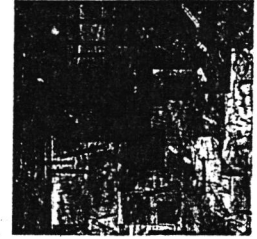




# Applying Type



## Type and Career Choice

People tend to be attracted to, and have the most satisfaction in, careers that provide them with opportunities to express and use their psychological type preferences:

- If your daily work needs the kind of perception you naturally prefer, you are likely to handle the job more effectively and find it more energizing.
- If your daily work needs the kind of decision making that comes most naturally to you, your decisions are likely to be made more quickly and confidently.

The table at the top of p. 33 suggests some of the careers most attractive to people of different types. The *kind* of work a person chooses within a field may relate to the Extraversion–Introversion preference; and how people organize and complete the tasks in their particular job is often influenced by their J–P preference. For example, Introverted Sensing Thinking Judging (ISTJ) people usually like to organize facts and principles, which is useful in a career such as law, while Extraverted Sensing Thinking Judging (ESTJ) people prefer to organize their environment (people, objects, tasks), which is very useful in careers such as business and industry.

In thinking about career choice, it is important to remember that psychological type doesn't explain everything, and that other factors such as interests and skills need to be included in the decisions. *All types make contributions in every career field.*

## Type and Relationships

The principles for using psychological type to enhance relationships are the fundamental values within which the MBTI is appropriately used:

- Recognition and respect for differences between people
- Appreciation for the value the differences bring

## Intimate Relationships

In intimate relationships, the best use of type knowledge is for understanding and appreciating the differing gifts of your partner and yourself. The relationship can be built on recognizing that each person has a right to remain different and on the willingness to concentrate on the virtues of the other's type, rather than the weaknesses.

There are no “good” or “bad” combinations of types in intimate relationships. Each particular combination—all preferences in common, all preferences opposite, or a mixture—has its unique joys and problems.

Those with similar preferences usually

- Communicate easily
- Understand each other's perspective
- Share common values

They also, however, may share the same blind spots, and often one will feel pushed to play out “missing” preferences in the relationship. Resentment can result when one of a couple is able to operate within the preferred type, while the other must frequently act in nonpreferred and less comfortable ways.

Those with different preferences

- May sometimes have trouble understanding each other
- May disagree and argue about priorities
- May find their interests leading in different directions

They also, however, may experience the continuing joy and vitality of their differences and may find themselves developing their own nonpreferred areas.

## Relationships with Children

It is particularly important to apply the ethics and values of type to relationships with children. Often, in trying to meet a child's needs, adults assume that what has worked best for them will also work best for the child. Lack of validation or acceptance of one's preferences as a child can lead to low self-esteem, defiance, or an adaptation that creates strain. Using knowledge gained through the MBTI can identify the type-related needs of children and allow adults to support them in expressing their natural preferences.