

# FINDING YOUR SPIRITUAL PATH

An Application of C.G. Jung's Theory of Psychological Types and the Myers-Briggs Type Indicator

Note: These words are meant to suggest, not to define or to limit understanding.

PREFERRED ATTITUDE, FUNCTION, OR LIFESTYLE	EXTRAVERSION <b>E</b>	INTROVERSION <b>I</b>	SENSING <b>S</b>	INTUITION <b>N</b>	THINKING <b>T</b>	FEELING <b>F</b>	JUDGMENT <b>J</b>	PERCEPTION <b>P</b>
PRIMARY ARENA	WORLD/OTHER	IDEAS/SELF	BODY	SPIRIT	MIND	HEART	WILL	AWARENESS
PREFERENCE FOR	Action	Reflection	Sensory reality Details Status quo	Possibilities Patterns Change	Objective values	Subjective values	Initiative	Response
SIGNIFICANT ASPECTS OF REALITY	Exterior	Interior	Immediacy Concreteness	Anticipation Vision	Theory Principles	Feeling Memory Ideal	Product Categorical	Process Conditional
WINDOWS THROUGH WHICH GOD'S REVELATION IS RECEIVED	People Events Scripture Natural world	Individual experience Inspiration Inner world	Society Institutions "The Seen"	Insight Imagination "The Unseen"	Reason Speculation	Relationships Emotions	Order "Ought"	Serendipity "Is"
SIGNIFICANT ASPECTS OF GOD	Immanence Creator Imago Dei	Transcendence Identity of God and inner self	Incarnation	Mystery Holy Spirit	The Absolute Principle First Cause	Relational Familial (e.g. Father)	Judge Ruler	Redeemer Healer
APPROACH TO BIBLE, RELIGIOUS EXPERIENCE	Social	Solitary	Practical Literal	Symbolic Metaphorical	Analytical Abstract	Personal Immediate	Systematic	Of-the moment
AVOIDS (HELL)	Exclusion Loneliness	Intrusions Confusion	Ambiguity	Restriction Repetition	Inconsistency Ignorance	Conflict Estrangement	Helplessness Disorder	Regimentation Deadlines
SEEKS (HEAVEN)	Participation Reunion	Incorporation Fulfillment	Physical harmony Faithfulness Obedience	Aesthetic harmony Mystical union	Conceptual harmony Enlightenment Justice, Truth	Personal harmony Communion Appreciation	Closure Productivity Work ethic	Openness Receptivity Play ethic
PRAYER	Corporate	Private	Sensuous (eyes, ears, nose, hands, mouth)	Intuitive	Cognitive	Affective	Planned	Unplanned
NATURAL SPIRITUAL PATH	<b>ACTION</b>	<b>REFLECTION</b>	<b>SERVICE</b>	<b>AWARENESS</b>	<b>KNOWLEDGE</b>	<b>DEVOTION</b>	<b>DISCIPLINE</b>	<b>SPONTANEITY</b>
NEEDED FOR WHOLENESS	Reflection	Action or Participation	Awareness or Understanding	Service or Embodiment	Devotion	Knowledge	Spontaneity	Discipline

# FOLLOWING YOUR SPIRITUAL PATH

Note: Our aim is a balanced, centered spirituality. These words are meant to facilitate understanding, not to stifle individuality.

SPIRITUAL PATH	ACTION E	REFLECTION I	SERVICE S	AWARENESS N	KNOWLEDGE T	DEVOTION F	DISCIPLINE J	SPONTANEITY P
SOME POSITIVE EXPRESSIONS	Assertiveness Building community	Independence Deepening community	Love Pleasure	Ecstasy Anticipation	Equanimity Objectivity	Compassion Rapport Trust	Discrimination Competence	Acceptance Serenity
SOME NEGATIVE EXPRESSIONS	Anger Attack	Fear Withdrawal	Attachment	Elation Depression	Apathy Criticalness	Sentimentality Over-protectiveness	Inappropriate control Judging others	Failure to take responsibility
UNDER-DEVELOPMENT MAY LEAD TO	Isolation Lack of circumspection	Emptiness Dependence	Abstraction Overlooking	Flatness	Confusion	Coldness Distrust	Loss of purpose Indecision	Premature closure Baseless conclusions
OVER-DEVELOPMENT MAY LEAD TO	Impatience Shallowness	Withholding Idiosyncrasy Inappropriate intensity	Idolatry Frivolity Inappropriate conformity	Illusion Impracticality Stubbornness Fickleness	Reductionism Cynicism Dogmatism Rumination	Credulity Personalizing Blaming	Rigidity Perfectionism	Passivity Impulsiveness Procrastination
SPECIAL TEMPTATIONS AND VULNERABILITIES	Distraction Suggestibility	Inaction Inclusion by others	Superstition Suspicion Fear of change	Primitive sensuality Psychogenic illness	Emotional explosion exploitation indulgence Contaminated thinking	Idealizing authority Pseudo-objectivity Hurt feelings	Self-righteousness Scrupulosity	Rebelliousness Carelessness
NEEDED FOR WHOLENESS	REFLECTION	ACTION or Participation	AWARENESS	SERVICE or Embodiment	DEVOTION	KNOWLEDGE	SPONTANEITY	DISCIPLINE

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Finding Your Spiritual Path and Following Your Spiritual Path were developed to help individuals and groups use C.G. Jung's observations about psychological type as a way to find their individual and group journeys toward wholeness. The words and phrases are meant to open you to new aspects of this search. If you have comments and suggestions to share with the author, please send them to CAPT, P.O. Box 13807, University Station, Gainesville, FL 32604, and they will be forwarded to the Reverend Earle Page.