

PERSONALITIES/ MYERS-BRIGGS TYPE INDICATOR®

INTRODUCTION:

This unit uses the popular Myers-Briggs Type Indicator® (MBTI®) to examine how personality preferences apply to each Service Member and spouse. The theoretical basis of the instrument is illustrated with the use of group exercises. The value of MBTI® is that it enables a greater understanding of oneself, which can lead to better self-management. It also facilitates an awareness of and appreciation for others' personalities. This is a joint session.

GOAL:

The goal of this module is for you to:

- learn the theory of MBTI®
- understand and assess preferences-yours and others

READINGS:

- After the briefing, read and validate MBTI® results, and review handouts

ADDITIONAL RESOURCES:

- www.myersbriggs.org
- www.keirsey.com
- www.true-colors.com

“To understand yourself is the key to wisdom.”

Confucius