <https://www.16personalities.com/entp-personality>

Group 2: Diplomats—Advocate/INFJ



An **Advocate** (INFJ) is someone with the Introverted, Intuitive, Feeling, and Judging personality traits. They tend to approach life with deep thoughtfulness and imagination. Their inner vision, personal values, and a quiet, principled version of humanism guide them in all things.

Source: <https://www.16personalities.com/entp-personality>

Group 2: Diplomats—Mediator/INFP



A **Mediator** (INFP) is someone who possesses the Introverted, Intuitive, Feeling, and Prospecting personality traits. These rare personality types tend to be quiet, open-minded, and imaginative, and they apply a caring and creative approach to everything they do.

Source: <https://www.16personalities.com/entp-personality>

Group 2: Diplomats—Protagonist/ENFJ



A **Protagonist** (ENFJ) is a person with the Extraverted, Intuitive, Feeling, and Judging personality traits. These warm, forthright types love helping others, and they tend to have strong ideas and values. They back their perspective with the creative energy to achieve their goals.

Source: <https://www.16personalities.com/entp-personality>

Group 2: Diplomats—Campaigner/ENFP



A **Campaigner** (ENFP) is someone with the Extraverted, Intuitive, Feeling, and Prospecting personality traits. These people tend to embrace big ideas and actions that reflect their sense of hope and goodwill toward others. Their vibrant energy can flow in many directions.

Source: <https://www.16personalities.com/entp-personality>

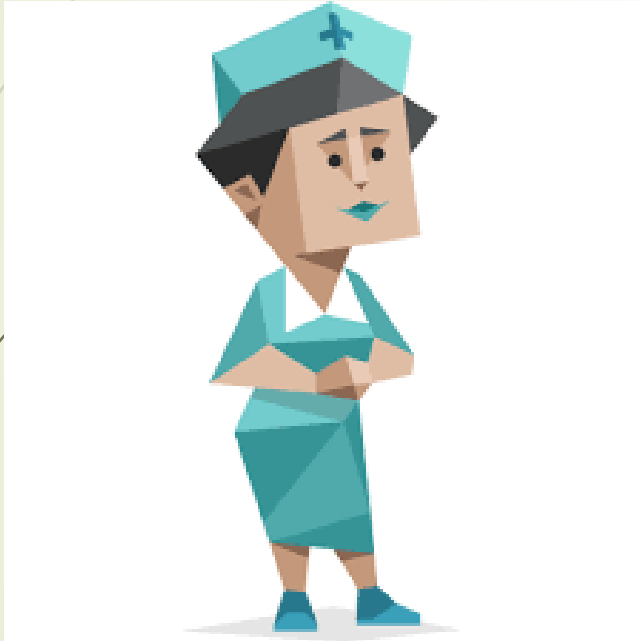
Group 3: Sentinels—Logistician/ISTJ



A **Logistician** (ISTJ) is someone with the Introverted, Observant, Thinking, and Judging personality traits. These people tend to be reserved yet willful, with a rational outlook on life. They compose their actions carefully and carry them out with methodical purpose.

Source: <https://www.16personalities.com/entp-personality>

Group 3: Sentinels—Defender/ISFJ



A **Defender** (ISFJ) is someone with the Introverted, Observant, Feeling, and Judging personality traits. These people tend to be warm and unassuming in their own steady way. They're efficient and responsible, giving careful attention to practical details in their daily lives.

Source: <https://www.16personalities.com/entp-personality>

Group 3: Sentinels—Executive/ESTJ



An **Executive** (ESTJ) is someone with the Extraverted, Observant, Thinking, and Judging personality traits. They possess great fortitude, emphatically following their own sensible judgment. They often serve as a stabilizing force among others, able to offer solid direction amid adversity.

Source: <https://www.16personalities.com/entp-personality>

Group 3: Sentinels—Consul/ESFJ



A **Consul** (ESFJ) is a person with the Extraverted, Observant, Feeling, and Judging personality traits. They are attentive and people-focused, and they enjoy taking part in their social community. Their achievements are guided by decisive values, and they willingly offer guidance to others.

Source: <https://www.16personalities.com/entp-personality>

Group 4: Explorers—Virtuoso/ISTP



A **Virtuoso** (ISTP) is someone with the Introverted, Observant, Thinking, and Prospecting personality traits. They tend to have an individualistic mindset, pursuing goals without needing much external connection. They engage in life with inquisitiveness and personal skill, varying their approach as needed.

Source: <https://www.16personalities.com/entp-personality>

Group 4: Explorers—Adventurer/ISFP



An **Adventurer** (ISFP) is a person with the Introverted, Observant, Feeling, and Prospecting personality traits. They tend to have open minds, approaching life, new experiences, and people with grounded warmth. Their ability to stay in the moment helps them uncover exciting potentials.

Source: <https://www.16personalities.com/entp-personality>

Group 4: Explorers—Entrepreneur/ESTP



An **Entrepreneur** (ESTP) is someone with the Extraverted, Observant, Thinking, and Prospecting personality traits. They tend to be energetic and action-oriented, deftly navigating whatever is in front of them. They love uncovering life's opportunities, whether socializing with others or in more personal pursuits.

Source: <https://www.16personalities.com/entp-personality>

Group 4: Explorers—Entertainer/ESFP



An **Entertainer** (ESFP) is a person with the Extraverted, Observant, Feeling, and Prospecting personality traits. These people love vibrant experiences, engaging in life eagerly and taking pleasure in discovering the unknown. They can be very social, often encouraging others into shared activities.

Source: <https://www.16personalities.com/entp-personality>

Read More: <https://www.personalityperfect.com/16-personality-types/>



Activities

Self-Learning: Watching VDO

- Unit 2 Part 2 Freud's Theories of Personality

Discussion-Q & A (If any)

- Unit 2 Part 2 Freud's Theories of Personality
- Personal Development Project Planning

Assignment

- Select Personal Learning Style (Jung's Theory)
- Quiz your id, ego, or superego



References

<https://www.verywellmind.com/jungs-theory-of-personality-learning-styles-2795160>

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Q & A