

Myers Briggs and our HSP trait -- learn more in my upcoming online class

Spring greetings dear HSPs,

I'm sure many of you have taken the Myers Briggs as there are many free sites which provide you with a type. However, many times these results are not valid, nor do explain what a low score between two preferences might mean. (It does not mean you are well-balanced between the two preferences in question.) These free sites do not come with how the Myers Briggs and our HSP trait can overlap. To learn about the Myers Briggs from our HSP perspective adds a much deeper and more expansive understanding.

I have been certified to utilize the statistically valid and reliable Myers Briggs Assessment from my account at Consulting Psychological Press since 1991 and have administered this assessment to hundreds of HSPs since 2000. Here are a few of my interesting research findings:

- the majority of HSPs are INFP, followed by INFJ ... followed by ENFP (yes, the sensitive extrovert ); then ENFJ, ISFJ, ISFP, ESFJ ... then comes the INTJ, INTP ...
- I've met only a handful HSPs who are ISTJ, one who was ESTJ ... very few who are ENTP

**Other things you will learn in the online Myers Briggs/HSP Overlay class April 7 and 14:**

- the sensitive extrovert is NOT the same as the general extrovert; how the sensitive extrovert gets their energy renewed is not the same as the extrovert in mainstream culture
- there are approximately 1.4 billion HSPs in the world -- and 420 million of those are sensitive extroverts, an often unrecognized, misunderstood and marginalized group
- not all introverts are HSP, although most of what you read about introverts on social media sites are actual descriptions of the HSP - whether introvert or extrovert --- for example, language like: old souls, deep processors, people in need of solitude, dislikes social gatherings and the small talk that goes on in such places, or often feeling misunderstood or marginalized.

If you would like to read more about the **sensitive extrovert** here is an excerpt from a (soon to be published) researched article on the sensitive extrovert, and which will also be a chapter inbook on HSP empowerment.

<https://www.facebook.com/notes/hsp-gathering-retreats-since-2001/the-sensitive-extrovert/1590920240943959/>

**Here is information on the next online class: Myers Briggs with HSP Overlay coming up April 7 and 14 ~ you can up here too:**

(ignore the fall 2017 header--it's really the April 2018 class)

<http://www.lifeworkshelp.com/HSP-Newsletter/fall-2017-myers-briggs-with-hsp-overlay-class/>

And finally, last but certainly NOT least --- here is information about the 2018 HSP Gathering Retreats:

***Knowing and Being Known as a Highly Sensitive Person  
Our role in being known ~ Our role in belonging***

**Sharing a variety of tools and processes we will explore this theme,  
encouraging a focus on your unique way of showing up as highly sensitive person  
as well as the unique challenges encountered  
as we each forge our own path toward integration and wholeness.**

**The HSP Gathering Retreats have the power to educate, inspire, transform and connect  
you with kindred spirits who nourish your soul and encourage you on your path.**

**Information and to register here:**

<http://www.lifeworkshelp.com/hspgathering.htm>,

with gratitude and anticipation  
Jacquelyn