

MYERS-BRIGGS TYPE INDICATOR®

Your Profile

There are ten thousand personality tests. There is one MBTI. This report is the real one – and the type inside it is the one you verified yourself.

PREPARED FOR

Terry Sample

Verified best-fit type · April 1, 2026

INTP

GLOBAL STEP II™

What your answers said

Each pair below is a choice between two equally valuable ways of operating — not a score, and not a measure of skill. Read your side first, then read the other. Recognition matters more than agreement.

YOUR VERIFIED TYPE

INTP

Introversion · Intuition · Thinking · Perceiving

WHY THIS IS DIFFERENT

No quiz handed you this result. You reviewed the preference pairs and confirmed your own best fit — the step only the MBTI asks you to take.

HOW YOU DIRECT AND RECEIVE ENERGY

E Extraversion

Energy flows outward. Talking it through is how the thinking happens.

I Introversion

YOU

Energy flows inward. You think first, then speak — and reflection restores you.

HOW YOU TAKE IN INFORMATION

S Sensing

Facts first, gathered through the senses. What is actually here, right now.

N Intuition

YOU

Patterns first. You read the shape of a thing and jump to what it could become.

HOW YOU DECIDE

T Thinking

YOU

You step back and test the logic. Accuracy is the standard you hold decisions to.

F Feeling

Decisions weighed against values and people. Harmony is part of the answer.

HOW YOU APPROACH THE OUTSIDE WORLD

J Judging

Decide, plan, move on. Closure is comfortable; loose ends are not.

P Perceiving

YOU

Keep options open a little longer. One more piece of information might change everything.

INTP

The Objective Analyst

AT A GLANCE

ANALYTICAL

CURIOUS

INDEPENDENT

SKEPTICAL

INVENTIVE

CONTAINED

PRECISE

FLEXIBLE

You are drawn to the underlying logic of things. Ideas get pulled apart, tested for internal consistency, and put back together in a cleaner shape — and you would rather be accurate than agreeable.

Curiosity is the engine. You follow a question because it is interesting, not because someone assigned it, and you can hold a problem open far longer than most people find comfortable. That patience is a genuine advantage: you notice the flaw everyone else agreed to ignore. It also means you can spend a long time refining and a short time shipping.

WHERE YOU'RE STRONGEST

Finding the flaw in a plan before it costs anything.

Explaining a complicated thing in a way that finally makes sense.

Staying level when a decision gets emotional.

Building frameworks other people can use.

WHERE IT COSTS YOU

Analysis that keeps going after the decision was ready.

Skipping the routine work that makes the idea real.

Sounding dismissive when you were only being exact.

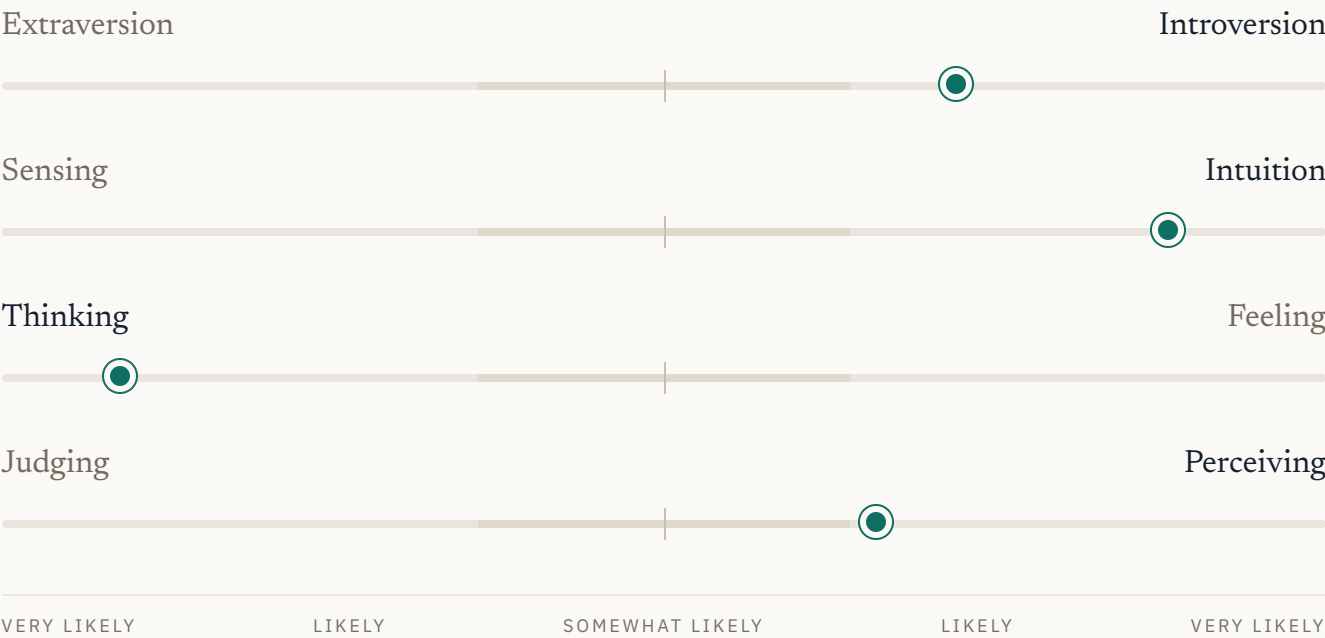
Forgetting that people need the reasoning said out loud.

TRY THIS THIS WEEK

Pick one decision you have been circling and set a deadline for it — then tell one person what you decided and why. Saying the reasoning aloud is the part your type most often skips, and it is what turns your analysis into influence.

How confident the fit is

This is not a strength meter. It shows how likely it is that the preference you reported is the one that genuinely fits you. The closer the marker sits to a side, the more consistently your answers pointed there.



WHERE YOU SIT AMONG THE SIXTEEN

ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTP
ESTJ	ESFJ	ENFJ	ENTJ

ON THE NUMBERS

These indices come from seven decades of psychometric research and continuous global norming — the reason the MBTI can report confidence at all, and lookalike quizzes cannot.

Where you do your best work

Your type does not decide your job. It does decide which conditions leave you sharp and which ones quietly drain you. Read this as a checklist for shaping the role you are in.

YOU THRIVE WHEN

The problem is genuinely hard and nobody has solved it yet.

You have uninterrupted stretches to think.

Competence is what earns standing, not volume.

You can question the approach without it being taken personally.

YOU STALL WHEN

The day is fragmented into meetings and quick turnarounds.

The work is repetitive and the thinking is already done.

Decisions are made on hierarchy rather than reasoning.

Enthusiasm is expected to be performed out loud.

THREE MOVES THAT PAY OFF FOR INTPS

01 Set an evidence threshold in advance

Decide up front what would be enough to call it. Without a threshold, the research phase has no natural end and the deadline decides for you.

02 Narrate the thinking, not just the conclusion

Your logic is your credibility, but it stays invisible until you show it. A two-line “here’s how I got here” converts far more people than the answer alone.

03 Hand off the finishing, deliberately

The last ten percent — the detail, the admin, the polish — is where your interest drops fastest. Plan the handoff instead of hoping the energy shows up.

How you land on other people

WHAT YOU INTEND

To get to the truth of it. Questions are interest, not attack — and precision is a form of respect.

To give people room. You assume competence and dislike being managed, so you extend the same freedom back.

WHAT CAN LAND INSTEAD

Critique without warmth reads as a verdict on the person, not the idea.

Silence while you think reads as disagreement, or as disinterest.

IN DISAGREEMENT

01

Your instinct

Detach, analyse, argue the position on its merits. Emotion in the room feels like noise over the signal.

02

The risk

Winning the logic and losing the room. Or withdrawing entirely and letting the issue calcify.

03

The move

Name the impact before the argument: “I think this will cost us X, and I know that’s not what you want to hear.”

ADJUSTING FOR THE PERSON IN FRONT OF YOU

E

With Extraverts: Think out loud a little, even unfinished. Your silence is louder than you realise.

S

With Sensing types: Lead with the concrete example, then the theory behind it.

F

With Feeling types: Say what you appreciate before what you’d change. It isn’t padding — it’s context.

J

With Judging types: Give a date. “Still thinking” sounds like “not started” to them.

Under pressure, and up close

YOUR STRESS PATTERN

Early on, stress makes you more analytical, not less — you go quiet, go inward, and try to think your way out. Pushed further, the usual detachment inverts: small irritations land hard, feelings arrive all at once and disproportionately, and you may say something blunt you would normally have filtered.

EARLY SIGN	Withdrawing to research instead of deciding.
DEEPER IN	Uncharacteristic irritability; feeling unappreciated and not saying so.
WAY BACK	Step away first — a walk, rest, music, time alone to reflect. Then one small concrete step, like listing what actually has to happen next.

KEEPING YOURSELF WELL

- Protect the quiet hours before anything else claims them.

Give the body a share of the attention the mind gets.
- Finish something small each week — closure is medicine for a P.

Keep one person you say the unfinished thoughts to.

CLOSE RELATIONSHIPS

What you bring

Loyalty without possessiveness, real interest in how the other person thinks, and a rare willingness to let them be exactly as they are.

What gets missed

You assume the feeling is understood because it is true. People need it said — plainly, and more often than seems necessary.

This week

Tell one person something specific you value about them. Not a summary — one detail you actually noticed.

Thirty days with your type

Insight that stays on the page changes nothing. Pick two of these. Put them in the calendar. Come back to this list at the end of the month and mark what actually happened.

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- ☐ **Close one open loop** WEEK 1
- Choose the decision you have been holding open longest and set its deadline today.
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- ☐ **Show your reasoning once, on purpose** WEEK 1
- In your next meeting, say the two sentences of logic behind your recommendation out loud.
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- ☐ **Test the descriptors against reality** WEEK 2
- Go back to your type portrait and mark the phrases that ring true. Cross out the ones that don't — your type is a starting point, not a verdict.
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- ☐ **Ask someone who works with you closely** WEEK 3
- "When I go quiet in a discussion, what does it look like from where you sit?" Then don't defend the answer.
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- ☐ **Practise one preference you don't lead with** WEEK 4
- Everyone uses all eight. Pick Judging for a week: one plan, written down, followed to the end.
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A lookalike can tell you a type. Only the MBTI® can tell you yours.

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INTP
VERIFIED TYPE