**Writing Your Past Into Your Fiction**

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**WHAT HISTORY?**

**Our personality**

Meyer’s Briggs. Carl Jung

**The Four Preferences In More Detail**

**Where, primarily, do you prefer to direct your energy?**

**E**xtravert- If you prefer to direct your energy to deal with people, things, situations, or "the outer world", then your preference is for **Extraversion**. This is denoted by the letter "E".

**I**ntrovert - If you prefer to direct your energy to deal with ideas, information, explanations or beliefs, or "the inner world", then your preference is for **Introversion**. This is denoted by the letter "I".

**How do you prefer to process information?**

**S**enser - If you prefer to deal with facts, what you know, to have clarity, or to describe what you see, then your preference is for **Sensing**. This is denoted by the letter "S".

I**N**tuition- If you prefer to deal with ideas, look into the unknown, to generate new possibilities or to anticipate what isn't obvious, then your preference is for **Intuition**. This is denoted by the letter "N" (the letter I has already been used for Introversion).

**How do you prefer to make decisions?**

**T**hinker - If you prefer to decide on the basis of objective logic, using an analytic and detached approach, then your preference is for **Thinking**. This is denoted by the letter "T".

**F**eeler - If you prefer to decide using values and/or personal beliefs, on the basis of what you believe is important or what you or others care about, then your preference is for **Feeling**. This is denoted by the letter "F".

**How do you prefer to organise your life?**

**J**udger - If you prefer your life to be planned, stable and organised then your preference is for **Judging**(not to be confused with 'Judgmental', which is quite different). This is denoted by the letter "J".

**P**erceiver - If you prefer to go with the flow, to maintain flexibility and respond to things as they arise, then your preference is for **Perception**. This is denoted by the letter "P". [*http://www.teamtechnology.co.uk/tt/t-articl/mb-simpl.htm*](http://www.teamtechnology.co.uk/tt/t-articl/mb-simpl.htm)

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**Our spiritual journey and lessons learned**

**The stories of people around us:**

**The Unconscious Leaking into Fiction**

**CAUTIONS**