



**PAM BURKE COACHING**  
OPENING UP POSSIBILITIES

#### **PART IV - WRAP-UP/FINAL THOUGHTS**

Please remember that this is just one “lens” you can utilize to achieve with ease. We all have a natural bias for our own way of seeing things and making decisions. Perhaps there is someone in your own life that has an opposite preference which can be challenging. For example:

- E-I E’s may think I’s are uninterested or withholding information when they are just internally processing. I’s may think E’s are uncertain or inconsistent when they are talking through a decision out loud.
  
- S-N S’s may think N’s are avoiding or changing the topic when they are brainstorming connections. N’s may think S’s are unimaginative when they are raising realistic and practical questions.
  
- T-F T’s may think F’s are over personalizing when they focus on applying their values. F’s may think T’s are harsh and cold when they take a detached, problem-solving approach.
  
- J-P J’s may think P’s are procrastinating and unreliable when they are trying to keep options open. P’s may think J’s are rigid and controlling when they are structured and scheduled.

Applying type can help us move from irritation toward acceptance. This awareness can also help us start moving toward curiosity and away from judgment knowing that people have different type preferences.

There are so many different ways that type can be used as a tool for self-awareness, social awareness, problem solving and decision making. I hope this introduction to personality type and the “achieve with ease” activity applying type is helpful to you. Don’t hesitate to reach out to me if you’d like to explore this in more depth or in other areas in your life!

See **BONUS: Understanding the Why of Your Goals**

Source: Introduction to Type by Isabel Briggs Myers, Sixth Edition.