

RELATIONSHIPS:
PERSONALITY TYPES
(DR-114)

One of the most fascinating and helpful concepts in the psychology of C.G. Jung is the understanding of Psychological Types. Jung developed a structure for understanding how persons both perceive and relate to the world in different ways. Your psychological type determines how you get energy, how you perceive reality, how you relate to others, and how you relate to your dreams. Understanding your own typology and that of those close to you is a key factor in understanding and healing problems in a relationship.

READ THIS SECTION BEFORE WATCHING THE VIDEOTAPE.

The basic psychological types are

1. Extrovert (E)
 - A. PERCEPTIVE MODE: Sensation (S) or Intuition (I)
 - B. DECIDING MODE: Thinking (T) or Feeling (F)

2. Introvert (I)
 - A. PERCEPTIVE MODE: Sensation (S) or Intuition (I)
 - B. DECIDING MODE: Thinking (T) or Feeling (F)

WATCH THE VIDEOTAPE IN ITS ENTIRETY.

You will now want to do some work with personality types. There are tests and explanations in PLEASE UNDERSTAND ME by Keirsey and Bates. The MEYERS-BRIGGS PERSONALITY INVENTORY is also an excellent type indicator. A real understanding of personality types leads to a deeper level of self-acceptance and of real respect and appreciation for differences in people.

RECOMMENDED READING

TAPE XIV: RELATIONSHIPS: PERSONALITY TYPES (DR-114)

If you can read only one book, read:

C.G. JUNG, trans. by R.F.C. Hull and H.G. Baynes. *Psychological Types*. Princeton University Press, Princeton, NJ 1971.

VON FRANZ, MARIE LOUISE. *The Inferior Function*

Recommended books are available at
C. G. Jung Library & Bookstore
10349 W. Pico Boulevard
Los Angeles, California 90064
(310) 556-1196

Call 1-800-301-5553 to order the Dream Journal Workbook or more tapes in this series.