

# Myth Busting



The Myers-Briggs Type Indicator® (MBTI®) assessment is the world's most widely used personality assessment, but there are also many misconceptions about it. **Here are 5 things you might have heard about the MBTI assessment which just aren't true:**

## It's a personality test.

### THE TRUTH:

The MBTI assessment is not a test—there are no right/wrong answers, and it does not measure skill or ability. People cannot 'fail' it or get anything wrong.

**REMEMBER THIS:** MBTI types are different, but no type is superior to any other.



## It's out of date.

### THE TRUTH:

The MBTI assessment has evolved—it is continually updated at The Myers-Briggs Company by a research team of psychologists.

**REMEMBER THIS:** Now validated in 27 languages.



## Introverted types should avoid high-visibility occupations.

### THE TRUTH:

Bill Gates, J.K. Rowling, Meryl Streep, and Steve Martin have high profiles, yet all have exhibited behavior indicating a preference for Introversion.

**REMEMBER THIS:** Our preference for Extraversion or Introversion shows how we get energized. It is not about being shy or sociable.



## It will expose my flaws.

### THE TRUTH:

The MBTI assessment is value neutral and is not designed to be used as a screening tool.

**REMEMBER THIS:** It describes preferences and can identify development areas, but it cannot reveal effectiveness.



## It labels people and puts them in a box.

### THE TRUTH:

Type descriptions are the starting point for self-awareness and personal development—the opposite of being 'boxed in'.

**REMEMBER THIS:** A four-letter MBTI type shows a person's most comfortable, most natural self.

