

MYERS-BRIGGS PERSONALITY TYPES - 16 possible combinations of 8 traits within 4 dichotomies

Myers-Briggs is a popular method to [explore personality types](#) that can help in [choosing careers](#), [communication](#), and understanding motivation.

**Extrovert – Introvert.** How you gain energy...from PEOPLE - E, from TIME ALONE - I

**Judging – Perceiving.** How you organize... with ORDER – J, FLEXIBILITY – P \*

**Thinking – Feeling.** How you make decisions...guided by REASON – T, VALUES – F

**Sensing – Intuition (N).** How you view information...see DETAILS – S, POSSIBILITIES – N

*\*Task vs People Orientation*

J-prefer structure and tend to be task orientated, P-prefer flexibility and tend to be people orientated

*Exceptions:*

in the Extroverts, ESFJ is people orientated and ESTP is task orientated

in the Introverts, ISFJ is people orientated and ISTP is task orientated

### CHARACTERISTICS OF THE 16 PERSONALITY TYPES

ENTJ “Commander” bold, imaginative, **determined leaders**

ESTJ “Executive” (Director-VWM) frank, **assertive traditional administrators** and managers

ENFJ “Mediator” (Giver-VWM) charismatic, inspiring, **supportive teachers**

-ESFJ “Consul” (Caregiver-VWM) helpful, sociable, **caring providers**, *people orientated*

-ESTP “Entrepreneur” (Persuader-VWM) energetic, persuasive, **perceptive communicators**, *detail & action orientated*

ENTP “Debater” **curious risk takers** who love intellectual challenges

ESFP “Entertainer” (Performer-VWM) spontaneous, **enthusiastic performers**

ENFP “Campaigner” (Champion-VWM) sociable **creative free spirits**

INTJ “Architect” **strategic thinkers** and big picture planners

ISTJ “Logistician” (Inspector-VWM) reliable, practical, **fact minded analysts**

INFJ “Advocate” **active idealists**, *Both* creative & analytical, emotional & logical

-ISFJ “Defender” **perceptive guardians of rules** who dislike change, *people orientated*

-ISTP “Virtuoso” (Crafter-VWM) self confident **observant problem solvers**, thoughtful adventure seekers, *results orientated*

INTP “Thinker-VWM” (Logician-16P) **innovative inventors** who love learning

ISFP “Adventurer” (Artist-VWM) charming, flexible, **artistic explorers**

INFP “Mediator” **altruistic intuitive thinkers** with purpose who see the big picture

\*<https://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/judging-or-perceiving.htm>

Names for the 16 personality types from <https://www.16personalities.com/personality-types>. *see also*

<https://www.verywellmind.com/the-myers-briggs-type-indicator-2795583#toc-the-mbti-types>

and Truity <https://www.truity.com/page/16-personality-types-myers-briggs>.

TASK  
accomplishment | order

Want: Control  
Motivator: impact

ENTJ "Commander" bold, imaginative, <b>determined leaders</b>	ESTJ "Executive" frank, assertive <b>traditional administrators</b>
ENFJ "Mediator" charismatic, inspiring, <b>supportive teachers</b>	ESTP "Entrepreneur" energetic, persuasive <b>perceptive communicators</b>

■ I

Judging  
↑

Want: Structure  
Motivator: achievement

INTJ "Architect" <b>strategic thinkers,</b> big picture planners	ISTJ "Logistician" (Inspector) reliable, practical <b>fact minded analysts</b>
ISTP "Virtuoso" (Crafter) <b>observant problem solvers,</b> thoughtful adventure seekers	INFJ "Advocate" <b>active idealists,</b> creative & analytical, emotional & logical

■ II

Extrovert ←

→ Introvert

Want: Connection  
Motivator: recognition

ENTP "Debater" <b>curious risk takers</b> who love intellectual challenges	ESFJ "Consul" (Caregiver) helpful, sociable, <b>caring providers</b>
ESFP "Entertainer" spontaneous, <b>enthusiastic performers</b>	ENFP "Campaigner" (Champion) sociable <b>creative free spirits</b>

■ III

Perceiving  
↓

Want: Knowledge  
Motivator: belonging

ISFJ "Defender" <b>perceptive guardians of rules</b> who dislike change	INTP "Thinker" <b>innovative inventors</b> who love learning
ISFP "Adventurer" charming, flexible, <b>artistic explorers</b>	INFP "Mediator" <b>altruistic intuitive thinkers</b> with purpose

■ IV

PEOPLE  
flexibility | community

Names from 16personalities (with some in parentheses from Very Well Mind), *except* INTP uses "Thinker" from VWM rather than Logician from 16P.