



Functions of Type: Activities for Developing the Eight Jungian Functions

By Gary Hartzler, Margaret Hartzler

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Functions of Type provides you with activities that you can use to strengthen your mental data-collection and decision-making skills. The specific mental skills that you will be better able to use are related to the eight psychological functions first defined by Carl Jung in his book, *Psychological Types*. Over the past hundred years, literally hundreds of type practitioners have been refining the definitions of the eight functions. Our own work has been to focus on how to make personal choices about our self-development using these refined definitions.

In *Functions of Type*, each of the eight functions is defined and the mental skills associated with the function are described. You are given a chance to assess your own comfort in using the mental skills associated with that function using a self-rating assessment. Then there are two pages of mini-exercises—called activities—that you can use to improve your mental skills associated with each function.

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Editorial Review

Review

...I can only say that I wish I had had this book when I started learning about type. -- *John Beebe*, Jungian analyst, author of *Integrity in Depth*

...a versatile tool for anyone exploring the individuation process and deepening his or her understanding of Jungian typology. -- *Angelo Spoto*, author of *Jung's Typology in Perspective*

This is a book you will want to keep with you and keep referencing for the rest of your life. --*Dario Nardi*, author of *8 Keys to Self-Leadership: From Awareness to Action*

About the Author

Gary Hartzler started his work in type as a manager and organization development consultant in 1976. He was on the founding board of directors for the Association for Psychological Type as the vice-president for management and organization development. He was a member of the Myers's J-team, the research team that first defined the subscales and facets of type. Gary has authored or co-authored six books and many articles on the use of type and type development.

Margaret Hartzler began her work on type in 1977 doing research for her masters and Ph.D. that involved type. With her husband, Gary Hartzler, and Kathy Myers, she formed an organization in 1983 that developed and offered the first publicly advertised Professional MBTI® Qualifying Program. Since then she has facilitated more qualifying programs around the world than any other person. She has more than twenty years of experience designing and delivering a variety of training programs using type and has authored or co-authored seven books about how to use type theory.

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