

Type and Archetype: Self-Exam Exercise

Instructions

- Begin by printing out these instructions plus the “Self-Exam Exercise” for your type.
 - The eight pages of your printed PDF file represent your type’s eight-part sequence of preference, in order, starting with your most preferred mental process. Each page begins with a short bullet list of the main characteristics of the archetype which is said to carry the process that occupies that position in the sequence, as well as a list of the main characteristics of the process itself. Read these descriptions to get oriented to the process and archetype that you are examining. It may be difficult to stay with the unfamiliar and uncomfortable processes that are lower in the sequence; so refer back to the lists as often as necessary to remind yourself of what you need to be focusing on.
- Create a notebook for your work. Since there is no way to predict how much you will want to write in each mental process “chapter,” a three-ring binder is ideal, so you can add pages as needed.
- Work on the “chapters” in order; starting with position number one.
- The basic question you are asking yourself is “How well is this part of me (i.e. the mental process) serving my needs by fulfilling its archetypal role?”
- Do the exercise in a place and time with minimal distractions and let it take as long as it takes. This is a reflective exercise, not a quick quiz.
- Keep writing about how each mental process fulfills its archetypal role in your life until you truly run out of things to say. This may be an extended process requiring several sessions to complete.
- Be sure you conclude each of your eight steps by addressing the “So what can I do about it?” question.
 - How can I better use the strengths I have identified?
 - How can I better compensate for the weaknesses?
 - Which issues are most problematic?
 - What approaches to self-development might convert weaknesses into strengths?

Type and Archetype: Self-Exam Exercise

Suggestions

- You may want to try some “tricks” (especially if you sense that there is more to uncover, but you can’t get a handle on it) such as meditating or listening to music between sessions, to help you tap into different levels of self-awareness. You may also find it helpful to discuss what you have written with trusted friends (particularly about your extraverted processes).
- Remember that you will not always be able to really “go to” the process being examined. Often you will be looking at it from the outside; like trying to imagine a foreign land while sitting in your comfortable easy-chair.
- Write your answers and thoughts starting below the boxes on each page and continuing as long as you can. Dig deep by asking yourself some of these variations of the basic question:
 - Do I feel like the role described by the archetype is being effectively fulfilled in my life?
 - How does this mental process go about fulfilling that role in my life?
 - In what ways does it succeed?
 - In what ways does it fail? —or create problems?
 - For processes that I would expect to be relatively undifferentiated (unconscious); have there been “not like me” behaviors, outbursts, or thoughts in my life that could be inarticulate attempts by this process to express its perspective and fulfill the responsibilities of its role? (For most adults, our #5-8 processes are likely to be relatively unconscious.)
 - According to my understanding of how the process operates and the role it is being asked to fill, in what ways does it seem well-suited or poorly-suited for that role?
 - How might I expect such a match-up to play out?
 - What in my life seems to fit these predicted manifestations of the strengths and challenges inherent in that match-up?
 - Among the aspects of my life that are going particularly well or badly, can I see how effective or ineffective fulfillment of the archetypal role by the mental process might be a factor?
 - In performing the tasks I need to perform (at work or elsewhere), can I see ways in which effective or ineffective fulfillment of the archetypal role by the mental process could be a factor?
 - Are there any things that I like or don’t like about myself that might fit with this piece of my personality puzzle?

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 Business Press, available at 16types.com. The archetypes and their descriptions are drawn from the work of John Beebe.

All rights which are not protected as noted above are reserved according to US copyright law.
Mark Hunziker, 2008.