

Quick Tips: Type Gifts and Learning Needs to Enhance Emotional Intelligence

The personality type model is based on ways of perceiving and then acting on information. The emotional intelligence (EQ) model is based on ways of perceiving and then acting on emotions. The blending of the two models occurs when individuals experience and explore the role of their psychological types in the management of emotions.

Each of the eight personality type functions possesses a unique gift and each gift can be advantageous when extending emotional intelligence. Likewise, each type function also has specific areas of learning in order to further extend this gift. Please read more below.

Intrapersonal Awareness:		Gift of the function:	Learning need:
Introverted Sensing (Si)	Internal information	Realism and specificity	Learn to identify feelings and emotions as useful information
Introverted Intuition (Ni)	Internal information	Seeing links, anticipating the future	Learn to confirm hunches, sort and triage among possibilities
Introverted Thinking (Ti)	Internal decision making	Evaluating frameworks, being precise	Learn to challenge self-validated models and to accommodate very different views
Introverted Feeling (Fi)	Internal decision making	Knowing values and sense of mission	Learn to constructively detach and analytically evaluate action
Extraverted Sensing (Se)	External information	Immediate (urgent) awareness and focus	Learn to accommodate the different pace of others
Extraverted Intuition (Ne)	External information	Seeing wholes and making associations	Learn when to share context and when to focus on precise details
Extraverted Thinking (Te)	External decision making	Analysis and critique	Learn a language that promotes constructive critique and support that validates emotions
Extraverted Feeling (Fe)	External decision making	Attending to an individual's needs	Learn when empathy and self disclosure are appropriate and when critique is needed

Source: Adapted from *Introduction to Type® and Emotional Intelligence* (2002) by Roger R. Pearman

To learn more about Myers-Briggs® type and emotional intelligence, please read *Introduction to Type® and Emotional Intelligence* by Roger Pearman, published by CPP, Inc.

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