

The Eight Cognitive Processes

Adapted from Linda V. Berens and Dario Nardi, [Understanding Yourself and Others®: An Introduction to the Personality Type Code](#) (Telos Publications, 2004) *Used with permission.

Jung classified the functions into two major groupings. He noted that there are two major kinds of mental processes.

Perception

One is perception, a process of becoming aware of something. In the perceptive process, there is some sort of stimulation and we become aware of or attend to that stimulation. It is how we gather or access information. Jung called this an irrational process since the awareness simply comes to us. Jung identified two kinds of perception: Sensation and Intuition. Sensing is a process of becoming aware of tangible information. INtuiting* is a process of becoming aware of conceptual information. Sensing and iNtuiting can both be done in either the outer, extraverted world or in the inner, introverted world.

Judgment

The other kind of mental process identified by Jung is that of judgment, a process of organizing, evaluating, and coming to conclusions. Using the judging process, some sort of evaluation is made. Jung identified two kinds of judgment: Thinking and Feeling, both of which can be used in either the outer, extraverted world or in the inner, introverted world. Simply put, Thinking judgments are based on objective criteria or principles, and Feeling judgments are based on personal, interpersonal, or universal values.

Se - extraverted Sensing

Experiencing the immediate context; noticing changes and opportunities for action; being drawn to act on the physical world; accumulating experiences; scanning for visible reactions and relevant data; recognizing “what is”.

Si - introverted Sensing

Reviewing past experiences; “what is” evoking “what was”; seeking detailed information and links to what is known; recalling stored impressions; accumulating data; recognizing the way things have always been.

Ne - extraverted iNtuiting

Interpreting situations and relationships; picking up meanings and interconnections; being drawn to change “what is” for “what could possibly be”; noticing what is not said and threads of meaning emerging across multiple contexts.

Ni - introverted iNtuiting

Foreseeing implications and likely effects without external data; realizing “what will be”; conceptualizing new ways of seeing things; envisioning transformations; getting an image of profound meaning or far-reaching symbols.

Te - extraverted Thinking

Ordering; organizing for efficiency; systematizing; applying logic; structuring; checking for consequences; monitoring for standards or specifications being met; setting boundaries, guidelines, and parameters; deciding if something is working or not.

Ti - introverted Thinking

Analyzing; categorizing; evaluating according to principles and whether something fits the framework or model; figuring out the principles on which something works; checking for inconsistencies; clarifying definitions to get more precision.

Fe - extraverted Feeling

Connecting; considering others and the group—organizing to meet their needs and honor their values and feelings; maintaining societal, organizational, or group values; adjusting and accommodating others; deciding if something is appropriate or acceptable to others.

Fi - introverted Feeling

Valuing; considering importance and worth; reviewing for incongruity; evaluating something based on the truths on which it is based; clarifying values to achieve accord; deciding if something is of significance and worth standing up for.