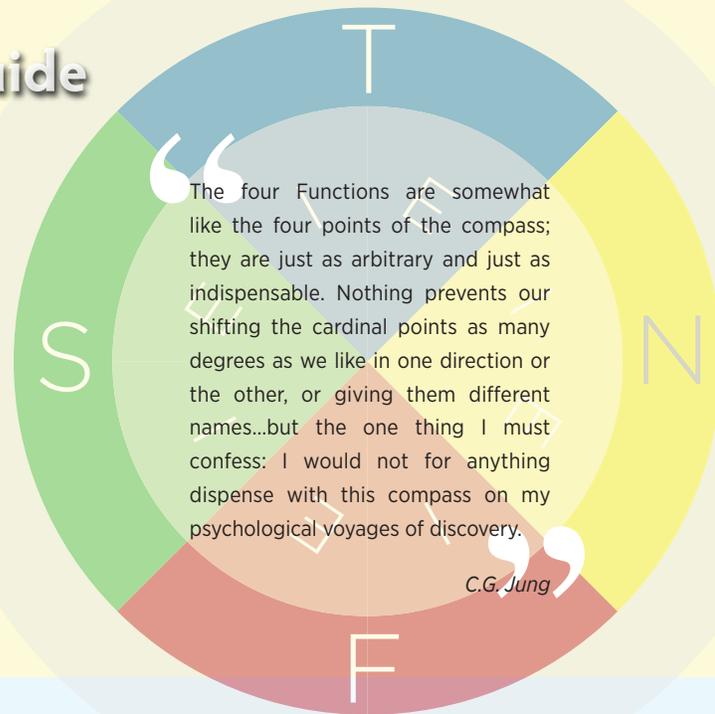


8 Jungian Function Image Metaphor Mind-Map

Expanding Self-Awareness by Observing the Jungian Functions in Action



The four Functions are somewhat like the four points of the compass; they are just as arbitrary and just as indispensable. Nothing prevents our shifting the cardinal points as many degrees as we like in one direction or the other, or giving them different names...but the one thing I must confess: I would not for anything dispense with this compass on my psychological voyages of discovery.

C.G. Jung

About Jung's Eight Functions

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 (in the Extraverted Attitude) and our inner world (in the Introverted Attitude) rendering a total of eight Functions expressed in their Attitudes or Function-Attitudes.

Jung also observed that we can only process information using one Function at a time; for instance, we cannot concurrently use logic (Thinking) while we are evaluating the worth or importance of something (Feeling); that would simultaneously lead us in two opposite directions. In fact, we have an internal 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 (both in Function and Attitude); we need to engage all eight Function-Attitudes as the situation requires.

Using the Eight Jungian Function Image Metaphor Mind-Map

You can use the Mind-Map to observe or follow how your mind is working at any given moment. Even though our Dominant Function is 'in charge' and is our primary

guide through life, we can change the direction of our compass to accommodate the situation by changing our focus. Following the logic of the Mind-Map and using it in conjunction with the Eight Jungian Function Image Metaphor Cards, you can become a meta-observer of how you are thinking and learn to engage Functions that might be more appropriate for the situation.

The Mind-Map can help you answer the following questions:

1. Which of the eight Function-Attitudes is your Dominant Function (the one you seem to use the most) and which is your Auxiliary Function (the opposite that balances your Dominant)?
2. How much time are you spending in your Dominant Function?
3. Are you effectively using your Dominant Function or might you be overusing your Dominant?
4. Are you accessing your Auxiliary Function to balance your Dominant?
5. What opposite perspective is your Auxiliary Function bringing to the table?
6. Can you identify one or several Functions that you may not be using or are underusing?
7. How could your underused Functions add to your perspective?
8. When solving a problem, do you spend time in each of the 8 Functions in order to arrive at a well-rounded and balanced decision?

The Eight Jungian Functions Image Metaphor Mind-Map

How am I Using my Mind in the Moment?

