

MBTI Potential Strengths and Pitfalls for Couples Type Pairings:

Extravert + Extravert	Extravert + Introvert	Introvert + Introvert
<p>Strength Areas:</p> <p>We are active, fast-moving, and do a lot of things together</p> <p>We tend to share our thoughts and feelings, so things are “out on the table”</p> <p>We get energy from each other</p> <p>We enjoy having people around</p> <p>It’s easy for us to talk to each other</p> <p>Pitfalls:</p> <p>We are so busy that we don’t have enough time together</p> <p>Being together so much leaves me too little time for myself</p> <p>We sometimes don’t listen to each other</p> <p>We compete with each other for “air time” – interrupt and talk over each other</p> <p>We compete with each other for attention and/or popularity</p>	<p>Strength Areas:</p> <p>We balance each other’s energy: The I calms down the E, thus the E thinks things through more thoroughly: the E gets the I to act more quickly</p> <p>The E is ther social chairperson of the relationship and the I enjoys not having to initiate social contacts</p> <p>The E likes the available air time that he/she can get with the I</p> <p>The E notices outside-world things that need to be looked at; the I points out the values, thoughts and ideas that need consideration before action is taken</p> <p>Pitfalls:</p> <p>The E and the I recharge differently, so our preferred social activities differ</p> <p>The E wants to process problems out loud as both of us work on them; the I wants to share his or her ideas/thoughts and feelings after the processing is doee internally</p> <p>The E wants contact time when the I wants alone time</p> <p>The E does not comprehend or respect the I’s need for physical, emotional and intellectual privacy</p> <p>The I runs out of energy paying attention to all the E’s observations</p> <p>The E is impatient with the I’s slowness to respond, and the I feels crowded by the E’s demand for action</p> <p>The E wants more talk from the I; the I wants less from the E</p>	<p>Strength Areas:</p> <p>We each know/feel a great depth of commitment for/from the other</p> <p>We respect each other’s need for space and private time</p> <p>We enjoy similar types of recreation; it is usually quiet, individual, private or with close friends</p> <p>We can be “alone together”</p> <p>Pitfalls:</p> <p>We often do not know who is going to initiate activities’</p> <p>We tend not to cultivate many outside relationships</p> <p>We do not share enough of our inner world, so we lose contact with the “real” self of our partner</p> <p>Negative communications between us take more effort than they should; therefore we tend to avoid confronting each other until an issue carries a lot of emotional charge</p> <p>When we make assumptions, we may not verbalize them; this may lead to the partner feeling offended or misunderstood</p>

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Sensing + Sensing	Sensing + iNtuitive	iNtuitive + iNtuitive
<p>Strength Areas:</p> <ul style="list-style-type: none"> We have a common orientation to the world We are NOW oriented and have fun in the present Our records and the details of living are taken care of without much stress We both respect the partner's need for stability We tend not to be idealistic, so we are less likely to have to deal with the problems of our partner not living up to an ideal We tend not to make life complicates; we look for simple and immediate solutions to problems <p>Pitfalls:</p> <ul style="list-style-type: none"> We seem to be unable to generate new options when a problem arises; we tend to want to retry old methods even if they have not worked We do little or no long range planning We each want to carry on our own family traditions; sometimes this results in conflicts 	<p>Strength Areas:</p> <ul style="list-style-type: none"> We balance each other The S brings in facts and the N new possibilities The S does short range planning and the N does long range goal setting The N likes to dream and the S figures out how to make the dreams become reality The N can interest S in the intellect and abstraction while the S can bring the N awareness and appreciation of what is NOW <p>Pitfalls:</p> <ul style="list-style-type: none"> We get bored with each other's interests Communication trouble because our perceptions of the world and what is worth focusing attention on are very different The S feels resentment because she/he seems to be doing all the "work" in the relationship (paying the bills, repairing, house cleaning) S wants to deal with here and now issues while the N is more focused on potential future issues S wants to look at specifics in the relationship and N wants to look at patterns S thinks N is too much of a dreamer; N sees S as "stuck in the mud" – hard to get out of a rut N needs intellectual stimulation or fantasy in sex; S is more focused on physical stimulation S does not think/feel N does physical tasks as precisely or carefully as they should be done; N gets impatient with the S's attention to or "worrying about" inconsequential details 	<p>Strength Areas:</p> <ul style="list-style-type: none"> We each know/feel a great depth of commitment for/from the other We respect each other's need for space and private time We enjoy similar types of recreation; it is usually quiet, individual, private or with close friends We can be "alone together" <p>Pitfalls:</p> <ul style="list-style-type: none"> We often do not know who is going to initiate activities' We tend not to cultivate many outside relationships We do not share enough of our inner world, so we lose contact with the "real" self of our partner Negative communications between us take more effort than they should; therefore we tend to avoid confronting each other until an issue carries a lot of emotional charge When we make assumptions, we may not verbalize them; this may lead to the partner feeling offended or misunderstood

MBTI Potential Strengths and Pitfalls for Couples Type Pairings:

Thinking + Thinking	Feeling + Feeling	Thinking + Feeling
<p>Strength Areas:</p> <p>We have clear, objective communications</p> <p>We have good agreement on problem-solving strategies, both trust logic</p> <p>We have similar affection/intimacy needs</p> <p>We have a minimal amount of hurt feelings</p> <p>Pitfalls:</p> <p>We are awkward in expressing or reluctant to show emotions</p> <p>We have difficulty dealing with each other's emotions when they are shown</p> <p>We neglect to verbalize our appreciation for our partner</p> <p>Our relationship has become computer-like – little or no F has developed</p> <p>Sometimes our logic hasn't led to correct decisions – our "gut reactions" have been discounted</p>	<p>Strength Areas:</p> <p>We permit and encourage emotional expression – especially if positive – to be expressed</p> <p>We are both considerate of emotions/feelings and intentionally work on the relationship</p> <p>We create an atmosphere of warmth which both of us like</p> <p>We have a common value system and there is agreement on almost everything – the feeling of connectedness/oneness is present</p> <p>Both of us tend to be people-oriented, thus we enjoy conversations and activities that are people-related.</p> <p>Pitfalls:</p> <p>When our values do conflict, we have great difficulties resolving the problems</p> <p>If it "feels right", we tend not to look at the long-term consequences</p> <p>We are too sensitive to criticism</p> <p>We dislike conflict, so we push our problems with each other under the carpet to maintain a sense of connectedness and harmony.</p> <p>We both try so hard to please our partner that we lose touch with our own needs.</p>	<p>Strength Areas:</p> <p>Our subjective and objective points of view complement; both T and F skills helpful when problem solving – we use both the objective, logical input from T and the impact on family input from F</p> <p>We stimulate each other; F is a fun problem for T to solve; T interesting person for F to understand</p> <p>T gives F perspective when F is hurt; F gives feeling data when T is confused</p> <p>F pays attention to the processes in our relationship; T fills in the content</p> <p>F is sensitive to other people; T can be hard-nosed when needed</p> <p>T adds logic as a balance to the emotions and values of F</p> <p>Pitfalls:</p> <p>We are not able to communicate clearly; we don't validate each other's approach to problem-solving</p> <p>T wants to solve problems while F wants to maintain harmony; often F won't want to deal with the problem until the harmonious connection is re-established</p> <p>T may be so articulate in verbalizing a position that F feels cornered; unable to combat the argument even though inside F knows something is missing in the logical argument</p> <p>T finds F to be too emotional and subjective; thinks F not being about to think clearly and loses respect for partner</p> <p>T makes what s/he considers a statement of fact; F takes it personally and feels hurt or destroyed</p> <p>F takes offense at T's statements; T will not know F was upset until much later</p> <p>F makes evaluative statements about T's performance based on the ideal, not the practical situation</p> <p>When T asks "why" questions for further clarification F feels attacked; tries to explain a value in a T way without clear understanding of the value/concept; T interprets this as irrational and not well thought out so devalues F's stance</p> <p>T thinks that F wants to spend too much time discussing relationship/feelings especially when there are no problems</p> <p>F sees T as coldly analytical, calculating, indifferent; T sees F as forming strong opinions without checking for the truth/facts, wishy-washy, clingy</p> <p>F feels T is not as emotionally involved in the relationship as s/he would like; T does not show appreciation and love in the ways F wants to get it</p> <p>Difference in our desires for intimacy (physical and/or emotional) with F usually saying s/he wants more than s/he is getting</p> <p>F does not experience enough understanding and recognition of his/her feelings or celebration of special days from T</p> <p>F wants the romance s/he experienced during courtship continued in the marriage; T wants the courtship behaviors continued</p> <p>Clear differences about why and how the children should be disciplined</p>

MBTI Potential Strengths and Pitfalls for Couples Type Pairings:

Judging + Judging	Judging + Perceiving	Perceiving + Perceiving
<p>Strength Areas:</p> <p>We have an orderly household; tasks get done on a regular basis; usually clear who is responsible for what tasks; both like an organized, tranquil home</p> <p>We decide things quickly (where to go, what to do)</p> <p>We enjoy making plans together</p> <p>We like the stability of home/family structure</p> <p>Pitfalls:</p> <p>We sometimes make unwise decisions because of our high need for closure; we decide before we have enough data</p> <p>There is too much rigidity in our relationship; things get done on a prescribed schedule and/or manner</p> <p>We have conflicting preferences on how things should be organized and get irritated when the partner is not willing to adapt his/her style; power struggles result</p> <p>We have conflicting agendas and have to make appointments to see each other</p> <p>Our need to have the tasks done leaves little chance for spontaneity or play</p> <p>Since the work has to be completed before we can play we often have no little time to enjoy each other</p>	<p>Strength Areas:</p> <p>We have a good balance on staying open (P) and closing down (J)</p> <p>P gets J to play; J gets P to work on and finish projects</p> <p>J does not have to compete with P's prearranged schedules</p> <p>P thinks of play ideas; J plans and implements them</p> <p>J keeps things ordered and mapped out; P adds adventure and exploration "off the map"</p> <p>Pitfalls:</p> <p>Our timing is very different; P feels boxed in by J's need for decisions and unwillingness to change opinions, schedules; J feels discomfort and irritation over P's unwillingness to make decisions, plans or even schedule things in advance</p> <p>P wants to play, be spontaneous any time knowing the work will get done later; J wants the work done before play; playtime has to be scheduled</p> <p>P sees J as taking life too seriously, wants J to lighten up; J sees P as irresponsible and wants P to spend more time seeing that tasks get finished</p> <p>Differences in the amount of household structure/cleanliness desired or willingness to put in energy to see that it happens; often causes rifts in our lives</p> <p>J may be afraid P will not get the job done; P may be afraid J will always find more tasks to do</p> <p>We have difficulty agreeing exactly when a decision has been made</p>	<p>Strength Areas:</p> <p>We play together before work or intermingled with it; play is an important part of the relationship</p> <p>We don't restrict each other's time schedules; lots of autonomy is permitted</p> <p>We are creative, open to change, flexible</p> <p>We have faith that things will get done and that bursts of energy will make up for not doing things in a steady, planned fashion</p> <p>We are seldom with options and alternatives</p> <p>Pitfalls:</p> <p>We have little or no closure</p> <p>We are not sure if our partner is going to keep commitments especially in terms of completing tasks</p> <p>Things are left undone and/or pile up in our lives</p> <p>The house is often messy, unorganized and/or meals are haphazard</p> <p>One of us feels the burden of having to make decisions for both of us since the other does not use his/her J skills very often</p> <p>We dislike disciplining our children</p>