

The Jung Type Indicator

The Jung Type indicator (JIT) is an easy to use and understand report that is derived from a self administered questionnaire. JIT is designed to help people identify their psychological type and provide insight into self awareness that can help people understand their interpersonal and thinking styles. The profiling can be very useful in terms of helping individuals manage change and growth as well as provide a foundation for developing effective team dynamics through creating awareness of how individuals may respond differently to situations. Further to this, individuals of a team are not only aware of how each of the different psychological types may respond but also how to respond more appropriately to individuals with different psychological profiles. This can be especially important for a manager in terms of knowing how manage the different members of their team.

The JTI has been designed to be used as a personal development tool. Most respondents complete the questionnaire in less than ten minutes. Once completed a profile is created for each respondent which identifies their best fit type. There are 16 profiles in total and some respondents may fit into more than one type.

One of Jung's most important discoveries was his realisation that by understanding the way we typically process information, we can gain insights into why we act and feel the way we do. In particular, he noted that in order to better understand ourselves we need to understand the way we characteristically perceive, and then act upon, information. Jung identified two core psychological processes that he termed:

Perceiving, which involves receiving, or taking in, information, and **Judging**, which involves processing that information (e.g. organising the information and coming to conclusions from it).

Jung further identified two alternative ways of perceiving information, which he termed **Sensing** and **Intuiting**, and two alternative ways of judging information, which he termed **Thinking** and **Feeling**. Moreover, he noted that these four mental process can be directed either at the external world of people and things, or at the internal world of subjective experience. He termed this attitude towards the outer world **Extraversion**, and this attitude towards the inner world **Introversion**. Thus Jung realised the existence of these four basic psychological processes, which can be used either in the external or internal world, mean that people can use their mind in one of eight ways.

Jung further noted that just as people have a preference for the hand they choose to write with, and for the foot they choose to kick a ball with, so too do people have a preference for the mental processes they use to perceive, and judge, the world. In particular, he described how the preferred use of these mental processes leads to important personality differences between people. This is the essence of Jung's theory of psychological types, which describes how our preferred mental processes for judging and perceiving the world, influence the way we typically feel, think and act in our daily lives.

The Jung Type Indicator, source: <http://www.jungtype.com/index.htm>

© 2012 Pod Consulting