



# Functions of Type: Activities for Developing the Eight Jungian Functions

*Gary Hartzler, Margaret Hartzler*

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*Functions of Type* provides you with activities that you can use to strengthen your mental data-collection and decision-making skills. The specific mental skills that you will be better able to use are related to the eight psychological functions first defined by Carl Jung in his book, *Psychological Types*. Over the past hundred years, literally hundreds of type practitioners have been refining the definitions of the eight functions. Our own work has been to focus on how to make personal choices about our self-development using these refined definitions.

In *Functions of Type*, each of the eight functions is defined and the mental skills associated with the function are described. You are given a chance to assess your own comfort in using the mental skills associated with that function using a self-rating assessment. Then there are two pages of mini-exercises—called activities—that you can use to improve your mental skills associated with each function.

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