



## **Introverts vs. Extroverts**

### ***Jung's attitude type theory:***

**Introversion:** Subjective process is dominant.

**Extroversion:** Objective process is dominant.

In addition to attitudes there are four basic psychological functions: thinking, feelings, sensation, and intuition.

### **Introverted**

Strongly influenced by ideas. The direction of energy for introverted thinkers is like a magnetic field that draws the thinking back into a dynamic relationship with the inner self. Feeling types prefer personal over impersonal contact. The introverted feeling types may be summed up by the phrase "still waters run deep." The introverted thinking type may be summed up with "only here everything is felt while there it was thought." Energetically introverted feeling is connected to the 'luminous ideals possession timeless value' (Gruel 2017). In the brain this type thoroughly engages all brain regions that process voice, words, and sounds (listening in a holistic way).

### **Extroverted**

Oriented by objective data. The direction for energy for extroverted thinking is extensive, manifesting and is a steady flow of life. This type relies on evidence-based decision making, shows an efficient use of mental energy, focuses on goals, is stimulated by task completion and error correction, and relies primarily on four key regions of left brain activity having to do with hearing, seeing, recalling, and deciding. The extroverted feeling type is always in harmony with objective values, or traditionally accepted standards and without it, 'a harmonious social life would be impossible' (Jung 1990). Energetically, extroverted feelings are extensive, outwardly harmonic, and guided by "perpetual empathy with the values, standard, moods, and loyalties of

others” (Johnston, 2012, p.57). In the brain, this type shows high activity in regions associated with social responsibility, stimulated by people related issues and goals responding to value laden language and issues of social and ethical responsibility (Nardi 2011).

#### References

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Nardi, D. (2011). *Neuroscience of personality: Brain-savvy insights for all types of people*. Los Angeles, CA: Radiance House.