

FIGURE 4.1 Myers-Briggs Self-Rating Chart

	Strong Preference	Moderate Preference	Neutral	Moderate Preference	Strong Preference	
Spend time with people Learn through discussion Share ideas in the moment Extravert						Prefer time alone Learn through reflection Think about ideas before sharing Introvert
Focus on details Prefer facts Focus on "what is" Sensing						Focus on big picture Prefer concepts Focus on "what might be" Intuitive
Consider facts when making decisions Make decisions based on logic Decide with my head Thinking						Consider people when making decisions Make decisions based on values Decide with my heart Feeling
Like coming to decisions Like structure Like to plan Judging						Avoid decisions in favor of exploring options Go with the flow Comfortable without a plan Perceiving