

Type dynamics adds another level to what the MBTI® tool is all about. We highly recommend reading *Introduction to Type® Dynamics and Development* to learn more.

Learning about type dynamics will help you “crack the code” of MBTI type—that is, figure out which is the favorite (dominant), second favorite (auxiliary), third favorite (tertiary), and least favorite mental process of each type.

As an introduction to type dynamics, we will show you how to find the favorite (dominant) process in just three steps. Here are a few pointers to keep in mind:

- Remember that when we refer to the mental processes, we are talking about the middle two letters of a four-letter type (ST, SF, NF, or NT).
- The other important elements to look at in determining a type’s favorite process are the first letter (E or I) and the last letter (J or P).
- Remember, the last letter doesn’t necessarily point to the favorite mental process. It does tell us which process a person extraverts (using that word as a verb).
- When you put this information together, you get the eight favorite (dominant) mental processes:
  - S<sub>e</sub>, S<sub>i</sub>, N<sub>e</sub>, N<sub>i</sub>, T<sub>e</sub>, T<sub>i</sub>, F<sub>e</sub>, F<sub>i</sub>

So...let’s get started!

## Step 1

### **Step 1: Which mental process is extraverted?**

The last letter of a type (J or P) tells us which of our mental processes (one of the middle two letters) we use in the outer world, or which of our mental processes we extravert. For example, let’s say you have preferences for ENFJ. The “J” in your four-letter type indicates that you have a preference for Judging; therefore, you extravert your *judging* process, Feeling (F). People who have preferences for INFJ also extravert Feeling. What if the last letter of your type is P? That means you extravert your *perceiving* process, Sensing or Intuition. So people with preferences for ENFP, for example, extravert their perceiving process, Intuition.

## Step 2

### **Step 2: Which mental process is introverted?**

If one of your mental processes is extraverted, then, for balance, the other one will be introverted. People with preferences for ENFJ, who extravert Feeling, introvert (using this word as a verb) their other mental process, Intuition. Those with preferences for INFJ, which has the same middle letters as ENFJ, also extravert Feeling and introvert Intuition. However, there is one more important difference between these two types that we need to look at before we can “crack the code.”

## Step 3

### **Step 3: What is the type’s “favorite world”?**

We all use our favorite mental process in our favorite world. If your overall preference is for Extraversion, your favorite world is the outside world. Thus the mental process you *extravert* is your favorite process. For ENFJ, as we saw in step 1, Feeling is extraverted. The overall preference for ENFJ is for Extraversion, so the favorite mental process is extraverted Feeling (Fe). If, on the other hand, your overall preference is for Introversion, your favorite world is your inner world. Thus the mental process you *introvert* is your favorite process. For INFJ, as for ENFJ, Feeling is extraverted and Intuition is introverted. However, because the overall preference for INFJ is Introversion, the favorite mental process is the one that is introverted. Thus the favorite mental process for INFJ is introverted Intuition (Ni).