

The Myers Briggs Type Indicator (MBTI)

(NOTE: The MBTI is available to BYU Hawaii students in the Testing Center. Please go to the Counseling Center (MCK 181) or call 293-3518 to schedule the MBTI. Upon completion, you will need to meet with a licensed counselor for the test interpretation.)

What is the MBTI?

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

The MBTI will help you to identify your strengths. You can then use this 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 your type enhances cooperation and productivity.

The MBTI instrument contains four separate categories for preferences:

Extraversion-Introversion (EI)
Sensing-Intuition (SN)
Thinking-Feeling (TF)
Judgment-Perception (JP)

and 16 types:

ISTJ ISFJ INFJ INTJ ISTP ISFP INFP INTP
ESTP ESFP ENFP ENTP ESTJ ESFJ ENFJ ENTJ.