

A Quick Guide to Personality and Dating

Remember, we can do all of this. Simply, what gets priority?

E Extroverting

More sociable, with attention focused outward. Easily initiates interactions, wanting the other person to engage back. Likes stimulus. Needs a lot of “us time” and shared activities. Enjoys doing daily activities together along with work and hobbies. Of course, they like occasional personal breaks too, such as time with friends instead. Can be sociable or even flirty with strangers, and view many interactions in a more casual way, then can get bored or more selective.

S Sensing

Attends to what's practical and concrete. More focused on what is, what's here and now, rather than what might be. Gets to know their partner in detail, minding past experiences and personal preferences. Is realistic about issues of culture, social class, wealth, hobbies, family relations, and so on. Focuses on actual behavior, such as how much a person lends a hand. Enjoys shared activities and how things flow day-to-day. Tends to be physically and mentally grounded. May neglect key clues, read into situations, or be surprised by how things evolve.

T Thinking

Generally tough-minded. Tends to follow a set of criteria or logical principles on who to date and how to relate, and can come off as business-like about the relationship. Tends to develop a soft spot for a few select people. Can be insensitive at times, even if they mean well, missing important social or emotional cues. Prefers to help problem solve rather than share feelings. Wears armor and generally avoids being vulnerable. Aims to stay objective even about their loved ones. Is more likely to “forgive but not forget”.

J Judging

Prefers to keep things on track. Finds comfort and relaxes when there is a plan and specifics, knowing they can change some stuff as they go. For example, they might research options and set up a day trip to be sure the most desirable option will be available. Trusts routine or having a solid base or reference points to work from. Holds to, “work first, play later”. Thinks ahead. Can get anxious, judgmental, or disappointed when something does not work out. Prefers some form of official commitment.

I Introverting

More private, with attention focused inward. Opens up slowly. Easily tires from interactions. Prefers to respond after someone else makes some kind of move. Needs a lot of “me time” and personal space, ideally with their own “cave” to retreat to. This is both for their work and hobbies and also to process the impact of interactions, which they tend to feel acutely. Gets sociable with people they come to trust and can get talkative on their favorite subjects.

N Intuiting

Attends to the relationship's potential. Notices abstract patterns of interaction and personality, viewing a person in a conceptual way, and imagines where the relationship can go and how each person can grow. Tends to give symbolic meanings to interactions. Likes to experience a meeting of hearts and minds. Likes abstract conversation, shares observations of what's invisible or possible, and enjoys intellectual and creative interests. May downplay past experiences or obstacles, or neglect practical issues about the relationship.

F Feeling

Generally tender-hearted. Tends to listen to their values and/or social feedback on who to date and how to relate. Willing to follow their truth and their heart wherever it leads. Is concerned for human welfare. Can come off as excessively dramatic, overstating things or holding to an idealistic view. Prefers to share feelings to help cope with problems. Turns to their friends or family, and their identity, values, and beliefs in difficult times. Is usually forgiving and empathic, but may get frosty with certain people.

P Perceiving

Prefers to keep things open-ended. Experiences plans, schedules, and promises as limiting. For example, likes just going out for the day with their partner for an adventure to get the most of whatever comes up. Can come off as disorganized, as lacking a direction in life, or as hedonistic and courting danger. Deeply appreciates the special moments that arise naturally from life's flow. Open to negotiating the small things. May shy away from official commitment, even as they show up each day.