

**NZAPT Conference
September 2009**

Exploring SenSing Cognitive Processes
Anne Russell & Jillian Thomas

This session is designed to enable participants to heighten their awareness of the nuances of the Sensing cognitive processes.

Si ... see the becoming and passing away of things simultaneously with their momentary existence in the present ... the bare sense impression develops in depth, reaching into the past and future. (Carl Jung *Psychological Types* para 648)

Normally the object is not devalued in the least, but its stimulus is removed from it and immediately replaced by a subjective reaction no longer related to the reality of the object. (para 650) ... the subjective component of sensation becomes so alive that it almost completely obscures the influence of the object. (para 651)

Se ... sense for objective facts is extraordinarily developed. ... a concrete expression of life - it is simply real life lived to the full. To feel the object, to have sensations and if possible enjoy them - that is his constant aim. (Carl Jung *Psychological Types* para 606) Once an object has given ... a sensation, nothing more remains to be said or done about it. It cannot be anything except concrete and real; conjectures that go beyond the concrete are admitted only on condition that they enhance sensation. (para 607)

The Workshop

In this workshop we will examine the two different forms of Sensing: introverted Sensing (Si) and extraverted Sensing (Se) cognitive processes.

At the end of the session participants will have:

- Explored differences between the introverted and extraverted forms of Sensing.
- Experienced Si and Se through encounters with people who have one of these as their leading cognitive process.
- Recognised where both Si and Se operate within their own personality type.
- Discussed contemporary perspectives of personality type which extend knowledge beyond function dichotomies.

Outline of the content

This session gives a voice to participants with a leading or supporting Sensing preference. It enables participants to recognise and value the depth of two entirely different forms of Sensing. It also explores how everyone uses both forms of Sensing in different ways according to where the cognitive process is located within their own Type code.

How all will be revealed!

1. Introduce the differences between introverted and extraverted Sensing.
2. Demonstrate, with an activity, the differences between introverted and extraverted forms of Sensing.
3. Identify the sequence of the eight cognitive processes for each participant.
4. Focus on Si with personal examples from *Magnificent 16* DVD and Haas & Hunziker *Building Blocks of Personality Type*.
5. Share experiences and discuss how Si is expressed differently in various Type codes.
6. Focus on Se with personal examples from DVD and text.
7. Share experiences and discuss how Se is expressed differently in various Type codes.
8. Contemporary perspectives of personality type.

Differences between the introverted and extraverted forms of Sensing

When Si or Se is in a leading role, or the first cognitive process, it is a perceiving or information-gathering process.

Two different temperament types are represented with these two cognitive processes. The cognitive process Si is found in all types with S and J in their code. The four types ISTJ, ISFJ, ESTJ and ESFJ all represent Stabilisers (or Guardians). The cognitive process Se is found in all types with S and P in their code. The four types ESTP, ESFP, ISTP and ISFP all represent Improvisers (or Artisans).

A commonality between these eight personality types is their use of concrete language. They have the ability to see things as they are and to take situations at face value. This provides a very realistic perspective and thus they are known for being grounded and identifying solutions with practical outcomes.

Some differences start to emerge when people using their Si process take the current situation as they see it and, in their mind, align it with a similar circumstance experienced in their past in order to see it in the future. The recollections triggered will elicit rich visual memories which may well include senses of smell, taste, hearing and touch. They will consider how to contribute their knowledge gained from previous experiences to benefit the current situation.

In the same situation a person using their Se process experiences the moment and is acutely aware of the visual and sensory features of their environment. Their attention is actively involved in their physical surroundings using all their senses with awareness focused on what they can do right now to benefit and make an impact on the current environment. They are likely to see immediately what can be done in a practical way to improve the situation or solve a problem.

Si and Se experienced through encounters with people who have one of these as their leading cognitive process

A scenario from Carol Shumate provides a valuable example of the energies and approaches of two people with different leading Si and Se processes.

Charles (ISTJ): *While we are talking, sometimes I'll be trying to answer his question and he'll interrupt me with the next question.*

Jerry (ESTP): *Charles always wants to invest more time in every decision. I'm ready to decide on the spot but he wants to take another week to think about it... I know what we need to do - or I will know when we get to the conference.*

This scenario can be explored through various lenses:

1. Type dynamics where they are communicating with each other using opposing cognitive process roles. (Our focus for this Workshop)
2. The Stabiliser Temperament vs the Improviser Temperament core needs.
3. The In-Charge vs the Chart-the-Course Interaction Style.

Type Dynamics where both Si and Se operate within each personality type

Type dynamics is the term used to describe a specific sequence for the cognitive processes as represented in each type code. John Beebe and Linda Berens have expanded on the eight different roles the cognitive processes play in a person's type.

Linda Berens and Dario Nardi (pp18-19) describe the roles these processes assume. Each position can be represented in a positive or negative way. The first four processes Berens and Nardi call the primary processes, which each person tends to develop over time. 'The other four cognitive processes operate more on the boundaries of our awareness' and are sometimes called the Shadow processes. While we might experience these negatively, they can be quite positive if we are able to trust our use of them. Each cognitive process has its place in all eight positions when we review the dynamics for each type.

The Leading Role is sometimes called the hero as it has a positive energy which comes naturally. So normally it is well developed, trusted and used appropriately. Overuse may be experienced as pedantic behaviour.

The Supporting Role can be like a 'nurturing parent' in the way we help others and support our leading process. In its negative form it might become overbearing and intrusive.

The Relief Role can provide an opportunity for play and potential creativity and afford the opportunity to re-energise. It might also be used to back up the supporting process. In its negative form it may take on childish characteristics.

The Aspirational Role may be used inappropriately and probably take more energy when used prior to midlife. However, it can provide 'a bridge to balance in our lives'. We achieve things to which we only aspired before developing and trusting this process.

The Opposing Role which is the opposite attitude of our leading role can act in an obstinate and inflexible way. When used well it can provide richness in support of our leading process.

The Critical Parent Role often finds fault in self or others and deflates self or others causing despondency. However, when used with positive energy it can provide remarkable wisdom.

The Deceiving Role can often confuse us with inaccurate understanding as we attend inappropriately. However, the positive use of this process provides a sense of fun and the ability to enjoy.

The Devilish Role can be detrimental to self or others with action or inaction. It is likely to be uncontrollable and appear without thought. However, it can become 'transformative' when it is trusted and at its best provides insightful creativity.

Si and Se will each look different according to the specific role in each personality type.

For Jill with ISFJ preferences Si is in the Leading Role. Here she trusts that things happening in the present which do not have a precursor can be intentionally ignored and postponed until acknowledgement is necessary and action needs to be taken. One particular everyday action triggers vivid recollections of a past horrific occurrence and simultaneously a heightened alertness for its potential reoccurrence. Se in the Opposing Role creates a stubbornness and refusal to join in for example when people state the obvious about what is in the environment when she wishes to just experience it for herself. However, as a pilot and a nurse, Jill has harnessed her Se cognitive process to instantaneously respond to emergencies in collaboration with her leading Si.

So for Anne, with INFP preferences, Si will play the Relief Role. In this position, Si provides the opportunity to re-energise with some detail and friendships with people who have Si in a Leading Role. So in this position it does not have the same intensity as for the personality type who has Si in the leading role. Se is in the Deceiving Role and experiences or objects in the moment can unexpectedly confuse or trick her. Sometimes leading to car accidents through not seeing the obvious. In this position, for Anne, Se does not have the awareness of objects of reality evident for someone who has Se in a leading role. However, recognising how she is tricked has enabled her to deal more realistically with reality in the moment.

Contemporary perspectives of personality type which extend knowledge beyond function dichotomies

Personality type is much more than mere differences between four dichotomies. In our thinking we focus on the cognitive processes to move the focus away from the differences between E and I and J and P. Jung did not use these dichotomies in his work, however, they are relevant to enable us to identify the leading processes and ascertain the dynamic sequence of processes for each type code. So now the focus is on the eight cognitive processes and we recognise from our exploration of Si and Se that each process has its distinctive attributes.

References

Berens, Linda V, and Nardi, Dario (2004) *Understanding Yourself and Others: an Introduction to the Personality Type Code*. California, Telos Publications.

Haas, Leona and Hunziker, Mark (2006) *Building Blocks of Personality Type: A guide to using the eight-process model of personality type: Jung's mental processes*. California: Unite Business Press.

Jung, Carl Gustav (1971) *Psychological Types*. Revision by R.F.C. Hull of the translation by H.G. Baynes. Princeton, NJ: Princeton University Press.

Poirier, Danielle (2005) *The Magnificent 16* (DVD) Val des Monts, QC: Rebel Eagle Productions, Inc.

Shumate, Carol (2009) *The Opposing Personality: Recognizing the Archetypal Energy*. *Bulletin of Psychological Type* vol.32 (2), pp. 36-41.

Brief Biographies



Dr Anne Russell currently teaches Linda Berens Interstrength® accreditation program and appreciates the additional contributions its multi-model approach brings to understanding personality type. She has used Type with organisations and individuals since 1992 and taught MBTI accreditation programs from 1999. Anne has presented at national and international APT conferences and published extensively on personality type. www.russellsynergies.com.au

Jillian Thomas recently completed both the MBTI and Interstrength® accreditation programs and brings power to the workshop with her leading introverted Sensing preference. Jillian's understanding of personality type is built on a rich variety of occupations including commercial pilot, scuba diving instructor, avocado grower, conference administrator, mother, registered nurse and treasurer of AusAPT Queensland Region.

