

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

Ideas for activities:

8 Inferior Functions:

Extraverted Thinking Types: ESTJ and ENTJ
Introverted Feeling Types: ISFP and INFP
Introverted Thinking Types: ISTP and INTP
Extraverted Feeling Types: ESFJ and ENFJ
Extraverted Sensing Types: ESTP and ESFP
Introverted Intuitive Types: INTJ and INFJ
Introverted Sensing Types: ISTJ and ISFJ
Extraverted Intuitive Types: ENTP and ENFP

In groups of 8 Inferior functions:

Review content with same. Do you notice any tertiary nuances?

In groups with same and opposite:

Opposite should be what is your dominant.

In project teams-

Identify each person's MBTI on chart. How does this?

--*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*. **Other functions**

--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. [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

--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).