

## Can We Classify Our Personalities? The MBTI and the 16 Personalities

by Kaan Ertan

The Myers–Briggs Type Indicator (MBTI) is simply an introspective character test. The test is easy and can be done online in just 15 minutes. Its result is one of 16 different character categories, indicating differing psychological preferences about how people perceive the world or make decisions. Although these character categories cannot tell you all about you and your psychology, it usually is very accurate at knowing people's psychology and decision-making mechanisms. Some people who do research in this area write articles and make podcasts about these character types, and in some deep analysis, they give advice to the people of a certain character type according to their type.

Although some people take this test seriously and trust it, there are many critics who suggest that even though MBTI resembles some psychological theories, it is more of pseudoscience. Since most of the academic authorities are critics of this test, we can say that it is not widely endorsed in the field. But this does not mean that we cannot benefit from the test. Even if it is not scientifically accurate, it greatly helps you to have a deeper insight both for yourself and for the others around you.

Now, I wish to talk more about the test itself. The test evaluates you in four categories. From each category, your result turns out to favor one side over the other. The more you favor one side, the sharper your personality is affected by that trait. The four categories are:









Mind (How you are energized): Introversion(I) or Extraversion(E)

Energy (How you gather and process information): Sensing(S) or Intuition(N)

Nature (How you make decisions and cope with emotions): Thinking(T) or Feeling(F)

Tactics (How you approach to decision-making, work, life): Judging(J) or Perceiving(P).

The letter which turns out to be stronger/more preferred is taken from each category to produce a four-letter test result, like "ENFP", "INTJ" or "ISFJ". This becomes your main MBTI type. Additionally, one more letter for the Identity category is added to your code. In this category, Assertive (-A) individuals are self-assured, even-tempered, and resistant to stress whereas their counterpart Turbulent (-T) individuals are self-conscious and sensitive to stress. To finalize your personality type, the letter -T for Turbulent or -A for Assertive is added to your code such as "ENFP-T", "INTJ-A", or "ISFJ-T". But bear in mind that the last letter does not change your group from the 16 personality types.

<b>PERSONALITY TYPES KEY</b>			
 <b>E</b> <b>Extroverts</b> Extroverts are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.	 <b>S</b> <b>Sensors</b> Sensors are realistic people who like to focus on the facts and details. They apply common sense and past experience to find practical solutions to problems.	 <b>T</b> <b>Thinkers</b> Thinkers tend to make their decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.	 <b>J</b> <b>Judgers</b> Judgers tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.
 <b>I</b> <b>Introverts</b> Introverts often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.	 <b>N</b> <b>Intuitives</b> Intuitives prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.	 <b>F</b> <b>Feelers</b> Feelers tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.	 <b>P</b> <b>Perceivers</b> Perceivers prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.

SOURCE: "Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type" by Paul D. Tieger, Barbara Barron, Kelly Tieger BUSINESS INSIDER

*A Graph Showing the Basic Outlines of All the Main Type Letters*

According to their tendencies, types are divided into 4 subgroups:

**Analysts (types with N and T):** These types embrace rationality and impartiality, excelling in intellectual debates and scientific fields. They are fiercely independent, open-minded, strong-willed, and imaginative, approaching many things from a utilitarian perspective. These traits make Analysts excellent thinkers but also cause difficulties in social pursuits.

**Diplomats (types with N and F):** Diplomats focus on empathy and cooperation, excelling in diplomacy and counseling. People of type group are cooperative and imaginative, often playing the role of harmonizers. But they face some issues when there is a need to rely exclusively on rationality or a need to make difficult decisions.

**Sentinels (types with S and J):** Sentinels are cooperative and highly practical; creating order, security, and stability wherever they are. People of these types tend to be hardworking and traditional, and excel in logistical or administrative fields. These personality types stick to their plans; however, they can also be very inflexible and reluctant to accept different points of view.

Explorers (types with S and P): These types are the most spontaneous of all and have the ability to connect with their surroundings in a way that is beyond all others. Explorers are utilitarian and practical, shining in situations that require quick reaction. They are masters of tools and techniques. Unsurprisingly, these personality types are irreplaceable in crises, crafts, and sales; however, their traits can also push them towards undertaking risky endeavors or focusing solely on sensualness.

Knowing your personality type and subgroup can unlock a world of self-exploration for you. As I stated before, even if you do not possess a strong inclination towards your type or if you simply do not agree with all the characteristics, you can still use all the work in this field as a reference for yourself. Evaluating yourself and your social circle with the help of this test can prove very beneficial. It may help you understand why you do or feel certain things or why others behave in a certain way. At the end of this article, you will find some useful links for the test and related further readings. I urge you to take a look at them and find out your own personality type. Right below you can see a very undetailed chart for some simple characteristics of each type.

<p><b>ISTJ</b></p> <p><b>"DOING WHAT SHOULD BE DONE"</b></p> <p>Organizer • Compulsive Private • Trustworthy Rules 'n Regs • Practical</p> <p><b>MOST RESPONSIBLE</b></p>	<p><b>ISFJ</b></p> <p><b>"A HIGH SENSE OF DUTY"</b></p> <p>Amiable • Works Behind the Scenes Ready to Sacrifice • Accountable Prefers "Doing"</p> <p><b>MOST LOYAL</b></p>	<p><b>INFJ</b></p> <p><b>"AN INSPIRATION TO OTHERS"</b></p> <p>Reflective/Introspective Quietly Caring • Creative Linguistically Gifted • Psychic</p> <p><b>MOST CONTEMPLATIVE</b></p>	<p><b>INTJ</b></p> <p><b>"EVERYTHING HAS ROOM FOR IMPROVEMENT"</b></p> <p>Theory Based • Skeptical • "My Way" High Need for Competency Sees World as Chessboard</p> <p><b>MOST INDEPENDENT</b></p>
<p><b>ISTP</b></p> <p><b>"READY TO TRY ANYTHING ONCE"</b></p> <p>Very Observant • Cool and Aloof Hands-on Practicality • Unpretentious Ready for what Happens</p> <p><b>MOST PRAGMATIC</b></p>	<p><b>ISFP</b></p> <p><b>"SEES MUCH BUT SHARES LITTLE"</b></p> <p>Warm and Sensitive • Unassuming Short Range Planner • Good Team Member In Touch with Self and Nature</p> <p><b>MOST ARTISTIC</b></p>	<p><b>INFP</b></p> <p><b>"PERFORMING NOBLE SERVICE TO AID SOCIETY"</b></p> <p>Strict Personal Values Seeks Inner Order/Peace Creative • Non-Directive • Reserved</p> <p><b>MOST IDEALISTIC</b></p>	<p><b>INTP</b></p> <p><b>"A LOVE OF PROBLEM SOLVING"</b></p> <p>Challenges others to Think Absent-minded Professor Competency Needs • Socially Cautious</p> <p><b>MOST CONCEPTUAL</b></p>
<p><b>ESTP</b></p> <p><b>"THE ULTIMATE REALIST"</b></p> <p>Unconventional Approach • Fun Gregarious • Lives for Here and Now Good at Problem Solving</p> <p><b>MOST SPONTANEOUS</b></p>	<p><b>ESFP</b></p> <p><b>"YOU ONLY GO AROUND ONCE IN LIFE"</b></p> <p>Sociable • Spontaneous Loves Surprises • Cuts Red Tape Juggles Multiple Projects/Events Quip Master</p> <p><b>MOST GENEROUS</b></p>	<p><b>ENFP</b></p> <p><b>"GIVING LIFE AN EXTRA SQUEEZE"</b></p> <p>People Oriented • Creative Seeks Harmony • Life of Party More Starts than Finishes</p> <p><b>MOST OPTIMISTIC</b></p>	<p><b>ENTP</b></p> <p><b>"ONE EXCITING CHALLENGE AFTER ANOTHER"</b></p> <p>Argues Both Sides of a Point to Learn Brinkmanship • Tests the Limits Enthusiastic • New Ideas</p> <p><b>MOST INVENTIVE</b></p>
<p><b>ESTJ</b></p> <p><b>"LIFE'S ADMINISTRATORS"</b></p> <p>Order and Structure • Sociable Opinionated • Results Driven Producer • Traditional</p> <p><b>MOST HARD CHARGING</b></p>	<p><b>ESFJ</b></p> <p><b>"HOST AND HOSTESSES OF THE WORLD"</b></p> <p>Gracious • Good Interpersonal Skills Thoughtful • Appropriate Eager to Please</p> <p><b>MOST HARMONIZING</b></p>	<p><b>ENFJ</b></p> <p><b>"SMOOTH TALKING PERSUADER"</b></p> <p>Charismatic • Compassionate Possibilities for People Ignores the Unpleasant • Idealistic</p> <p><b>MOST PERSUASIVE</b></p>	<p><b>ENTJ</b></p> <p><b>"LIFE'S NATURAL LEADERS"</b></p> <p>Visionary • Gregarious • Argumentative Systems Planners • Take Charge Low Tolerance for Incompetency</p> <p><b>MOST COMMANDING</b></p>

© Otto Kroeger Associates, 1997

*A Very Brief Chart for Introduction to the 16 Personality Types*

Finally, I want to remind you that no person is the same as another one. We are all unique people with unique backgrounds and social circles. This test yields a rough classification for people's characters, but it is merely a classification. So if you find out that a large proportion of the people on Earth share the same personality type as you, please do not feel yourself normal; and if your type is rare, please do not feel lonely. Everyone is different, yet we are all the same.

Further Reading:

MBTI Test (please take the English version and be honest in your answers):

<https://www.16personalities.com/>

MBTI Types Analysis: <https://www.truity.com/page/16-personality-types-myers-briggs>

The MBTI Types of Real/Fictional People and Characters (not a scientific study but a fan-site):

<https://www.personality-database.com/>

Resources:

[https://www.16personalities.com/articles/our-theory#:~:text=Assertive%20\(%2DA\)%20individuals%20are,tempered%20and%20resistant%20to%20stress.&text=Turbulent%20\(%2DT\)%20individuals%20are,perfectionistic%20and%20eager%20to%20improve.](https://www.16personalities.com/articles/our-theory#:~:text=Assertive%20(%2DA)%20individuals%20are,tempered%20and%20resistant%20to%20stress.&text=Turbulent%20(%2DT)%20individuals%20are,perfectionistic%20and%20eager%20to%20improve.)

[https://en.wikipedia.org/wiki/Myers%E2%80%93Briggs\\_Type\\_Indicator](https://en.wikipedia.org/wiki/Myers%E2%80%93Briggs_Type_Indicator)

<https://www.16personalities.com/>