

The 8 MBTI Preferences

<p>Energy & Attention How do you prefer to focus your attention or energy?</p>	<p>Extraversion Focus attention on the outer world (people and things). Initiating Expressive Gregarious Active Enthusiastic</p>	<p>Introversion Focus attention on the inner world (ideas and impressions). Receiving Contained Intimate Reflective Quiet</p>
<p>Information How do you prefer to take in information?</p>	<p>Sensing Take in information through 5 senses and focus on the here and now. Concrete Realistic Practical Experiential Traditional</p>	<p>iNtuition Take in information from patterns and the big picture. Focus on future possibilities. Abstract Imaginative Conceptual Theoretical Original</p>
<p>Decisions How do you prefer to make decisions?</p>	<p>Thinking Make decisions based on logic and objective analysis (cause and effect). Logical Reasonable Critical Questioning Tough</p>	<p>Feeling Make decisions based on values and subjective evaluation of person-centered concerns. Casual Open-ended Accepting Accommodating Tender</p>
<p>Lifestyle How do you prefer to deal with the outer world?</p>	<p>Judging Like a planned and organized approach to life and prefer to have things settled. Systematic Planning Scheduled Early Starting Methodical</p>	<p>Perceiving Like a flexible and spontaneous approach to life and prefer to keep their options open. Casual Open-ended Spontaneous Pressure Prompted Emergent</p>