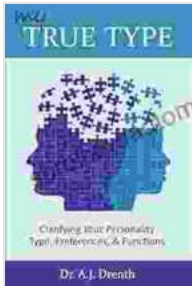


# Uncover Your True Self: A Comprehensive Guide to Clarifying Your Personality Type Preferences Functions



## My True Type: Clarifying Your Personality Type, Preferences & Functions by Dr. A.J. Drenth

★★★★☆ 4.6 out of 5

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In the tapestry of human existence, each individual thread is woven with a unique set of personality traits, preferences, and cognitive functions that shape our thoughts, actions, and interactions with the world around us. Understanding these intricate elements of our psyche is the key to unlocking our potential and achieving a fulfilling and authentic life.

Drawing inspiration from the groundbreaking work of Carl Jung and the Myers-Briggs Type Indicator (MBTI), this comprehensive guide will embark you on a journey of self-discovery, providing you with the tools to clarify your personality type preferences functions and harness their power for personal growth.

## **Delving into the Jungian Psyche**

Carl Jung, the renowned Swiss psychiatrist and psychoanalyst, proposed a groundbreaking theory of personality that posits the existence of four primary cognitive functions: thinking, feeling, sensation, and intuition.

These functions serve as the lenses through which we perceive and process information, and they play a pivotal role in shaping our thoughts, decisions, and actions. Jung further theorized that each individual has a dominant function, which is the preferred way in which we engage with the world, and an auxiliary function, which provides support to the dominant function.

## **Unveiling the Myers-Briggs Type Indicator (MBTI)**

Building upon Jung's work, Isabel Briggs Myers and Katharine Cook Briggs developed the Myers-Briggs Type Indicator (MBTI), a widely used personality assessment tool that helps individuals identify their preferred cognitive functions and personality type.

The MBTI categorizes individuals into 16 different personality types, each with its unique combination of preferences for extraversion or introversion, sensing or intuition, thinking or feeling, and judging or perceiving.

## **Clarifying Your Personality Type Preferences Functions**

The journey of clarifying your personality type preferences functions begins with self-reflection and an honest assessment of your thoughts, feelings, and behaviors. Consider the following questions:

- Do you prefer to focus on objective facts and logical reasoning, or do you rely on your intuition and subjective experiences?

- Do you make decisions based on rational analysis or on your emotional values?
- Do you prefer to live in the present moment, focusing on sensory experiences, or do you find yourself drawn to abstract ideas and future possibilities?
- Do you prefer to have a structured and organized life, or do you thrive in spontaneity and flexibility?

By exploring these questions and observing your own patterns of thinking and behavior, you can start to identify your dominant and auxiliary cognitive functions.

## **Harnessing the Power of Your Cognitive Functions**

Once you have a clear understanding of your personality type preferences functions, you can harness their power to optimize your personal growth and fulfillment.

For example, if you have a dominant thinking function, you may excel in careers that require logical reasoning and analytical skills. By developing your auxiliary feeling function, you can become more empathetic and emotionally intelligent, enhancing your interpersonal relationships.

Similarly, if you have a dominant sensing function, you may be highly observant and practical. By cultivating your auxiliary intuition function, you can expand your imagination and envision new possibilities.

## **Embracing the Journey of Self-Discovery**

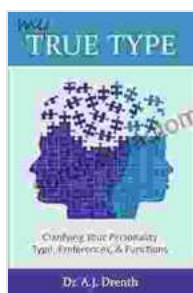
Clarifying your personality type preferences functions is an ongoing journey of self-discovery that requires introspection, patience, and a willingness to embrace your unique strengths and challenges.

Through this process, you will gain a deeper understanding of yourself, your motivations, and your potential. You will be empowered to make choices that align with your true nature and live a more fulfilling and authentic life.

So, embark on this journey of self-exploration today. Discover the intricacies of your psyche and unlock the power of your personality type preferences functions. With this knowledge, you will not only clarify your true self but also pave the way for a life of purpose, growth, and fulfillment.

## Additional Resources

- Myers & Briggs Foundation
- CPP, Inc. (publisher of the MBTI assessment)
- Personality Page



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