



Knowing Your Personality: The 4 Sides of the Mind

A Person's Input-Output Functions

In his 1913 masterpiece, Psychological Types, Carl Jung proposed 4 basic functions: Thinking (T), Feeling (F), Sensory (S) and Intuition (N)



What is the “Cognitive Stack”?



Cognitive stack describes the priority or order in which a person uses their cognitive functions, with Ego being the most natural and commonly used and the Shadow being the least-commonly used.

- It shows how the input and output functions are being arranged (Hero: Te, Parent: Fi, etc)
- It depends on the person's personality type
- It describes how a person move between the 4 sides of the mind

Ego

- Hero*
- Parent
- Child
- Inferior/Aspirational

Shadow

- Nemesis
- Critic
- Trickster
- Demon

The 4 Personalities of a Person

There are the ego, the superego, the unconscious and the subconscious. The diagram showed the 4 personality types that correspond with each side.

Ego

- Default
- Uses the least energy
- The main personality type

Shadow

- Defensive
- Triggered by feeling of inferiority

More conscious

Subconscious

- Happy place!
- Triggered by the feeling of achievement

Superego

- Angry
- Triggered by the demon function

Less conscious



Energy & the 4 Sides of the Mind

Here is the energy level required to navigate our four sides of the mind:

Ego & Shadow

More energy being utilised reluctantly

Superego

Energy being utilised angrily

Subconscious

Energy being utilised approvingly



Transitioning

When we are moved by external or internal triggers, we can move around our 4 sides of the mind. This is referred to as transitioning

Ego & Shadow

When questioned & confronted

Superego

When asked to do a new (exciting) task & looking forward

Subconscious

When doubted & upset