

Assessing Temperaments
Jon Dybdahl
July 11, 2006

Why do we use Myers-Brigg Temperament Indicator Test

1. Based upon a whole lot of scientific research

Carl Jung is God-oriented

2. MBTI is not negative or positive—says basically what you are. Doesn't include negative characteristics
3. Been a lot of benchmarking to spiritual gifts and focused upon religious leadership.

A book called *Who We Are* and *How We Pray*

4. Not dealing with pathology (not talking about abnormal deviant behavior).

This one is general rather than pathologic

3 Cautions

1. Important on the MBTI to read the degree to which the characteristics are true.
2. Also important to consider the descriptions as well as the test.
3. X means that some types are near the center and means you need to look at both sides of the scale.
4. Do not pigeon-hole others or self using this.

What is Temperament?

Look at the def of 3 different terms...

Character is learned principles which govern behavior (I don't think people are born naturally dishonest.) A learned behavior is part of what Christian teaching is to do—to develop character

Personality is temperament and character adapted to a particular context or situation. Some people have one type of personality at home and one at work.

Temperament is the inherited structure of our basic wiring. It's the hard drive. This is what MBTI is suppose to discern or decipher.

For instance, people are not trained to be introvert. They inherit it.

You can behave in a way contrary to your temperament. You will become tired

Spiritual gifts enables us to function with our personality for the purpose fo the Body of Christ.

Difference between the letters

E or I

Just because you perform well in public does not mean we are extrovert.

Extrovert and introvert has to do with how you gain or lose energy.

Introverts lose energy with people and come home from a party pooped.

The temptation of the extrovert is to spend time with people and not reflection.
The temptation of the introvert is to spend time in reflection and not with people.

Research says that introverts take in so much listening that they get overloaded and need quiet time.

N or S (how we process information)

US population is 3 to 1 with S over N

Majority of population are S

N is one out of 4

S are much more concrete, practical, down to earth.

N are much more global, theological, conceptual, build systems, think of the whole, etc.

ES are the biggest bunch of people in the church.

Jon did retreats: small group was more important than solitude and meditation and retreats.

Our educational system rewards those who speak up, but what about the introverts and intuitives.

Time in prayer: most of discussion is referring to time in individual prayer

T or F (how decisions are made)

Doesn't meant that feelers don't think.

What it does mean that the person with feelings under pressure, just go with your area you tend to do in the decision-making process.

P or J (how we get things done)

Perceiving are folks who like flexibility and openness and spontaneity.
Judging likes structure, organization, and see things completed.

P's tend to be more fun.

J's tend to be more structured.

If there's a test, P says let's go out for the pizza – live a little.

J would say I set aside hours for the test, so I have to stay with my plans.

P needs a good head elder

J needs to not be so rigid and be more flexible.

Perfect example is yardwork.

E or I How we gain energy

N or S How we process information

T or F How decisions are made

P or J How we get things done