

Areas To Consider For Development In Becoming More Effective:

- Being more sensitive to the needs of others - feelings are not a weakness!
- Taking care of the day to day essentials - paying more attention to the detail.
- Developing more personal relationships with others.
- Recognising that feelings are as valuable as logic in a decision making process.
- Developing a larger social network and sharing more of yourself.
- Giving positive and personable feedback to others.
- Asking for and accepting help and support when you need it.
- Developing and exploring strategies in managing your 100 miles-per-hour mind.
- Exploring the benefits of planning.

Which of the above would you like to focus on first?

How will you know when you have developed in this area?

Who do you know that does this well?

Start small - what activities could you do to promote development in your chosen area?

Before You Consider Any Personal Development You May Like To Consider The Following:

Which parts of the INTP personality description are particularly true for you?

- What are your strengths as an INTP?
- Which parts of the ESFJ personality description do you find particularly unlike you?
- Have you sought any feedback from others?
- How important it is for you to develop some of the areas suggested?
- What specifically is your goal?
- What support do you need for this development?
- What challenges might you face on your development journey?



Function Order

I

Dominant Function
Introverted Thinking

N

Auxiliary Function
Extraverted Intuition

T

Tertiary Function
Sensing

P

Inferior Function
Extraverted Feeling