

Neuroscience of Personality

Professor Dario Nardi Realizes Jung's Vision

Carl Gustav Jung emphasized that the purpose of his theory of psychological types was not to classify human beings into categories, but rather to "provide a critical psychology which will make a methodical investigation and presentation of the empirical material possible."

Jung's vision for his theory to provide a theoretical framework for a future investigator's experimental research has finally been realized in the work of Professor Dario Nardi at UCLA. Professor Nardi's brain mapping research using EEG technology has provided the first empirical evidence supporting Jung's observations.

Jungian Cognitive Processes

Carl Jung defined two attitude-types (Extraverted and Introverted) as well as four function-types (Thinking, Feeling, Sensing, and Intuiting). He observed that the function-types are always combined with an attitude type. In other words, the mental functions are observed in an extraverted or introverted variation.

These combinations are decoded below using Personality Academy terminology:

Letter Code	Attitude	Function
Te	Extraverted	Objective Decision Making
Ti	Introverted	Objective Decision Making
Fe	Extraverted	Subjective Decision Making
Fi	Introverted	Subjective Decision Making
Se	Extraverted	Hands-On Information Gathering
Si	Introverted	Hands-On Information Gathering
Ne	Extraverted	Theoretical Information Gathering
Ni	Introverted	Theoretical Information Gathering

"The science is in! Each of the eight Jungian cognitive processes (Te, Ti, Fe, Fi, Se, Si, Ne, Ni) corresponds to a pattern of brain activity that unites brain, mind, culture, and context into a comprehensive model."

- Dario Nardi, *Neuroscience of Personality*

“Temperament is useful because it describes holistic qualities: it names people’s core needs and values, describes how people go about getting their underlying needs and values met, and how they tend to reshape their environment and grow ... Each temperament is a pattern of interrelated qualities.” (Page 77i)

“All of us have the needs and values of all four temperaments but one is “home base” -the one that comes naturally to us, the one we go to when we are under stress, and we cannot seem to live without. It is the pattern we are most drawn to and find satisfying. Often, we dislike one temperament -we avoid or remain suspicious of it.” (Page 77)

Nardi explored the following quartets in his brain mapping research: (Page 158)

Application	Quartet
Career Choice	ST, SF, NT, NF
Communication Style	ET, EF, IT, IF
Decision-Making Style	TJ, FJ, TP, FP
Information Access	SP, SJ, NP, NJ
Learning Style	ES, IS, EN, IN
Needs and Values	SP, SJ, NT, NF
Work Style	IP, EP, IJ, EJ

“Studies that utilize MBTI data often analyze results in groups of four, each group containing four types. Let’s call these groups quartets. Anecdotally, some quartets lend themselves well to particular applications such as communication, education, leadership, or so forth.” (Page 158)

“All the quartets performed better than chance.” (Page 158)

“Overall, the results suggest there are more than personality type “boxes”. Rather, there is an underlying set of dynamics. When people share a dynamic, they share brain activity that helps them get along.” (Page 158)

Neuroscience of Personality by Dario Nardi, Ph.D. (2011)

Visit the Personality Academy website to learn more and be sure to check out the animated video *Personality Portrait* by Mary Miscisin, M.S. and Ed Redard, M.D. of Personality Lingo. This video describes their experience participating in a Dario Nardi brain scanning session!

www.PersonalityAcademy.com/Neuroscience-of-Personality