

7 STEPS TO TYPING

STEP I:

Know Your *Typology*

Introvert vs. Extrovert

Intuitive vs. Observant {aka *Sensor*}

Thinker vs. Feeler

Judger vs. Perceiver

STEP II:

Know Your *Groups*

MIDDLE FUNCTION:

xNTx : Intuitive (N), Thinkers (T)

xNFx : Intuitive (N), Feelers (F)

xSTx : Sensing (S), Thinkers (T)

xSFx : Sensing (S), Feelers (F)

OUTER FUNCTIONS:

IxxJ : Introvert (I), Judger (J)

ExxJ : Extrovert (E), Judger (J)

IxxP : Introvert (I), Perceiver (P)

ExxP : Extrovert (E), Perceiver (P)

STEP III:

Know Your *Archetypical Groups*

Analysts	Diplomats	Sentinels	Explorers
INTJ	INFJ	ISTJ	ISTP
INTP	ENFJ	ISFJ	ISFP
ENTP	ENFP	ESTJ	ESTP
ENTJ	ENFJ	ESFJ	ESFP

STEP IV:

Know Your *Cognitive Functions*

Intuition	Sensing	Feeling	Thinking
Ni - Introverted Intuition	Si - Introverted Sensing	Fi - Introverted Feeling	Ti - Introverted Thinking
Ne - Extroverted Intuition	Se - Extroverted Sensing	Fe - Extroverted Feeling	Te - Extroverted Thinking

INFJ	INFP	ENFJ	ENFP
Ni → SEE THE PROBABLE OPTION; UNCONSCIOUS PROCESSES INFORMATIONS	Fi → INNER HARMONY; PERSONAL VALUES	Fe → HARMONY OF ENVIRONMENT; CULTURAL VALUES	Ne → SEE ALL POSSIBLE OPTIONS; FINDS CONNECTIONS IN INFORMATIONS
Fe → HARMONY OF ENVIRONMENT; CULTURAL VALUES	Ne → SEE ALL POSSIBLE OPTIONS; FINDS CONNECTIONS IN INFORMATIONS	Ni → SEE THE PROBABLE OPTION; UNCONSCIOUS PROCESSES INFORMATIONS	Fi → INNER HARMONY; PERSONAL VALUES
Ti → IMPROVEMENT OF THOUGHT; IDEA ORIENTED	Si → OBSERVE FROM MEMORY; SEEKS ROUTINE	Se → OBSERVE PRESENT MOMENT; SEEKS NOVELTY	Te → IMPROVEMENT OF SURROUNDINGS; FACT ORIENTED
Se → OBSERVE PRESENT MOMENT; SEEKS NOVELTY	Te → IMPROVEMENT OF SURROUNDINGS; FACT ORIENTED	Ti → IMPROVEMENT OF THOUGHT; IDEA ORIENTED	Si → OBSERVE FROM MEMORY; SEEKS ROUTINE
INTJ	INTP	ENTJ	ENTP
Ni → SEE THE PROBABLE OPTION; UNCONSCIOUS PROCESSES INFORMATIONS	Ti → IMPROVEMENT OF THOUGHT; IDEA ORIENTED	Te → IMPROVEMENT OF SURROUNDINGS; FACT ORIENTED	Ne → SEE ALL POSSIBLE OPTIONS; FINDS CONNECTIONS IN INFORMATIONS
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ISTJ	ISTP	ESTJ	ESTP
Si → OBSERVE FROM MEMORY; SEEKS ROUTINE	Ti → IMPROVEMENT OF THOUGHT; IDEA ORIENTED	Te → IMPROVEMENT OF SURROUNDINGS; FACT ORIENTED	Se → OBSERVE PRESENT MOMENT; SEEKS NOVELTY
Te → IMPROVEMENT OF SURROUNDINGS; FACT ORIENTED	Se → OBSERVE PRESENT MOMENT; SEEKS NOVELTY	Si → OBSERVE FROM MEMORY; SEEKS ROUTINE	Ti → IMPROVEMENT OF THOUGHT; IDEA ORIENTED
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ISFJ	ISFP	ESFJ	ESFP
Si → OBSERVE FROM MEMORY; SEEKS ROUTINE	Fi → INNER HARMONY; PERSONAL VALUES	Fe → HARMONY OF ENVIRONMENT; CULTURAL VALUES	Se → OBSERVE PRESENT MOMENT; SEEKS NOVELTY
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(ex. For more information on *Cognitive Functions* check out [this playlist](#) or the [Cognitive Function pdf](#).)

STEP V:

Know Your *Functional Stack*

Dominant Function - (1st Slot)

Auxiliary Function - (2nd Slot)

Tertiary Function - (3rd Slot)

Inferior Function - (4th Slot)

Polar Functions - (The 3rd Slot's Opposite Function. The Most Uncomfortable & Underused Function.)

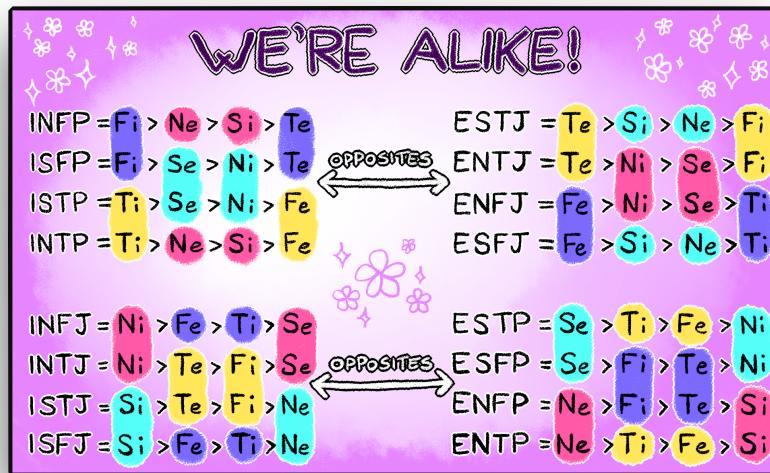
Functional Loops - (When The Dominant & Tertiary Function Take Over, Neglecting The Auxiliary.)

Grips - (When The Inferior Function Takes Over As The Dominant Function.)



(ex. You're in a **Ti/Ni Loop** so, you probably need to engage your *Auxiliary Function {Se}* and get out more.)
(Si is your *Polar Function*, so, have you been neglecting to take care of yourself? Sleep? Exercise?)
(Don't take it personally. He's an ISTP, his **Fe Inferior** sometimes gets him frustrated like that.)

STEP VI: Know How These *Types & Functions* Interact



STEP VII: Know Your Memes

