

In the Grip: Exploring the Other Side of Your Myers-Briggs Type

In the Grip is about the out-of-character selves we all encounter from time to time, particularly in response to fatigue and stress.

These *grip experiences* are healthy and we learn to adapt and grow.

Based on Carl Jung's personality type theory. Isabel Briggs-Myers and Katharine Briggs developed the MBTI to make Jung's theory more accessible.

In the Grip is based on Jung's typology theory of the *inferior function* which emerges most often during stress, fatigue and illness.

Like anything similar, these are generalizations and need to be considered with caution.

So much detail on the psychological type theory

In summary – the *dominant function* is what we spend most of our conscious energy on. We are aware of it and can direct and control it.

There's an *auxiliary* and *tertiary function*.

Then there is the *inferior function*. It gets the smallest share of our conscious energy, essentially unconscious. It remains dormant while our dominant function is in operation.

We often remain unaware of the change in ourselves until the experience is over (or we can do nothing to control it).

Have you ever noticed yourself *in the grip* at the time?

The *inferior function* is always exactly opposite to the dominant function.

There are 8 inferior functions corresponding the eight dominant functions (above).

[chart] [slide]

The inferior function appears similarly to the qualities that would describe a person who has that same dominant function. However, compared to the dominant function, the inferior function appears:

- Exaggerated or extreme
- Inexperienced or immature
- Black and white/ all or none

Summary of article: Quenk, N. L. (2000). *In the Grip: Understanding Type, Stress, and the Inferior Function* [Second]. Retrieved May 1, 2017, from www.cpp.com

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Reactions are generalizations, people who share that inferior function are similar with slightly different reactions based on the tertiary functions.

Personal experiences affect how it plays out as well.

Inferior function creates balance to our personality; not equal balance but mixing it up.

Eruptions of inferior function often compensate for overuse of one's preferred function.

Sometimes we project our inferior function onto others (anyone ever have that happen in a tough conversation?).

Inferior function can help us acknowledge when we are ill, overly stressed, overtired.

Intentional and appropriate use of inferior function increases our experiences and comfort with them. Anyone go to a painting class when it isn't your thing at all? Doing these relaxing activities or hobbies helps incorporate these often untouched parts of our personalities.

Overview of the Eight Inferior Functions

The difference in the two types within the same function appear in career choices and what they find to be energizing and stressful in their work environment.

There are also additional triggers that are type specific.

If someone is under constant stress-the person that people may erroneously assumed to be the "real" person. Do you know anyone like that?

Constant stress can affect our self-perception as well, how others see us in the workplace and thus could affect promotions and performance evaluations.

Ways to return from the grip – change of scenery, physical exercise, and some type specific methods (in the article).

Pamela Kachka pamela.kachka@rtd-denver.com
303-596-8970