

## Overview of Myers-Briggs

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The Myers Briggs Type Indicator (MBTI) instrument is a self-report questionnaire designed to make Jung's theory of psychological type understandable and useful in everyday life. MBTI instrument results describe valuable differences between normal, healthy people-differences that can be the source of much misunderstanding and miscommunication.

The MBTI instrument will help you to identify your strengths and unique gifts. You can use the information to better understand yourself, your motivations, your strengths, and potential areas for growth. It will also help you to better understand and appreciate those who differ from you. Understanding MBTI instrument type is self-affirming and enhances cooperation and productivity.

### Important Points about MBTI

- You can use the preferences reported on the MBTI to understand yourself and appreciate differences in all styles
- You decide how accurate the report is for YOU
- MBTI reports key preferences, tendencies and characteristics, not all of them
- Remember -- everyone is an individual

### History

- Concepts first develop by Katharine Briggs and Isabel Briggs Myers in the 1920's
- First Indicator used in 1942
- Over 50 years of research done on the MBTI and still continues
- Most widely used instruments for understanding normal personality differences

### It's Not a Test

- You cannot pass or fail
- There are 16 possible types
- All types have strengths and weaknesses
- What you do with those strengths and weaknesses is your own businesses

### What MBTI Does Not Measure

- Mental illness
- Normalcy
- Maturity
- IQ, Intelligence
- Emotions
- Stress
- Affluence
- Learning