

## Type and Archetype: Self-Exam Exercise

### ENFJ

#1 – Hero/Heroine:	Extraverted Feeling:
<ul style="list-style-type: none"> <li>• Prioritizes</li> <li>• Initiates</li> <li>• Charismatic</li> <li>• Trusted</li> <li>• Promotes ambitions &amp; goals</li> </ul>	<ul style="list-style-type: none"> <li>• Harmonious environment energizes</li> <li>• Focus on groups of people and collective relationships</li> <li>• Tuned in to emotional timbre of group</li> <li>• Respects and enforces “shoulds” (“political correctness”, manners, social structure)</li> <li>• Self-assesses through “shoulds”</li> <li>• “Knows” what others need</li> <li>• Disagreement is bad. Conflict-averse</li> <li>• “Us” vs. “Them” (“You’re either with us or against us”)</li> <li>• Evaluative (better vs. worse)</li> <li>• Guided by values that are assumed to be shared.</li> <li>• Agenda driven</li> </ul>

notes:

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#2 – Mother/Father:	Introverted Intuiting:
<ul style="list-style-type: none"><li>• Nurtures, Supports, &amp; protects</li><li>• Idealized parent.</li><li>• Balances &amp; advises the Hero/Heroine</li></ul>	<ul style="list-style-type: none"><li>• Focuses on pattern recognition</li><li>• Perceives at the “universal” level</li><li>• Seeks deepest level of understanding</li><li>• Extrapolates from specific data to general (divergent)</li><li>• Seeks root cause, meaning</li><li>• Sees complexity, systems</li><li>• Time orientation: past &amp; (especially) future</li><li>• Energized by discovering “universal” patterns</li><li>• Understanding of past/ present/ future ebb &amp; flow of events is reality</li><li>• Usually vague &amp; abstract</li></ul>

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#3 – Puer/Puella:	Extraverted Sensing:
<ul style="list-style-type: none"> <li>• Vulnerable</li> <li>• Improvises</li> <li>• Playful</li> <li>• Irresponsible</li> <li>• Charming</li> <li>• Promising but ultimately unreliable</li> <li>• Seems amoral</li> <li>• Spoiled Prince/Princess</li> </ul>	<ul style="list-style-type: none"> <li>• External information-gathering</li> <li>• External focus on concrete things</li> <li>• Time orientation: immediate present</li> <li>• Broad (inclusive); not deep</li> <li>• Finite scope</li> <li>• Visual emphasis (“Seeing is believing”)</li> <li>• The tangible current environment is reality</li> <li>• Intimately connected to environment</li> <li>• Energized by the sensory experience</li> <li>• Literal</li> <li>• Active, impulsive, proactive about experiencing the “Now”</li> <li>• Hands-on, practical, pragmatic</li> </ul>

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#4 – Anima/Animus:	Introverted Thinking:
<ul style="list-style-type: none"> <li>• Difficult ideals</li> <li>• Ideal “other half” (opposite gender)</li> <li>• Complements the Hero/Heroine</li> <li>• “Backseat driver”</li> </ul>	<ul style="list-style-type: none"> <li>• Internal decision-making</li> <li>• Narrow focus on task</li> <li>• Subjective, internal decision-making</li> <li>• Unilateral (not collaborative)</li> <li>• Emotions interfere with precise analysis, so ignore except as information</li> <li>• There is a correct/best decision/choice</li> <li>• Self-constructed underlying principles &amp; framework</li> <li>• Discussion is superfluous</li> <li>• Energized by the precision of the reductionist analysis process</li> <li>• Goal: reach the one correct conclusion through iron-clad reasoning</li> <li>• Linear</li> <li>• Decisive</li> <li>• Subjective, hidden</li> <li>• Adamant, unmoving (“My conclusion is correct”)</li> <li>• Process focus &amp; awareness</li> </ul>

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#5 – Opposing Personality:	Introverted Feeling:
<ul style="list-style-type: none"> <li>• Adversary to Hero/Heroine</li> <li>• Defends by offending, seducing or avoiding</li> <li>• Self-critical</li> <li>• Oppositional</li> <li>• Paranoid</li> <li>• Passive-aggressive</li> <li>• Avoidant</li> <li>• Falls in the blind spot of the Hero/Heroine</li> <li>• Easy to project on others</li> <li>• Usually opposite gender</li> <li>• Can be antagonistic to the needs of self</li> </ul>	<ul style="list-style-type: none"> <li>• Internal decision-making</li> <li>• Focus on individual persons</li> <li>• Hypersensitive to emotional state, authenticity, &amp; needs of individuals</li> <li>• Hypersensitive to level of emotional safety in groups</li> <li>• Aware of emotional state of self</li> <li>• Deep personal relationships enhance personal harmony &amp; sense of well-being</li> <li>• Assumes that non-negotiable core values anchor everyone</li> <li>• Laissez faire. Non-judgmental</li> <li>• No agenda. No need to manipulate or control</li> </ul>

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#6 – Senex/Witch:	Extraverted Intuiting:
<ul style="list-style-type: none"><li>• Fights to defend the personality</li><li>• Discourages &amp; casts doubts</li><li>• Shaming, blaming, limit-setting parent</li><li>• Defends by refusing, belittling or vetoing</li><li>• Stern &amp; authoritarian (pulls rank)</li><li>• Cryptic &amp;/or bad advice</li><li>• Intolerant</li><li>• Immobilizes</li></ul>	<ul style="list-style-type: none"><li>• External perceiving</li><li>• Focus on “global” picture</li><li>• Expands/extrapolates to see the big picture</li><li>• Time orientation: future</li><li>• Energized by perceiving novel possibilities, ideas, &amp; options</li><li>• Connects bits of information</li><li>• Follows “what is” to “what could be”</li></ul>

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#7 – Trickster:	Introverted Sensing:
<ul style="list-style-type: none"><li>• Rebellious, mischievous child</li><li>• Tricking and confusing</li><li>• Circumvents obstacles</li><li>• Creates double-binds</li><li>• Defends childish vulnerabilities</li><li>• Usually same gender</li></ul>	<ul style="list-style-type: none"><li>• Internal information-gathering</li><li>• Sensory focus</li><li>• Internal re-experiencing</li><li>• Very personal, subjective experience</li><li>• Comparative. Everything is relative</li><li>• Familiarity equals comfort</li><li>• Time orientation: past</li><li>• Reality = past personal experience</li><li>• Intensity of re-experience energizes</li><li>• Sequential</li><li>• Stable; sometimes even rigid</li><li>• Internal body awareness</li></ul>

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#8 – Demon/Daimon:	Extraverted Thinking:
<ul style="list-style-type: none"> <li>• Undermines self &amp; others</li> <li>• Gross distortion creates confusion and chaos and disrupts trust</li> <li>• Often feels like “evil.”</li> <li>• Creates opportunities to develop integrity of self</li> </ul>	<ul style="list-style-type: none"> <li>• External decision-making</li> <li>• Narrow focus on task</li> <li>• Task completion energizes</li> <li>• Organizes, structures, &amp; orders the environment to gain clarity</li> <li>• Creates or improves systems</li> <li>• There is a “right (or best) action”/decision</li> <li>• Emotions are obstacles (just information)</li> <li>• Directed by underlying principles &amp; criteria</li> <li>• Collaborative decision-making</li> <li>• Seeks competence (high standards of self-assessment)</li> </ul>

notes:

Descriptions of the eight mental processes and archetypes are based on those presented in *Jung's Mental Processes: Building Blocks of Personality Type*, 2006, Haas & Hunziker, Unite Publications. The archetypes and their descriptions are drawn from the work of John Beebe.

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Mark Hunziker, 2008.