**Self-Assessment: Are You a Sensing or Intuitive Type?**

**The source of this scale is: Steven L. McShane, University of Western Australia.**

Nearly a century ago, Swiss psychiatrist Carl Jung proposed that personality is primarily represented by the individual's preferences regarding perceiving and judging information. Jung explained that perceiving, which involves how people prefer to gather information or perceive the world around them, occurs through two competing orientations: sensing (S) and intuition (N).

**Instructions:**

This self-assessment estimates whether you have a preference for sensing or intuition when perceiving the world around you. Indicate the point that best places you between the two opposing labels of each scale. There is no exact "in-between" option, so you need to indicate which label describes you better, even if only very slightly. This survey has 10 statements.

1. I think of myself as:

* 1 inventive
* 2
* 3
* 4
* 5
* 6 realistic

1. I tend to pay more attention to:

* 1 specific evidence
* 2
* 3
* 4
* 5
* 6 the big picture

1. Most people who know me would describe me as:

* 1 practical
* 2
* 3
* 4
* 5
* 6 theoretical

1. I prefer thinking about:

* 1 future possibilities
* 2
* 3
* 4
* 5
* 6 current realities

1. I prefer:

* 1 data/ information
* 2
* 3
* 4
* 5
* 6 concepts

1. When making sense of a situation, I rely more on:

* 1 my general impression/ feeling
* 2
* 3
* 4
* 5
* 6 facts/ observations

1. Most people who know me would say I pay more attention to:

* 1 being accurate
* 2
* 3
* 4
* 5
* 6 developing ideas

1. I tend to focus on:

* 1 the future
* 2
* 3
* 4
* 5
* 6 the here and now

1. Most people who know me would describe me as:

* 1 concrete
* 2
* 3
* 4
* 5
* 6 abstract

1. When making sense of things, I put more weight on:

* 1 my hunches
* 2
* 3
* 4
* 5
* 6 hard facts

**Understanding Your Score on the Jungian Sensing-Intuition Type Self-Assessment**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Intuition | | | Sensing | | |  |
|  | Clear | Moderate | Slight | Slight | Moderate | Clear |  |
| 10 | 10-17 | 18-27 | 28-35 | 36-41 | 42-53 | 54-60 | 60 |

Jung's theory proposes that perceiving involves bringing data to a person's consciousness. It relates to how people prefer to gather information or perceive the world around them. Perceiving occurs through two competing functions: sensing (S) and intuition (N).

**Sensing:** This function involves perceiving information directly through the five senses; it relies on an organized structure to acquire factual and preferably quantitative details. People with a clear preference for sensing focus on the present. They prefer working with tangible, specific data rather than conceptual information.

**Intuition:** This function relies on insight and subjective experience to see relationships among variables. Intuitive types focus on future possibilities. They prefer information that is theoretical and abstract.

**Scoring:**

To find where you stand on the “Jungian Sensing-Intuition Type Self-Assessment,” please refer to the following scoring guide:

**(Sensing-Intuition Type - Questions 1, 4, 6, 8 ,10)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Option 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | 4 | 3 | 2 | 1 | 0 |

**(Sensing-Intuition Type – Questions 2, 3, 5, 7, 9)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Option 1 | 2 | 3 | 4 | 5 | 6 |
| 0 | 1 | 2 | 3 | 4 | 5 |