About The 8 Jungian Function-Attitudes

Jung's model of Psychological Types is about polarities, or opposites – opposite ways in which our minds 'function.' According to Jung, when we are awake our minds alternate between opposite modes of taking in information and making decisions. Jung called taking in information 'Perceiving' and making decisions 'Judging.' He identified two opposite ways of Perceiving, the Functions of Sensing and Intuition, and two opposite ways of Judging, the Functions of Thinking and Feeling. Jung's four Functions – Sensing, Intuition, Thinking and Feeling – are used in both our outer world (the Extraverted Attitude) and our inner world (the Introverted Attitude) rendering a total of eight Functions expressed in their Attitudes or 'Function-Attitudes' (Jung's Eight Types).

Jung observed that we can only process information using one Function at a time; for instance, we cannot concurrently use logic (Thinking) while we are considering what others may be wanting (Feeling) because that would simultaneously lead us in two opposite directions. We have a psychological 'type compass' which leads us in the direction of our favorite Function-Attitude, called our Dominant Function. But our Type is not static, or we would become too one-sided. We need to balance our Dominant Function with our secondary Function (called the Auxiliary), which is opposite the Dominant in all respects.

We created the Eight Jungian Function Image Metaphor Cards™ to help people quickly and efficiently grasp these Type concepts. We selected images that pinpoint the essence of each Function-Attitude for people to quickly identify their Dominant without the need for lengthy and hard-to-recall definitions. The corresponding metaphor portrays the fluidity of movement and action related to each Function as it operates in the mind. The Effective and Ineffective Uses section on the back of each card will help people to start applying Type immediately through recognition of the type-related behaviors they may be under or overusing, with an eye toward development.

In conjunction with your Certified Type Practitioner, you can put this Quick Start Guide and your Image Metaphor Cards™ to work!

About the Quick Start Guide

This guide will provide you with quick and efficient ways to use your Eight Jungian Function Image Metaphor Cards™ to understand some of the more complex concepts related to your Psychological Type. Following this guide in conjunction with your Image Metaphor Card Set will help you to:

1. Identify your Dominant Function

Each of the 16 MBTI® Types has a Dominant Function - the Function-Attitude that leads or guides the personality. The Dominant Function provides an overall direction to the personality and is the way in which we most comfortably adapt to the world; we rely on it the most to guide us through life's situations, especially during the first half of life. We use our Dominant Function in our preferred world of Extraversion or Introversion. You will understand your Type more thoroughly by understanding your Dominant Function, but you first need to identify the Dominant Function that matches your Type.

To find your Dominant Function:

- Locate your 4-letter Type Code on the Type Table on the front of the Guide
- Identify the image that matches your Type on the Type Table
- Find the corresponding Image Metaphor Card™ in your card set
- Read the front and back of the card to see if the descriptions resonate with you

Does this description confirm that you have selected your Best-Fit Type? If you are unsure, the next step may help you.

2. Select your Best-Fit Type

Best-Fit Type is the Type that you think fits you best (it is not necessarily the Type reported from your MBTI® assessment). According to Type theory, we all have a Type that fits us best. In fact, Type is innate. Yet it is not uncommon for people to feel torn between several Types that seem to fit. This is because the expression of our innate Type, thus our behavior, is influenced by numerous environmental factors including demands of work and home, environmental pressure to be a certain Type, being in a period of growth or development, relating to the behavioral descriptions of more than one Type, etc. Type is not static and we don't behave solely according to the letters in our Type Code.

If you are feeling torn between several Types:

- Locate the 4-letter Type Codes that you think might fit on the front of the Guide
- Identify the images that match the Types you think might be a fit
- Find the corresponding Image Metaphor Cards™ in your card set
- Read the front and back of the cards to find the description that most resonates with you
- Trace the Dominant Function that most resonates with you back to its 4-letter Type Code - this is most likely your Best-Fit type

3. Discover more about your Dominant and Auxiliary Functions

Type's richness can be found from moving beyond the 4-letter Code to learning about your Dominant (leading) and Auxiliary (supporting) Functions, the core of your Type (the middle letters of the Code). Once you begin to understand your top two Functions, you will be better able to embrace your Type and begin to see how Type operates within you and within others.

To gain knowledge about your Dominant and Auxiliary Functions:

- Consult the Tables inside the Guide and locate your 4-letter Type Code
- Read across the table to find your Dominant and Auxiliary Functions and read the central question for each
- Select the corresponding Image Metaphor Cards™ in your set
- Read the descriptions on the front of each card to gain a deeper understanding of your core Functions

Do the descriptions of your Dominant and Auxiliary help to clarify the meaning and focus of your Type?

4. Learn how you may be effectively or ineffectively using your Dominant Function

Our Dominant Function brings with it certain gifts; we display those gifts when we are effectively using our Function-Attitude in the Dominant position. However, an overused gift can become a blind spot. You may want to look at how you are using – or potentially overusing – your Dominant Function so you can choose to move in a different direction when you find yourself doing what comes most easily to you.

To understand whether you are using your Dominant Function effectively:

- Locate your 4-letter Type Code on the Type Table on the front of the Guide
- Identify the image that matches your Type on the Type Table
- Find the corresponding Image Metaphor Card™ in your card set
- Read through the Effective and Ineffective Use sections on the back of the card

Do you have a better idea of how you may want to adjust your behavior in certain circumstances to pull back on using your Dominant Function?

5. Understand how to restore balance to your personality

Type theory is fundamentally about how we see the world; how we see the world colors our behavior. If we consistently choose to see the world and behave only from our Dominant Function, without the balance that our Auxiliary provides, we will be become too one-sided. Sometimes, we inappropriately call on our Dominant when we should be tapping the opposite perspective available to us within our Auxiliary Function. For instance, a Dominant Perceiving Type stuck in gathering information would best be served by calling on their Auxiliary Judgment for assistance in making a decision. If we understand the direction of both Functions, we can call on both as needed.

To discover how to use your Auxiliary Function to balance your Dominant:

- Consult the Tables on the front of the Guide and locate your 4-letter Type Code
- Read across the Table to find your Dominant and Auxiliary Functions and read the central question for each
- Select the corresponding Image Metaphor Cards™ in your card set
- Read through the Effective and Ineffective Use sections on the back of each card

Does a better understanding of both your Dominant and Auxiliary Functions help you see how you can call on both in all situations?

6. Identify Type Development Opportunities

Even though our Dominant and Auxiliary Functions are the core of our personality, we can and do use all of the Eight Jungian Functions as we need them. And just as we may rely too much on some Function-Attitudes, there may be Function-Attitudes we do not use enough. It may be beneficial to engage some development around those Function-Attitudes that we underuse. You can call on your set of Image Metaphor Cards™ to help you understand which Function-Attitudes may be underdeveloped. Your Certified Practitioner can provide you with resources to help you develop in your Type. You can also refer to The People Skills Group Eight Jungian Function Image Metaphor Mind-Map™ to identify development opportunities.