

# World Introvert Day

## Introversion In-depth:

### Facts, Facets, and Favorite Processes of MBTI® Type



What makes Introverts different from each other?

#### What is Introversion?

According to the Myers-Briggs Type Indicator® (MBTI®) framework, someone who prefers Introversion "tends to **focus their attention and be energized more by reflecting on their internal world of thoughts, ideas, and observations.**"

**What Introversion is NOT:** Having a preference for Introversion does NOT mean someone is shy, socially awkward, quiet, a hermit, or doesn't like people.

Introvert comes from Latin intro-, "inward," and vertere, "turning."

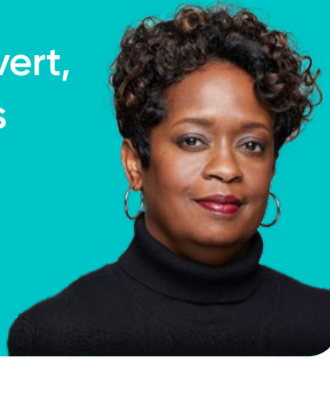
Extravert comes from the Latin extra-, "outside," and vertere, "turning."

*Note: (Extravert is actually a common misspelling of Extravert!)*



“... sometimes I still feel like there's still a stigma tied to the word Introvert, because people don't understand it. What I will say is, we all process differently, we all think differently, and that's valuable.”

Jeri Bingham, leadership expert, and founder and host of *HushLoudly*, during The Myers-Briggs Company Podcast episode *Leadership, Extraversion & Introversion*.



**Most rare introverted MBTI type:**

**INFJ**

2.3% of the population as a whole<sup>1</sup>

4% of all introverts<sup>1</sup>

While overall these are the most rare types, when you divide by gender, INFJ is the most rare type for males and INTJ is the most rare type for females.

Why? Our research shows:

2/3 of males have a Thinking preference<sup>2</sup>



2/3 of females have a Feeling preference<sup>2</sup>

**Second most rare introverted MBTI type:**

**INTJ**

2.6% of the population<sup>1</sup>

4.6% of all introverts<sup>1</sup>

**Most common introverted MBTI type?**

**ISTJ**

16% of the population<sup>1</sup>

Nearly 1/3 of all those preferring Introversion have preferences for ISTJ



## Did you know?

There's more to Introversion than just the first letter of your MBTI type.

### Difference #1: MBTI Step II™ Facets

Extraversion and Introversion are just the beginning. Within your preference for Introversion (or Extraversion) there are five facets of behaviors that either align with the first letter of your MBTI type, or can be "out of preference" for your type. This means that while you might prefer Introversion, part of your unique behaviors actually sit on the Extraversion side of the facet. What are the five facets of Extraversion and Introversion?

**Extraversion—Introversion**

**What's this facet about?**

Initiating—Receiving

How you communicate and connect with people

Expressive—Contained

How you let people know what you think and feel

Gregarious—Intimate

How many people you like to be with

Active—Reflective

How you learn and communicate information

Enthusiastic—Quiet

Amount and type of energy

For example, you could be an Expressive ISTJ. The Expressive facet would be out of preference for you, since you prefer Introversion but this facet is an Extraverted behavior. This means while you prefer Introversion and get your energy from spending time alone, you're also more likely than most Introverts to share your personal feelings and opinions, and to have more expressive body language.

Similarly, you could be a Quiet ENFP, where the Quiet facet is on the introverted side (meaning less energetic and more calm), but the rest of your behaviors coincide with your extraverted preferences.

“Introverts who reach higher levels within their organization are more likely than others to be out of preference on the Initiating—Receiving facet.”

John Hackston, Head of Thought Leadership at The Myers-Briggs Company and guest speaker on the podcast episode *World Introvert Day: Introversion In-Depth*



**Who's out of preference?**

Based on our latest global data:

**8%**

of males are Enthusiastic Introverts or Quiet Extraverts<sup>3</sup> (they prefer Introversion but fall on the extraverted Enthusiastic side when it comes to how they express their energy)

**13%**

of females are Expressive Introverts or Contained Extraverts<sup>3</sup> (they prefer Introversion but fall on the extraverted Expressive side when it comes to body language).

**7%**

of executive-level Introverts fall into the out-of-preference Initiating facet<sup>3</sup>

**5%**

of entry-level Introverts fall into the out-of-preference Initiating facet<sup>3</sup>

► **ICYMI:**

**Everyone introverts parts of their personality (even those preferring Extraversion)**

In addition to the facets above, which gives you more insight into your unique personality, even those who prefer Extraversion actually do introvert some part of their personality (just like everyone who prefers Introversion also extraverts some part of their personality).

### Difference #2: Favorite Processes

What parts of your personality do you introvert?

#### Introverted Sensing

These four MBTI types introvert the Sensing part of their personality, meaning they store data about their experiences internally. When decisions need to be made, they consult past experiences, trusting what they know.

For ISTJ and ISFJ types, introverted Sensing is the strongest part of their personality. For ESTJ and ESFJ types, it is the second strongest part of their personality.

ISTJ  
ISFJ  
ESTJ  
ESFJ

ISTP  
INTP  
ESTP  
ENTP

#### Introverted Thinking

These four MBTI types introvert the Thinking part of their personality. This means that when it comes to making decisions, they balance all the data, logic and practical, concrete information internally, thinking it through without (or before) verbalizing it.

For ISTP and INTP types, introverted Thinking is the strongest part of their personality. For ESTP and ENTP types, it is the second strongest part of their personality.

#### Introverted Feeling

These four MBTI types introvert the Feeling part of their personality. This means that when it comes to making decisions, they internally balance their values and how the decision might affect people, thinking through the perspectives of each group involved in their head without (or before) verbalizing it.

For ISFP and INFP types, introverted Feeling is the strongest part of their personality. For ESFP and ENFP types, it is the second strongest part of their personality.

ISFP  
INFP  
ESFP  
ENFP

INTJ  
INFJ  
ENTJ  
ENFJ

#### Introverted Intuition

These four MBTI types introvert the Intuition part of their personality. This means that when it comes to making patterns and connections, these go through all these ideas and possibilities internally without (or before) verbalizing it.

For INTJ and INFJ types, introverted Intuition is the strongest part of their personality. For ENTJ and ENFJ types, it is the second strongest part of their personality.

#### REMEMBER: Don't be fooled by imitation tests

There's only one official MBTI® assessment, though there are a lot of look-alike quizzes out there. To take the real, scientifically validated assessment that meets the standards for psychometric assessments set by the American Psychological Association, visit [mbtionline.com](https://www.mbtionline.com) or find an MBTI® Certified Practitioner near you.



## Want to learn more about personality type?

<sup>1</sup>Introduction to Myers-Briggs Type, 7th edition, Page 2 | <sup>2</sup>MBTI Manual for the Global Step I and Step II Assessments, 4th Edition, Page 156.

<sup>3</sup>The Myers-Briggs Company Podcast, Season 2, Episode 6, World Introvert Day: Introversion In-Depth. | <sup>3</sup> Research from The Myers-Briggs Company's global database