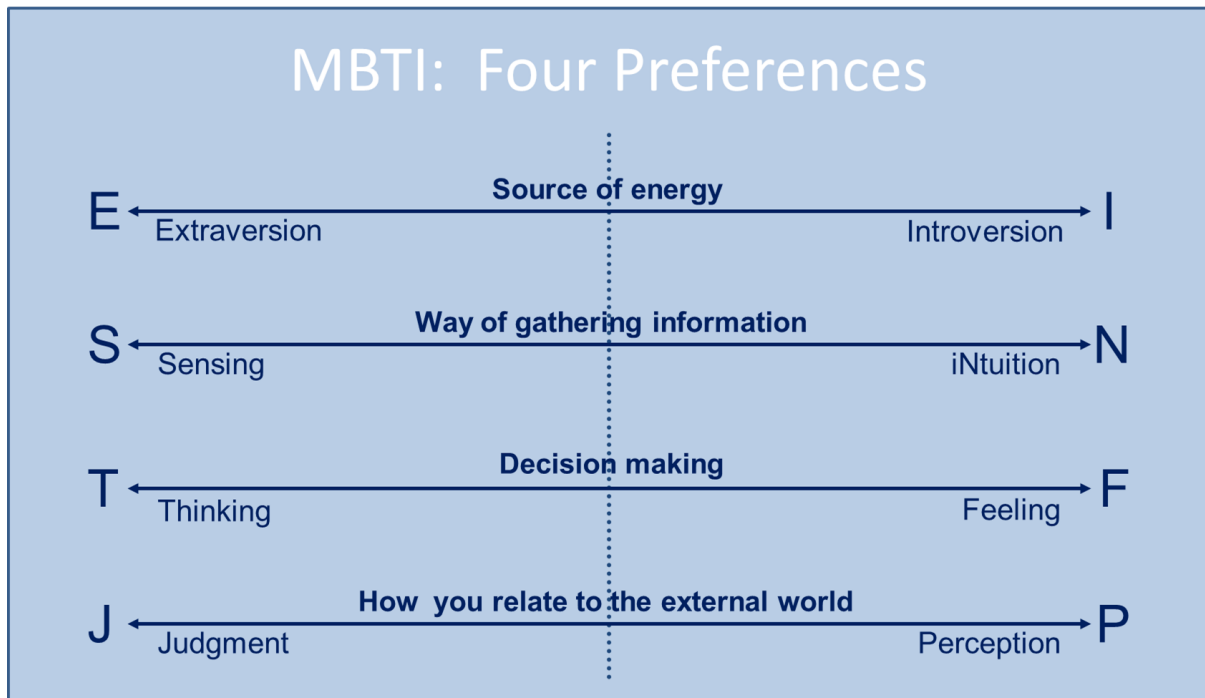


Myers Briggs Type Indicator.



You are a unique individual, but you also share some characteristics with other people. The [Myers Briggs](#) model of personality tells you about some of those similarities and differences. It can help you deepen your self-awareness, find a career you will enjoy, become a better leader/manager or improve your relationships.

The model is all about your preferences in 4 areas.

1. How you take in energy places you on the Extrovert/Introvert scale, **E or I**.
2. How you take in information places you on the Sensing/Intuition scale **S or N**.
3. How you make decisions places you on the Thinking/Feeling scale **T or F**.
4. How you interact with the outside world places on the Judging/Perceiving scale **J or P**.

Then combining the result of each of these 4 leads to 16 personality types, and again I repeat the word "preference". The MBTI is not meant to pigeon-hole people.