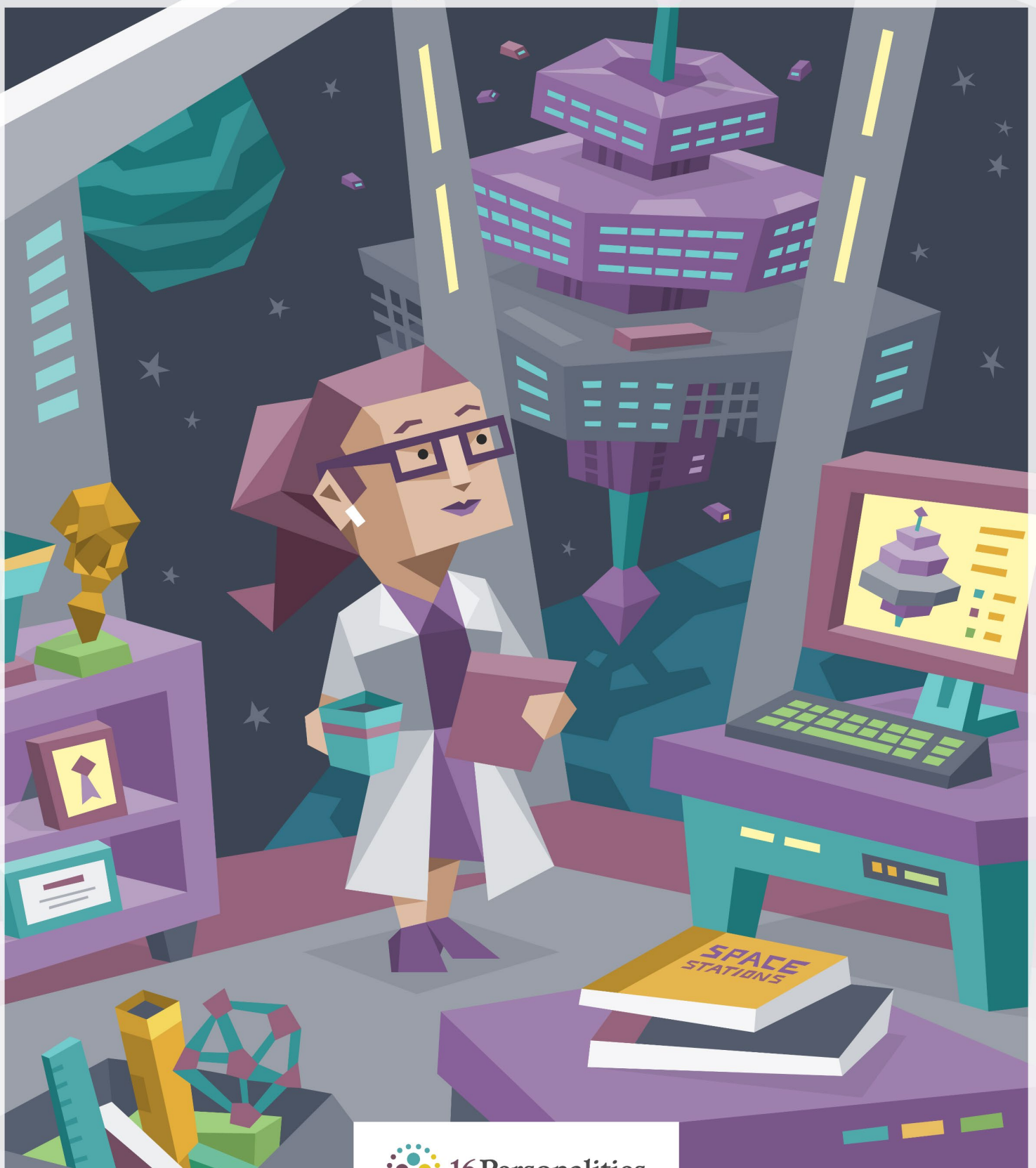


LOGICIAN GUIDE TO PERSONAL GROWTH

Satiate your constant drive to learn, explore,
and expand in new directions



16Personalities

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Introduction



Why Personal Growth Matters for Logicians

Personal growth is important for every personality type – and every person. It's hard to deny, however, that Logicians seem to have a particular appetite for it. Curious and inquisitive, Logicians feel a constant drive to learn, explore, and expand in new directions.

People with this personality type are rarely content to leave the status quo as it stands. Instead, they generate all sorts of ideas as to how they – and the world around them – could be better, more effective, more rational, and more interesting. Unless they're exploring and experimenting with new ways to improve themselves and their lives, Logicians can end up feeling stuck.

But Logicians' affinity for personal growth doesn't mean that it always comes easily to them. Logicians' minds can swim with so many ideas for self-development that it's difficult to keep track of them all, let alone prioritize or pursue them. That's why we at 16Personalities have designed this guide to help Logicians better understand their own personality, conceptualize the ways that they hope to grow and improve, and make progress on their own unique paths.

Exploring Possibility

By its very nature, personal growth isn't the "one size fits all" affair that some self-help books would indicate. Personal growth is about expanding beyond comfort and habit to explore new ways of existing. When Logicians recognize the need to grow, they can start by establishing a baseline of their current function in the world, evaluating the efficiency of their behavior and whether it's fulfilling. With an objective look inward, these types may find ideas for improvement, and then try new actions and attitudes to help accomplish them.

Personal growth isn't always the product of deliberate effort. Sometimes it emerges gently from the subtle shifts caused by age and maturity. Sometimes life prompts growth through hard times and crises. Logicians possess a wonderful enthusiasm for critical experimentation, and when they use this ability to inspire and manage their own growth, life's inevitable changes are likely to be positive rather than random. As the old saying goes, "You're either getting better, or you're getting worse. There's no staying the same."

Living from the Inside Out

For those with the Logician personality type, personal growth often involves connecting their internal experience with the outer world. To make progress, they may need some orientation tool to help them recognize the right way to go – a sort of map or landmark – as well as the mindset to stay on track. Living their lives more internally may prevent them from connecting with life's important landmarks, which are external to their thoughts. Personal growth starts with understanding their unique challenges in this area.

These types' Introverted trait leads to reclusiveness, their Intuitive trait reflects expansive imagination, their Thinking trait manifests as constant analysis, and their Prospecting trait is all about nonconformist, inquisitive thinking. *(If you're*

curious to delve deeper into personality traits and the underlying theory, you can learn more [here](#).)

These traits form the “perfect storm” for Logicians to inhabit curious, imaginative mindsets. Although this has many rewards, these individuals often become lost in their interior lives, failing to carry their grand ideas to fruition or fully connect with other people. Luckily, Logicians are seekers of truth, which can enable them to balance these tendencies.

Dealing with the World Beyond

Whatever their internal natures, these types must contend with the outside world. Their lives are often unusual when measured against society’s standards and social practices, and they can be happy outside the flow of conventional society. Nonetheless, for practical reasons – such as maintaining a job, getting support from others, or gaining fresh perspectives – it’s crucial for Logicians to dive into conventional social environments now and then. Personal growth helps them invest socially without losing the powerful material that’s the product of their inner lives. They needn’t abandon their unique style to engage the world, as thoughtful adaptation is their specialty.

Logicians are easily capable of expanding their comfort zones to add positive qualities to their lives – they just need to experience the merits of such attempts. They may require some rational reason for the expansion of their status quo; though openly curious, they value logic and often hold strong opinions. Moving forward with personal growth isn’t necessarily at the expense of core values or an attempt to change their intrinsic personality – in fact, it adds to both. To this end, we’ll look at personal growth through the lens of five motivational qualities, each an important step to progress for these types.

Motivation and Development

Logicians can consider personal growth in five closely related, but distinct, areas. The first three relate to the internal development of self-regard, and the latter two are more about tactics to engage more fulfilling lives.

Motivation

- **Self-esteem** speaks to how much Logicians like themselves. Accepting both their flaws and strengths creates a base of internal appreciation that enables change motivated by desire instead of shame.
- **Self-respect** speaks to their sense of worth. People with this personality type value rational logic, and when they live their beliefs and values, a balanced sense of pride in who they are follows.
- **Self-confidence** is the energy source that moves Logicians forward in life. When belief in their abilities is confirmed using their skills, Logicians are driven to make steady progress.

Development

- **Self-evolution** describes processes of conscious growth that Logicians take on to realize their potential. Knowing when to assess and expand themselves enhances their abilities and happiness.
- **Self-responsibility** is taking charge of their lives by accepting accountability for what they can do to improve things. Being conscious of their behavior and direction in life helps them guide their own progress instead of letting fate dictate a path.

Attending to each of these five areas can promote successful, fulfilling lives, while a lack of attention can serve as the source of persistent difficulty. For example, when Logicians (and many other types) feel a lack of self-respect, they may engage

in intellectually aggressive behaviors that compensate for their insecurity – not often a path to objective learning and growth.

Prone to being profoundly imaginative and occasionally frivolous, Logicians can ask themselves whether they're approaching their lives in balanced ways that create real growth. People with this personality type thrive on theory, and their mental gymnastics enable incredible creativity, deep introspection, and detailed ideas on how to accomplish almost anything. One of their biggest challenges, however, is patiently taking step-by-step actions to implement their ideas and goals. These types have such an expansive perspective that they often lose focus on what's in front of them, which can slow their intellectual and emotional advancement.

This isn't to say that Logicians should ever feel bad about who they are – quite the opposite. For these types, personal growth isn't about conforming to external mandates, but rather working to achieve whatever progress is desired. Regardless of where the journey starts, every step forward represents a new place and a success unto itself. Life should be filled with joy, and Logicians can decide for themselves where their paths should lead. From achieving traditional success in the form of great careers and happy families to trotting the globe as solitary poets, they explore their hearts and minds in relation to the world.

Moving Forward

Conscious personal growth is about more than feeling obligated to change. When inspired, these types seek new ways to be happier and more successful – including an independent and personal definition of success. The goal is to spur their inner drive with ideas, encouragement, and gentle guidance for possible problems along the way.

In the following sections, we first examine Logicians' characteristics in their most beneficial forms. Using these motivational components in "balanced" ways helps Logicians lead fulfilling, productive, and happy lives.

Next, we describe "unbalanced" tendencies that can emerge – departures from healthy, productive motivation strategies. We also explain some adverse effects Logicians may experience as a result.

Finally, we discuss what Logicians can do to improve or "rebalance" each of the motivational components, and provide exercises, reflection, and actions to aid in personal growth and development.

Self-Esteem

It's surprisingly common for rational people to struggle to reconcile emotion and memory with their intellect. Yet Logicians who maintain firm connections to their sense of emotional harmony also create strength in the higher functions of their beings. Internal conflict inhibits happy and inspired lives, while self-appreciation is a state from which all good things can grow.

Balanced Self-Esteem

Exploring Their Interior Landscape

Logicians are inquisitive and observant, and one of the ways they create balanced self-esteem is by being aware of their feelings instead of merely being subject to them. People with this personality type understand the value of examining things in detail; keeping an eye on their inner workings helps them stay in tune with life in general. When they look at their feelings honestly, they can let go of negative

self-perceptions and see how their humanity underpins their intellectuality in wonderful ways.

The benefits of this work toward balance aren't just internal. Self-esteem is an inwardly felt harmony that tends to radiate outward. When Logicians feel happy with their inner lives, they feel secure enough to also rebalance many potentially troublesome behaviors. Those with healthy self-esteem won't diminish others to elevate themselves, nor will they tolerate being treated unfairly, for example. The harmony that's grounded within flows out to positively affect all areas of life, making self-esteem an important step in personal growth.

Believing in the Value of the Mind

Logicians also develop their sense of self-esteem when they use their agile minds to figure things out. They tend to draw connections quickly and think creatively. Recognizing and using these qualities throughout their lives builds an ever-increasing sense of self-value. For a type that values intellectuality, being creative is the ultimate self-affirmation, giving Logicians the sense of being “sources” of good things, in addition to having clever perceptions.

Accomplishment and success typically start with ideas, and Logicians' self-esteem rely on their ability to come up with them; they feel good about the condition of their minds, as well as their hearts. This stems from an appreciation of their fertile imaginations, as well as the knowledge that they can use their power to make their lives better.

Unbalanced Self-Esteem

Dismissing Feelings

Among Logicians' virtues is the marvelous ability to explore, but they choose where to focus their attention – and they often discount uncomfortable feelings to focus on what they consider more worthy pursuits. Such disregard for their feelings results in unbalanced self-esteem because it creates inherent dishonesty. Like all types, Logicians benefit from internal housecleaning, but they're asking for trouble when they simply sweep emotions under the rug.

Even when tightly restrained, the same petty jealousies, fiery passions, and irrational fears that plague others also exist within Logicians. They may try to divest themselves of emotion to safeguard against the destructive elements of their personalities, but emotions also have many beneficial effects: they motivate action, help inform compassionate decisions, and even prevent morally questionable behavior.

It's easy to understand why Logicians might seek self-regard through intellectual rather than emotional means – feelings can be confusing and daunting, especially for a personality type that so respects and seeks to embody reason. However, those who deny the complete makeup of their being – both mind and heart – often suffer. Without facing messy, annoyingly subjective feelings that are part of the human experience, Logicians can't make peace with themselves.

Protective Pedestals

Sometimes these types tend to believe that what happens in their heads is more legitimate than what happens in the real world. But their inner, theoretical world becomes unbalanced when Logicians attempt to validate their self-esteem by dismissing external contributions and assuming they don't need help figuring

things out. Even worse, they may become so enamored with these mental constructs that they refuse to test them through real-world practices, preferring to keep their thought experiments untainted by contradictory facts. When Logicians choose speculation over experience, they're building their sense of pride on a shaky foundation.

Even worse, Logicians may begin to believe only their own hype, placing their ideas and solutions high above the opinions of others, as well as tangible evidence. These types create a cycle of adversarial relations with the outside world when they seek to elevate themselves in this way. Even when they're right, any self-esteem built at the expense of a fair exchange with others is dependent on an external conquest, and such relative gains are impermanent at best. Logicians risk a crushing downfall of self-esteem if undeniable facts knock them off their pedestal.

Rebalancing Self-Esteem

Embracing a Complete View of Self

Logicians can revitalize their self-esteem by getting in touch with their feelings, accepting emotions rather than sweeping them aside. Becoming comfortable with their feelings may take time, but Logicians can capitalize on the flexibility that often comes easily to them. Their archetypical non-judgmental style can be an asset when it comes to rebalancing self-esteem: When their emotions become a source of shame or frustration, they can forgive themselves with the knowledge that everyone has dark moments, and then move on.

Although they tend to approach things with airy intellectualism, this mindset rarely leads Logicians to such vital challenges as exploring their softer side. To

rebalance their connection with their emotions, a simple, unstructured, and private approach may help them overcome any hesitation.

The following brief self-review exercise is a low-pressure way these types can learn to be okay with their everyday feelings and balance their self-esteem. It's best done once per day, if possible, and it's very important to perform the steps at a time and place such as in the shower or in bed (or other good places to think quietly for a few moments) when other matters won't pull attention away. Use an external reminder, if it'll help – a note on the bathroom mirror, for example.

- Envision the following categories:
 - Unhappy self-regard
 - Happy self-regard
 - Unhappy expression
 - Happy expression
- Think back over the day and recall a moment of self-criticism, self-judgement, or self-doubt. Tag it as “unhappy self-regard.”
- Do the same for a moment of deep yet fair satisfaction with yourself, and mentally tag it as “happy self-regard.”
- Think of an instance of a negative expression toward others – impatience, criticism, disdain, even if justified or nonverbal. File it under “unhappy expression.”
- Recall an example of a positive emotional expression, such as a laugh or kind word shared with someone. Label that as a “happy expression.”
- Don't worry if there doesn't seem to be an event to correspond to each of the four categories – just recall what's available and proceed.
- Think over these selected memories. Rather than view the feelings and expressions as right or wrong, look at them as a simply part of the brain's function and, therefore, as much a part of the body as skin. For example,

affronts produce irritated emotional responses in the brain, just as the skin might become irritated by a contaminant – they are mechanisms like any other.

- Without self-judgment, consider how the events influenced the day. What helped or hindered personal goals, progress, and motivation? If you couldn't recall an event in all four categories, why not?
- If this exercise reveals an appealing opportunity to do something differently the following day, end the review process with some constructive and optimistic contemplation on how you can adjust your thoughts and actions tomorrow.

Logicians can feel good about themselves without profound effort, but regularly accessing their emotions in healthy ways may require consistency. Luckily, the regular practice of positive feelings often starts to feel like a reward rather than an obligation.

Acknowledging Value and Merit

The problem with building self-esteem through opposition to others is that it unrealistically assumes constant superiority. Instead, Logicians can use their hallmark analytical skills to consider worthy wisdom from outside, even if it reshapes their existing understanding – a wonderful thing for anyone who truly values truth and knowledge. Logicians can create balanced self-esteem when they accept that their worth is based not only on what they know, but also on their ability to keep learning.

They can also be aware that intellectual triumph doesn't necessarily keep knowledge flowing. It's important to consider how external facts and opinions have contributed to better understanding. People with this personality type can remind themselves that everything they know was once new information to them,

taught or learned from outside their own minds. These realizations can help Logicians moderate their arrogance and stay open to contrasting ideas without harm to their self-esteem. To stay in touch with their inner wealth without losing touch with what the world has yet to teach, they can try the following:

- Pause whenever a new fact, experience, or conversation updates or advances current knowledge.
- Consciously acknowledge that the change – and the benefit – came from an outside source.
- When new information contradicts a personal belief, take a moment to think about what's more valuable: the ego boost from displaying knowledge, or the mind's elevation that comes from learning new things.
- Show appreciation for the source of this new information. If it's a book, give it a quick positive review online; if it's a person, nod, smile thoughtfully, and thank them.

Self-esteem always comes into play when Logicians compare their own mental output to others, but it doesn't need to be dependent on such comparisons. When they see how their ability to be flexible and absorb knowledge affirms their mental strength, it creates happiness instead of conflict, as well as self-esteem that stands on its own internal foundation.

Self-Respect

Self-respect develops when Logicians discover their own principles and ideas. Since they're seekers by nature, such things are often fluid for Logicians, as the ongoing process of personal growth reveals new goals and ideas about how they want to be. But Logicians aren't craven or immoral in their goal-setting: Whatever shifts may happen, they almost always have underlying principles to guide them.

Balanced Self-Respect

Independent Thinkers

Although Logicians benefit from being open to the contributions of others, they tend to respect themselves most when they also express a degree of independence. They don't feel nearly as validated when something is spoon-fed to them or when they walk the paths others heavily trod first. However, Logicians naturally practice self-respect when exchanging contributions with others and constructively sharing what they know.

Such healthy expressions of independence may lead them down the "road less traveled," introducing Logicians to fresh perspectives and perhaps even revolutionary ideas. Finding a balance between discovering and engaging their own truth not only creates self-respect, but it also allows them to focus on living their lives usefully. Rather than reinventing the wheel, they happily roll with existing ideas into new territory. When they recognize their contributions to their lives and the world around them, they perceive their own value.

Enterprise

As rewarding as ideas can be, they remain only theory until they're put into action – and any initial action may be an amateur effort. Logicians create balanced self-respect by accepting their work as a process, and that developing enduring, valuable skills may feel slow or clumsy at first. These types have a keen ability to adapt to their environment and get what they want from life, and can find balance when they employ rational planning as well as deft thinking.

When people with this personality type balance thought and action, they create more than just ideas; it's as if their minds become so full that new realities must emerge. Such inspiration can take on almost any fashion; they love to experiment

and see where their efforts take them. When Logicians accomplish something, especially something new, they see the active side of their imaginations, and that's something they can respect deeply in themselves. Whether it's replacing a faucet, learning to play the piano, or writing a blog post, Logicians' self-respect grows with every accomplishment.

Unbalanced Self-Respect

Down with Everything

Pride in their intellectualism becomes damaging when Logicians act arrogantly around those who don't seem to share their reasoning ability. Those seeking a stronger sense of self-respect may excessively disdain others – or even the necessary structures that support their lives. This is especially likely to be true if they're bucking systems that don't fit with their intellectual framework or put unwanted pressure on them. Self-respect becomes unbalanced when it precludes all else but the internal and creates a negative worldview.

When Logicians take their rejection of conformity to an extreme, they may become incompatible with generally accepted ideas and mores, harming their professional and personal lives. If something doesn't make sense to them, they may refuse to fall in line, especially if they perceive the situation demands dependence. Logicians may take rebellious tendencies much too far to recapture their sense of independence; such an adversarial stance can destroy many opportunities for effecting change through communication and participation.

Drowning in Ideas

Fertile minds don't necessarily produce usable results. Logicians may delude themselves by being perfectly satisfied to endlessly refine theories without ever testing them, but dreaming without creating doesn't lead to balanced self-respect.

Though they aren't incapable of the initial effort to implement their ideas, they may become bored with the consistency required to achieve their lofty pursuits. Such failure to recognize the value of a full process – start to finish – may leave them awash in a sea of ideas, never grabbing hold of one long enough to see it through to fruition.

Over time, a mounting collection of unfinished projects, half-met commitments, and unrealized dreams can harm their sense of self-respect. Even if Logicians are just following their instincts, the outside world may not forgive inconsistency or lack of follow-through on important matters. Such critical contrasts aren't lost on this perceptive personality type, and they may feel bad about themselves as a result. Unfortunately, this reaction is itself an unbalanced attitude, which can sap Logicians' motivation even more.

Rebalancing Self-Respect

Finding Opportunities

Rebalancing extreme independence that offers no creative or practical advancement involves Logicians' learning to accept "healthy opportunism." From a rational perspective, they don't have to accept or agree with an organization's principles or conventions to benefit from them. These types tend to blanch when requests offend their rational values. Going along anyway to advance more practical interests may feel self-serving, but it's a logical process that isn't necessarily a bad thing, if any benefit is honestly gained.

People frequently acquiesce to things they don't entirely agree with to reasonably meet their needs. In a sense, it's simply a matter of compromise and adaptation – both of which are Logician strengths. While they may need to reframe such paradigms imaginatively to justify entering them, this falls well within their skill

set, and their curiosity can provide crucial motivation. Independence is good. Hunger due to excessive independence isn't so good.

When Logicians feel like marching in the opposite direction of something, they can attempt the following instead:

- Try it. Sometimes the depth of possible benefit isn't apparent from the outside. For example, a long line may seem like a waste of time when hungry, but maybe that food truck's tacos really are worth it. Similarly, spending some time in a boring entry-level position may eventually reap a rewarding, meaningful career promotion.
- Embrace sincerity. The goal is rational experimentation, and sometimes the best experience comes from full immersion.
- Measure the benefit. Logicians are among the most objective types. Use this mindset to find personal benefits inside something that was initially dismissed as pointless.
- Consider the costs. If external pressure exists to engage something, what's the harm in *not* doing so? For example, walking away from a taco truck has low stakes, but speaking out critically at work might throw a career into jeopardy. Logicians may want to do some mental math not just on potential gains, but on risks as well.
- Prove it. If something seems certain, whether ideal or non-viable, be sure before taking it up as a banner. Only research and empirical experimentation can reveal the truth.

Logicians needn't compromise their beliefs, but self-respect can still allow for participation in the world's many systems and structures. They may even find it moves life forward.

Sowing the Seeds of Success

Logicians may never feel comfortable with structure or a repetitious grind, but when they see and feel how the power of their accomplishments can enhance their lives, they may find reason to rebalance unrestrained thoughts with some action. Benefit can be a key motivating factor – a rational mind recognizes the importance of self-preservation as a prerequisite for other endeavors. For example, Logicians may perform well at work out of a need for income, if not always passion for the job.

For people whose minds tend to roam as loftily, as freely, and in as many directions as a bird, maintaining commitments can be a source of healthy self-respect. Logicians can also take pride in accomplishment with hands-on pursuits, practicing the skills of consistent effort and dedication with something that pleases them. It needn't be something on a grand scale, as higher stakes may inhibit rather than inspire effort. Even a small project can represent a major shift to an Intuitive type sensitive to symbolism, and then grow into a solid affirmation of self-respect.

Here is an exercise to practice follow-through:

- Come up with one small idea to make life happier. (For example, prettying up an apartment with a small potted plant.)
- Decide how long to do it. A month is a good suggestion, but, of course, some things have inherent limits. (The plant example could go on for years, but it could also be given away as a gift.)
- Get the thing and start doing it immediately. Delay serves little purpose.
- Set a realistic, consistent schedule. (In our example, water, prune, and feed the plant as experts recommend.)

- Use a calendar or reminder app to stay on track. Remember, this is to practice the skill of dedication. The project itself is just a vehicle for personal growth.
- Tell close friends, family, and loved ones about the project. See if one of them will act as a “wingman.”
- Share progress reports with your wingman. Periodic updates and feedback give added motivation. (“My plant is blooming!”)
- Stick to the plan, focusing on the good things it brings. (“Isn’t that plant looking pretty and healthy in response to dedicated efforts?”)

Logicians can create for themselves true internal motivation to make consistent effort, and they can accord themselves respect for whatever they accomplish. Self-respect shouldn’t be dependent on doing what others want, but it flourishes when Logicians do what they know is right for themselves.

Self-Confidence

Derived from the concepts of self-esteem and self-respect, self-confidence is the energy to maintain positive self-views in the face of the world’s challenges and eventual setbacks in life. Self-confidence allows Logicians to move forward with their ideas and choices, rather than being held back by doubt.

Balanced Self-Confidence

Mental Strength

Logicians affirm self-confident energy by relying on their ingenuity and sense of reason. Because they tend to live in their heads, they’re most comfortable with an internal locus of control. But Logicians create balance by also looking outward, using their creative minds as sources of energy to persevere against challenges

and complete their goals. Logicians think that, if it's rational, perhaps it can be done, and exploring this relationship drives them in life. They're fueled by concepts and principles more than feelings.

When they take this view toward their own growth, these types can construct self-confident paths forward in their own lives. Logicians embrace new knowledge to reinforce their efforts, but they also draw strength from knowing they can figure things out. They invest heavily in thought long before even considering action. In a way, this gives them self-confidence; they can handle the unknown because they're ready to understand whatever may come.

Open Minds

It might seem that a personality type so reliant on internal contemplation and rational examination might hesitate to participate in the real world, but Logicians balance their internal experience with a willingness to experiment. Self-confidence isn't about *certainty* for these types – it's about the lure of *potential*. Logicians aren't known for being resolute as much as keenly curious, and their willingness to try things out, sometimes spontaneously, gives them momentum.

A willingness to engage spontaneously can keep them open to change and improvement. Whether dealing with a social setting, work method, or entirely unfamiliar activity, Logicians find that imagination gives them the energy to do things – they're always interested to see where a whim takes them and what they can learn. Such curiosity can easily overcome doubt, hesitation, or lethargy. When Logicians credit themselves with the chance to succeed, they embody balanced self-confidence.

Unbalanced Self-Confidence

When Things Make No Sense

Logicians' self-confidence may suffer in realms outside of the rational. They tend to lose motivation in areas of life where logic reveals little, and they may feel stymied when situations can't be assessed through some rational construct. One example: Even when people adopt the healthiest lifestyle habits, they can get sick anyway. Nobody can control fate or force others to think a certain way, and this can make Logicians feel powerless.

Deep emotions also sometimes seem irrational to Logicians when the reasons behind them don't always make immediate sense, defying their inquisitive rationality. During times when it becomes apparent that their intellect is ineffective, Logicians may feel lost and upset. Realizing that they can't control or predict the course of emotions can feel destabilizing to people who so prize rational contemplation. Without restoring balance, they can easily lose their energy.

The "What-If" Trap

The other side of Logicians' open-minded imagination is an ability to see nearly infinite potential stretching in every direction. Such openness becomes unbalanced when it causes a kind of bewilderment that saps their energy – entranced by perception itself, they observe rather than engage. Instead of being motivated to explore potential, Logicians get lost among the "what-ifs." It's as if these types talk themselves out of "doing," not necessarily because they fear failure, but because perpetual searching becomes addictive.

When a sharp mind sees so many options that decisions become hard to make, balanced self-confidence is hard to maintain. Logicians may struggle to move

forward confidently when they can't muster commitment to any direction – one path becomes lost among many. In daily life, this kind of indecision can wreak havoc; they may lose their enthusiasm, becoming passive receptors of life instead of happy, confident explorers.

Rebalancing Self-Confidence

Peace of Mind

The Serenity Prayer encourages people to accept what they can't change, to change what they can, and to know the difference between the two. Such peaceful thinking can help Logicians gain perspective when they're unable to master things through pure logic. Coming to grips with the fact that not everything can be fully understood – and that not everything needs understanding – helps Logicians rebalance their self-confidence and regain their motivation.

When they accept that some factors are beyond their control, they may find they're more resourceful than they thought, which gives them the energy to move forward. Logicians don't favor tight structure for their lives, and they can recognize that the world also holds many vagaries – hiding from or decrying them won't eliminate such factors, but Logicians excel at overcoming through adaptation. To help mentally rebuild self-confidence, they can try this simple affirmation exercise:

- Write a list of things that are desired (better income, a joyful relationship, earning a degree).
- At the top of the list, write an "I will"-style phrase in personal words, something along the lines of, "With my mind and practice, I will..."

- Put the affirmation and the items together into a mantra: “With my mind and practice, I will... be a better bass player (be a happier person, get As, or whatever).”
- Keep the list at your bedside. Upon waking each morning, say each item silently three times with sincere intent and focus.
- Don’t let doubt, cynicism, or self-criticism tinge the recitation. Allow a calm but happy sense of confidence to fill the words, creating energy for the day.
- Imagine the happiness and satisfaction that can come from achieving the goals, then carry that excited, optimistic feeling throughout the day.

What may seem like a silly exercise can inspire very real change in the brain – these feelings can be encouraged through practice, including self-confident energy. When Logicians tap into their sense of hope for the future, their motivation remains strong despite all the things they may not have mastered yet.

Jumping into Life

One of the essential ways Logicians can rebalance a lack of energy to move forward is to practice the skill of persistence. This quality is separate from the personality traits because it comes not from a sense of obligation or structure, but of personal desire. When they turn their inquisitive logic inward to ask what they truly want from life, that thirst can be used as self-confident energy to make it happen. And, once a process has been started, reconnecting with that initial desire can rebalance Logicians’ tendency to falter midway through.

Their lack of rigidity can also be turned into an advantage to progress. In the pursuit of their desires, they’re unlikely to get stuck in a rut, and they can constantly alter their angle of attack. Sometimes changing approaches is the best way to prevent stalling – no points are awarded in life for adhering to something

ineffective. Of course, new approaches don't mean abandoning goals, but rather reinventing how to achieve them.

The best time to practice self-confidence is today – here are some steps Logicians can take to do just that:

- Pick an unexplored personal interest, preferably related to the active practice of a skill or ability (math, flute playing, makeup artistry, fitness).
- Find a mentor, teacher, class, or whatever authoritative source is needed to begin.
- Book the first engagement for this week. Don't hesitate or think of reasons to wait.
- Do it!
- Throw as much energy and focus into it as possible and make it fun.
- Notice with pride that both skills and knowledge are growing.
- Set self-satisfaction as the bar for success instead of external judgements.

Ingenious change allows Logicians to renew their choice of paths, rather than stray from them. Bypassing life's rich experiences due to doubt or distraction – or even simple disaffection – might be regrettable, but active engagement can result in wisdom and happiness.

Self-Evolution

Self-evolution is the idea that Logicians can turn their love of understanding toward their infinite personal complexity, constantly looking for ways to improve. It's important to note that self-evolution is about personal fulfillment. This may range from academic or financial aspirations to something as soul-satisfying as playing piano. It may also mean developing their emotional intelligence to better understand themselves and others. The point of self-evolution isn't to be on an

austere march toward a single goal, but to continuously develop personal potential into reality.

Balanced Self-Evolution

Adaptive Transformation

Self-evolution is more than merely considering new perspectives. Logicians understand that information and wisdom are only as good as how they're applied, and they create balance by finding and employing mechanisms that can advance their methods and views. This ongoing process often leads them to moments of sober reflection, but they embrace such examination as a necessary step to creating something better.

Their fertile imagination keeps the door propped open for new thinking about themselves. More importantly, their value of rational logic requires them to recognize their own mistaken perceptions and adapt them – just as they strive against ignorance around them. Recognizing opportunities to evolve doesn't always mean a leap of faith, though, and when Logicians change their minds or their lives, it's because such changes inspire them.

Looking to Others

Even as relatively cerebral Introverts, Logicians can advance through compelling connections with others on topics that interest them. They often search far and wide before finding a social setting where they feel truly at home, but it's usually worth it. Company and fun activities are wonderful, but the right social connection offers a chance for intellectual growth and exchange – worthy goals for self-evolution. These types can accomplish a lot on their own, but even more if they accept the value of other people.

Logicians may be the source of many great ideas, but when they explore others' minds as well, the inspiration and refreshing perspective they find can update their thinking, and even touch off a whole new series of ideas for them to pursue. Such interactions breed valuable feedback on Logicians' ideas, serving as a very real external balancing point for their internal narratives and flow of thought. Whether studying the habits and teachings of a great leader, or simply connecting with someone they find personally admirable in some way, Logicians' self-evolution benefits when it references qualities found in others.

Unbalanced Self-Evolution

Defensive Mental Exclusion

Logicians want to understand reality, but sometimes they become wedded to their ways, their openness to change clouded by their mastery of theory. They may even reject ideas merely because they're too divergent from their preferred ways of thinking. Without balance, their mental elasticity and sharp insights can be used to justify subjective opinions rather than seek knowledge. Instead of inclusive self-evolution expanding their capabilities, unbalanced intellectual self-referencing can create stagnation.

Realizing a need for change isn't always easy, and it can be far more comfortable dismissing challenging metrics than evolving to meet them. Logicians can easily pick apart anything they don't like, choosing to question the validity of something instead of expanding their conclusions to explore it. They may feel quite accomplished, only to find that they're developing their minds and skills in an unbalanced echo chamber, resulting in questionable capability in the broader world.

Disdain for Society

Social interaction can be difficult for Introverts, and Logicians often struggle to understand its value. Their nimble minds are independent, and they don't always feel the same reward from social and emotional interactions that other types do. Logicians simply may not feel like spending time around other people – and, unfortunately, a lack of human interaction can cut off marvelous opportunities for growth, throwing their self-evolution out of balance.

If they discount human connections as a priority, they miss the unexpected inspiration and support that people can offer, sometimes without even realizing what they're missing. Intellectuality and introspection are important, but it's unbalanced for Logicians to prize only those things and retreat from engaging in the vast variety of potential exchanges all around them. A brilliant mind unshared is a waste, and Logicians who take an isolated view of self-evolution prevent their greatest growth, including intellectual advancement.

Rebalancing Self-Evolution

Challenging Themselves

By relaxing in their search for perfection, Logicians can rebalance a tendency to critically second-guess everything, keeping them open to changing their minds and their lives – the very definition of self-evolution. Although confident in what they already know, they may need to risk their ego by exposing themselves to contradictory or ambiguous ideas if they want to grow. Logicians' intellectually feisty mindset may tempt them to argue for what they hold dear, but balanced intellectual growth comes from using that skill to also question – and possibly remake – themselves.

Being willing to reconsider their conclusions is a huge asset to Logicians and doing so can relieve a lot of stress. Arguments and questions can be illuminating, but they can also cause friction and missed opportunities. Instead, Logicians can decide to be ready to change when needed, increasing their knowledge from any sources they can find. Their openness can allow true wisdom to blossom. Logicians can start by practicing positive change voluntarily, with just a few steps:

- Instead of dismissing new views and ideas, decide to try them out. Thinking something through isn't enough, so begin by gathering empirical evidence to either refute something or understand its benefits.
- Ask people for as much detail as possible. Employ constructive conversation rather than critical dissection.
- Ask for a demonstration of how they make it work in their life and show positive appreciation for their efforts.
- Apply their approach sincerely to test its usefulness. Keep in mind that it may end up being a worthy, useful idea or perspective, so real effort is both fair and wisely self-serving.
- Try it more than once – and try it under different circumstances.
- Look for ways to hybridize and adapt others' ideas to make them personally suitable. Personal circumstances, needs, and skills differ, so keep in mind that it's not a contest, it's about searching for improvement.

Logicians find that experimentation is one of the most fulfilling practices and a convincing way to spur self-evolution. Seeing or doing something for themselves not only satisfies their need for rational facts, it stimulates their sense of curiosity – an excellent way to evolve their sharp minds.

A Friendly Chat

It's worth noting that there's nothing inherently wrong with being alone. Embracing solitude may feel like returning home for Logicians, and a counterbalance to the social side of life can be restorative, even necessary. Solitude need not stem from unbalanced disdain for others – a strong mind is a wonderful refuge, but also a tool to connect with the learning and intellectual growth that others can offer. Part of self-evolution lies in knowing when it's helpful to look for inspiration elsewhere as opposed to inward.

When Logicians appreciate the value of engaging others and decide to improve that part of their lives, little is more useful than the art of conversation. Getting words flowing back and forth may start with small talk, but if people have something deeper to share, it can quickly come out, especially when Logicians make them feel valued by asking them about what they know. Creating a cycle of exchanged knowledge feeds their minds, and good conversation is a universal starter, lubricant, and carrier of wisdom – Logicians may even find their vocabulary expanding.

Here are some basic tips Logicians can use to get a conversation going:

- Enter or start conversations with gentle inquires – and a smile.
- Ask questions and show interest in people's thoughts.
- Share thoughts in full detail, but don't hold the floor very long.
- Truly listen to what others have to say in response.
- If asked questions, try to give useful, considerate answers. *Share* knowledge, don't just display it.
- Allow others to have their own perspective, even if it's disagreeable. Not every argument needs to occur, and often something that seems initially absurd suddenly clicks in a later round of reflection.

- Be cautious making jokes among unfamiliar people. Humor is subjective, but polite, friendly sincerity is universally appealing.
- End exchanges with thoughtful positivity: “That’s interesting. I’ll have to think about that!”

Logicians likely have a lot to say and opinions about everything, but the key to good conversations is also knowing what *not* to say. Using their mental flexibility, Logicians can try to observe other people and see things from their perspective. When they gain even a little insight along those lines, communication blooms.

Self-Responsibility

This personal growth facet deals with Logicians’ decisions and what they value. People with this personality type are capable of great passion, whether caring for their families, excelling at their jobs, or breathing life into creative projects. However, they don’t always prioritize their relationships to the world around them. Consciously expanding such objectives is key to personal growth, and self-responsibility represents both accountability and capability in Logicians’ lives.

Balanced Self-Responsibility

Jurisdiction Over Life

Logicians have a gift for dissecting concepts and events, looking both backward and forward in time to see causes and probabilities. Blending this ability with self-responsibility gives them influence over the events in their lives because they can choose how they act and react. Logicians are perceptive, but as they aren’t the only actors in the game of life, predicting the future isn’t always possible. People with this personality type achieve balance when they use their abilities to adapt to whatever happens and still press forward with their own goals.

This can mean different things depending on the situation, and it's more of an *attitude* of ownership rather than a specific course of action. For Logicians, being self-responsible means using whatever knowledge and power they have to the greatest possible benefit rather than just pointing fingers. True greatness – and personal growth – isn't really a measure of ability, but how that ability is used. When Logicians claim accountability for their lives, they empower themselves to create a better future.

Graceful Acceptance

Logicians sometimes come up against upsetting things and people. Acceptance isn't always easy for people who so love to argue their many insights, yet it's often the most functional solution available. Logicians balance their reaction to seemingly outrageous things by recognizing that self-responsibility doesn't require them to speak out. Knowing when to accept that which they can't or need not change allows Logicians to put their energy toward more productive efforts.

They may have to work harder than most to shake off their frustration with external things, but making ongoing effort leads them toward balanced self-responsibility. They see the value of moving forward – after all, they have better use for their heads than beating them against a wall. When they accept circumstances, a calmer state of mind often enables solutions, and when they accept other people, they find unexpected cooperation that enhances their lives.

Unbalanced Self-Responsibility

Denial

Logicians can often see how things work in complex detail. This can be a virtue when they're feeling creative, but when they experience misfortune or dissatisfaction, their analytical tendencies can lead them into blameful dissection,

tearing apart anything that offends them. It's all too easy for such a perceptive personality type to ladle out criticism when it seems so clear how things went wrong, yet they may never look inward for any personal responsibility.

Unfortunately, Logicians' tendency to express anger toward any perceived inadequacy – be it a mechanism, method, or another person – only serves to create frustration, no matter how legitimate their complaints. When these types focus on blame, they consume energy that could otherwise be used to move forward. And, not seeing any culpability in themselves can also convince them that they don't have the responsibility – or power – to remedy the situation.

Intolerance

It's understandable for these types to be frustrated – their keen perceptions see the myriad problems that are part of everyday reality. However, harshly criticizing everything they see as “broken” is an unbalanced overreach. It's simply unrealistic to expect everything to be the way they think it should be, and holding such opinions can embitter them. When Logicians let their righteous indignation get out of hand, they may exhaust themselves with the stress of constant outrage and argument.

Allowing such an attitude to persist not only threatens Logicians' happiness and health, but it can also be hurtful to others, damaging personal and professional relationships. Self-responsibility certainly includes speaking the truth, but they may mistake this for the right to judge others when they think they see a better way. They can struggle to be permissive, often putting them at odds with people in their lives and the world around them.

Rebalancing Self-Responsibility

Taking Responsibility for Their Lives

Life presents nearly infinite opportunities to criticize – the world is full of flaws and flawed people. However, blame is a wasteful way for these capable and creative types to use their energy. Instead, Logicians can take responsibility by not only adapting gracefully to circumstances, but also by accepting their own involvement. There's great value in rooting out the cause of any problem, but once it's found, self-responsibility is a gesture of power because it claims an ability to effect change.

Self-responsibility also means learning from problems with an eye toward preventing them in the future. Logicians might accurately fault external causes for certain issues, but such events can also provide lessons if they embrace their skills of inquisitive rationality, as well as their freedom to choose a better destiny. When something goes wrong in life, they can use the following steps to help turn their energy toward progress instead of blame:

- What happened? Before assigning blame, seek answers with a cool, analytical mindset. Truth may come to light and provide a useful perspective.
 - Go over the chain of events to uncover the details of what happened. Ask other people for their take on events.
 - If the root problem can be identified, see if it can be fixed. Seek the counsel of trusted, respected friends and family.
 - Map things out on paper, if needed, using cause-and-effect logic.
- Be forgiving. Inanimate objects can't give apologies, and people can't undo history. Forgiveness benefits those who give it. Stress and anger make life

miserable and do real physical and mental harm. Patience is a rational investment in personal health.

- Move forward. Feelings of blame don't always go away quickly, but staying focused on progressive action is helpful.
- Elevate others. Instead of pointing out how people are wrong, respectfully offer them mentorship – and be graceful if they decline.

The above are rational steps, but sometimes frustration and desire to blame can be raw. In this case, Logicians can consider a classic tool that any type can use to release emotion:

- Let it all out in writing. Writing a letter that's never meant to be read can release blame without harm. Write an unrestrained rant to the source of the problem and then burn it – literally light it on fire – and repeat as much as desired. Let the act of composing and expressing thoughts and feelings create a sense of personal validation, but then let them go and move on to happiness and progress.

Logicians create balanced self-responsibility by examining how they can improve things instead of blaming themselves, others, or circumstances.

Permissiveness

Tolerance and acceptance can seem like flimsy concepts to Logicians confronting offensive ideas. However, practicing positive concepts can counter the frustration that often drains Logicians and pushes other people away. One way to do this is to use one of their greatest strengths – inquisitive examination. Although understanding doesn't guarantee appreciation, when these types take a rational and objective look, they potentially reveal hidden facets that balance their viewpoint. As adaptable as Logicians are, this mindset is within their reach.

This practice is about emotional self-control as well as logic, but calm reason is at the core. Logicians can decide to embrace open curiosity, putting aside prejudice in favor of balanced reflection. Many things this imaginative personality type may rail against are conceptual or distant, with little direct bearing on their own lives, so constantly waging intellectual battles may accomplish little. Here's an exercise they can use to practice tolerance that may require a little planning in advance:

- Enter a social situation antithetical to personal opinions and decide to withhold judgment or thought. (A progressive atheist could sit in the back of an orthodox religious service, for example).
- Quietly listen and absorb for 10 to 15 minutes, or longer if the subject proves interesting.
- Allow internal judgment (intolerance), but simply observe it instead of delving into it – collect the facts, not the feelings.
- It's important to respect and allow emotions, even while rebalancing them. If emotions like anger or frustration come up, feel them for five seconds, and then refocus.
- Try and find an upside, even if it's not personally applicable. What are its positive points? How does it benefit people? Why do people like it?
- Go home (or somewhere private and peaceful), tally up the positives and negatives, and see if they make the topic more acceptable.
- Realize that the objectionable thing will always be there – but that it's a matter of self-responsibility to focus on it or not.
- Take this idea into everyday life: Where to place attention and energy is a personal choice.

There's no magic bullet with which Logicians can fight their own upset feelings. However, being right isn't always enough to make them happy. Sometimes victory

lies in knowing which battles can't be won, which battles can result in a pyrrhic victory won at too great a cost, and how to avoid a life of battle in the first place.

Final Words

Pearls of Wisdom

Logicians' ability to understand life in all its intricacies gives them a wonderful capacity for personal growth. No other type sees more angles, rational paths, or possibilities in every moment. When they set their sights on improving and expanding themselves, it's as if the future opens infinitely, the world truly becoming their oyster. Wise Logicians don't see personal growth as an obligation but an opportunity – even a joy.

If they have one common roadblock to overcome, it's the intricate palaces they build in their minds. Logicians use their imagination and mental abilities to craft visions so rich they seem to fulfill many of their intellectual needs. However, as with any Intuitive type, knowing when to get out of their heads is often the first step on the road to personal growth. When they balance their highly imaginative mentality with realistic assessments and follow-up action, their perspective is both creative and effective.

Stepping into that external world can be daunting on many levels, whether it's daring to turn dreams into reality, learning to master social situations, or maintaining personal drive despite life's frustrations. Luckily, Logicians are unabashedly curious, equally able to explore hidden corners of their own emotions and to expand their skills in the wider world. When they work to build their harmony, they find the confidence to dive into life in search of wisdom.

So... What's Next?

You've reached the end of this book, but fear not – we've created many more resources for you. Here are a few that might capture your interest:

- Want more tests and insights to help you direct your personal growth journey? Explore our [Personal Growth Tools and Assessments](#).
- Looking to enhance your academic or professional life? Check out the [Logician Guide to Careers](#).
- Feeling adrift when it comes to your romantic relationships, friendships, or relationships with your children? Our [Logician Guide to Relationships](#) may be just what you need.

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