



# How to work out Type Dynamics

## A Quick Refresher

# What is Type Dynamics?

- Type dynamics helps us to look at the characteristics of each *whole* type rather than just the individual preference letters
- It tells us how the 4 preferences interact with and influence each other
- It gives us an order for preference use, development and importance

# The Order of Functions

- Functions – Middle letters of type – S,N,T,F
- Dominant Function
  - Most preferred & developed, main motivator
- Auxiliary Function
  - Second most preferred & developed, provides balance to the dominant
- Tertiary Function
  - Not a preference, but is usually accessible
- Inferior Function
  - Least preferred & developed, largely unconscious



# Working Out Type Dynamics

Extraversion - Introversion

*Attitudes, Orientations,  
'signposts'*

Sensing - Intuition

*Perceiving Functions*

Thinking - Feeling

*Judging Functions*

Judging - Perceiving

*Attitudes, Orientations,  
'signposts' to **outer world***

# Perceiving & Judging Functions

## ■ Perceiving Functions

- Sensing & Intuition
- Concerned with gathering information
- Open/emergent processes

## ■ Judging Functions

- Thinking & Feeling
- Concerned with making judgments & decisions
- Closing/completing processes



# STEP ONE

Finding the function used in the  
outer world – the 'extroverted'  
function



# Step One

Extraversion - Introversion

*Attitudes, Orientations,  
'signposts'*

Sensing - Intuition

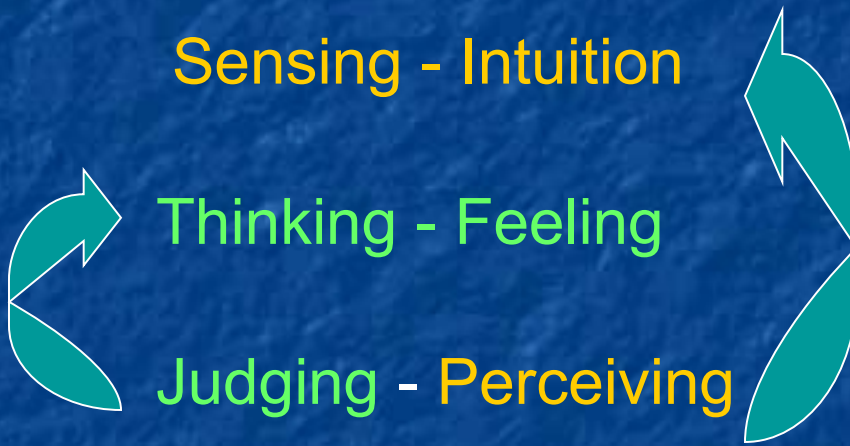
*Perceiving Functions*

Thinking - Feeling

*Judging Functions*

Judging - Perceiving

*Attitudes, Orientations,  
'signposts' to **outer world***



If type ends in **J**, T or F are used in outer world -  
extroverted

If type ends in **P**, S or N are used in outer world - extroverted

# Example - ESTJ

Extraversion

*Attitudes, Orientations,  
'signposts'*

Sensing

*Perceiving Functions*

Thinking - extroverted

*Judging Functions*

Judging

*Attitudes, Orientations,  
'signposts' to **outer world***



ESTJ – Type ends in **J** so connects to the preferred judging function of Thinking

Thinking is used in the outer world – extroverted (Te)





# STEP TWO

Finding the function used in the  
Inner world – the 'introverted'  
function

# Step Two

Extraversion - Introversion

*Attitudes, Orientations,  
'signposts'*

Sensing - Intuition

*Perceiving Functions*

Thinking - Feeling

*Judging Functions*

Judging - **Perceiving**

*Attitudes, Orientations,  
'signposts' to **outer world***

The other preferred function will be introverted

# Example - ESTJ

Extraversion

*Attitudes, Orientations,  
'signposts'*

Sensing - introverted

*Perceiving Functions*

Thinking - extroverted

*Judging Functions*

Judging

*Attitudes, Orientations,  
'signposts' to **outer world***

ESTJ – The other preferred function is

Sensing

Sensing is used in the inner world –

Introverted (Si)

By Angelina Bennet for BAPT





# STEP THREE

## Finding the Dominant function

# Step Three

- If the type has a preference for *Extroversion*, the dominant function will be the one that is extroverted - used in the outer world
- If the type has a preference for *Introversion*, the dominant function will be the one that is introverted - used in the inner world

# Example - ESTJ

Extraversion

*Attitudes, Orientations,  
'signposts'*

Sensing - introverted

*Perceiving Functions*

Thinking - extroverted

*Judging Functions*

Judging

*Attitudes, Orientations,  
'signposts' to **outer world***

ESTJ – Has a preference for Extraversion

Dominant function is Thinking (Te)





# STEP FOUR

## Finding the Auxiliary function

# Example - ESTJ

Extraversion

*Attitudes, Orientations,  
'signposts'*

Sensing - introverted

*Perceiving Functions*

Thinking - extroverted

*Judging Functions*

Judging

*Attitudes, Orientations,  
'signposts' to **outer world***

ESTJ – The other preferred function is  
Sensing

Auxiliary function is Sensing (Si)

# For Introverted Types

- The process of working out type dynamics is the same
- Note that the dominant function will be the one that is *introverted*
- The auxiliary will be the one that is extroverted



# Example - ISTJ

Introversion

*Attitudes, Orientations,  
'signposts'*

Sensing - introverted

*Perceiving Functions*

Thinking - extroverted

*Judging Functions*

Judging

*Attitudes, Orientations,  
'signposts' to **outer world***

ISTJ – Type has a preference for Introversion  
– the dominant will be Sensing (Si)

Auxiliary function is Thinking (Te)

Remember – working out dynamics  
gets easier with practice