

# Meyers-Briggs Explanation.

When Isabel Briggs Myers, and her mother, Katharine Briggs developed the Meyers-Briggs Personality Test, they were identifying preferences in each of four dichotomies in a theory developed by the psychologist Carl Jung. Jung believed that we have preconceived ways in which we perceive and judge the world around us. His theory is useful in understanding how we act in various settings.

After you take the test and have snipped your results, click on the tabs and scan through the additional information I have provided.

**Assignment:** in your own words explain what your Meyers-Briggs personality type is and in what ways it actually applies or does not apply to how you see yourself. I wrote an example on the Home Page of my website to introduce myself. Consider that as an example. Write yours in around 125 to 150 words. Assume your audience is anyone looking at your website. (I know, we haven't created it yet.)

***Save your work into either google docs or into your numbered student account. Please print it out and give it to me by Friday.***

## dichotomy

[dahy-**kot**-uh-mee]

[Examples](#) [Word Origin](#)

**noun, plural dichotomies.**

1. division into two parts, kinds, etc.; subdivision into halves or pairs.
2. division into two mutually exclusive, opposed, or contradictory groups:  
"a dichotomy between thought and action."

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## Jung in Medicine

**Jung** (yung), Carl Gustav . 1875-1961.

Swiss psychiatrist who founded analytical psychology and came up with the concepts of extraversion and introversion and the notion of the collective unconscious.

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