

Myers Briggs as a tool of self discovery: focus on the second half of life.

Dr Carl Jung developed a theory of psychological type through careful observation of people over many years. These insights are available to us through the MBTI or Myers Briggs Type Indicator which was developed over a 20 year period by Katherine C. Myers and Isabel Myers Briggs. It has enjoyed over 60 years of use in a variety of settings affirming its value to a broad range of people. It has been studied extensively and these studies are easily available.

The MBTI reveals how you take in and respond to things outside and inside of you. This specific information provides a clear picture of how you operate, through showing your innate preferences and can be used to refine your ability to determine direction in life and to make sense of what is happening. It can be an effective tool of personal transformation and also a useful and practical tool in determining the answers to a variety of life questions.

The understanding you gain from this information gives traction in life in areas where you may have been spinning your wheels. Though not suggesting that the path is easy, the understanding that it provides about the nuance of your habits gives you small and doable steps to take in gaining traction over both a short and long period of time. It is not a quick fix but the information it provides gives a context for understanding your inner dynamics that is truly invaluable. It opens up deeper and broader understanding of yourself and appreciation for people who are different types.

The tool is simple, a list of 93 questions, that have been tested, refined for accuracy and studied over many years. They are simple questions and word pairs and provide in some cases a "forced choice" in order to elicit where one tends to lean in 4 fundamental dichotomies (extravert introvert, sensing or intuition, thinking or feeling, judging or perceiving.) All 16 types are described in a positive way. Myers and Briggs were inspired to develop this tool because they believed that all the types are positive and people should be affirmed in their variety. The results also indicate where a person is less developed and this is helpful to understand. No one is fully developed in both ends of a spectrum but it is important to look at the less developed aspects in the second half of life because it provides depth and breadth to one's overall development.

I am pleased and grateful to be able to administer and interpret this tool and know that it can provide a wealth of information. I find it continually fascinating and I will continue to learn more about it for a very long time.