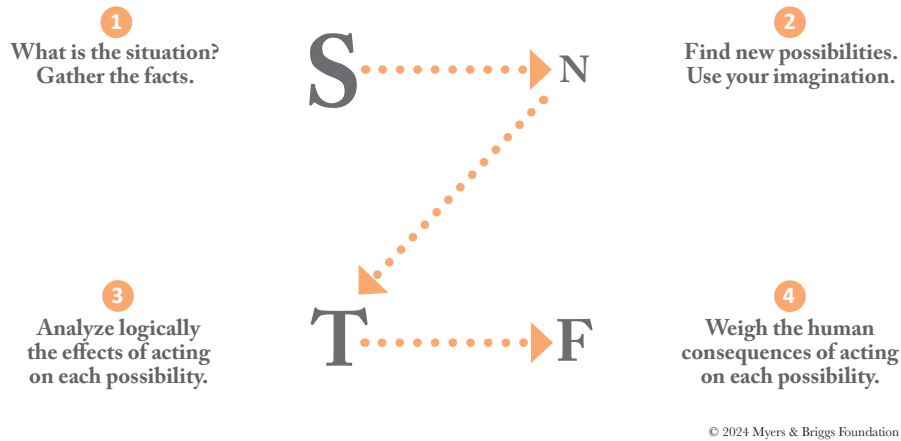


Z-Models for the 16 MBTI® Personality Types

In this two-part series, Dr. Yvonne Nelson-Reid explains Gordon Lawrence's Z-Model for problem-solving using personality type. Each of the 16 MBTI® personality types uses the same four steps to solve a problem; however, each type typically has a pattern for using these four steps. Some steps seem to come naturally. Other steps may seem more difficult and may even be overlooked entirely. Find your natural problem-solving style below.

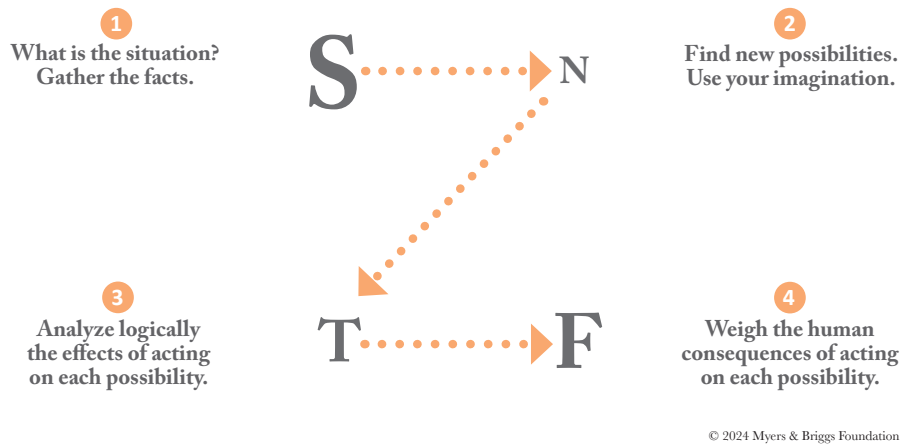
Dominant Perceiving Types (Sensing or Intuition)

Z-Model Diagram for ISTJ/ESTP



ISTJ/ESTP: Begins with S, may skip N, dives into T, and may not consider F.
Trust your ST preferences, but don't forget to include NF.

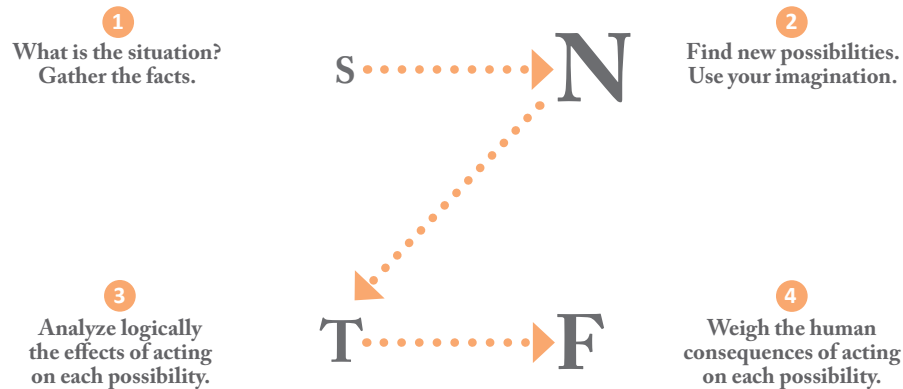
Z-Model Diagram for ISFJ/ESFP



ISFJ/ESFP: Begins with S, may skip N, may not consider T, and jumps to F.
Trust your SF preferences, but don't forget to include NT.

Dominant Perceiving Types (Sensing or Intuition) [continued](#)

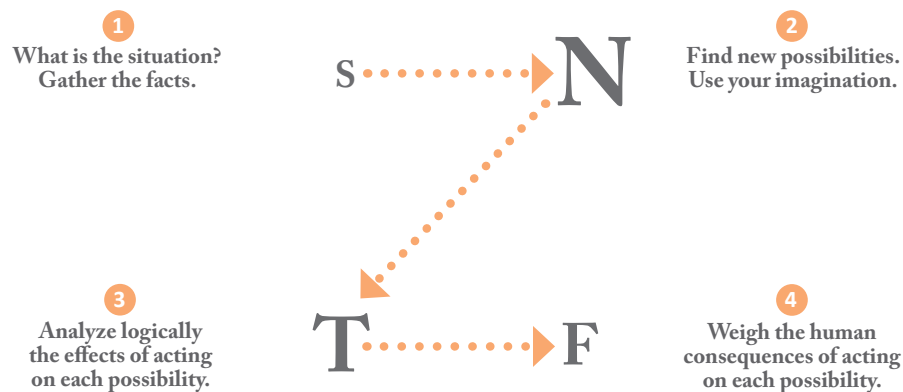
Z-Model Diagram for INFJ/ENFP



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INFJ/ENFP: May skip S, begins with N, may not consider T, and jumps to F.
Trust your NF preferences, but don't forget to include ST.

Z-Model Diagram for INTJ/ENTP



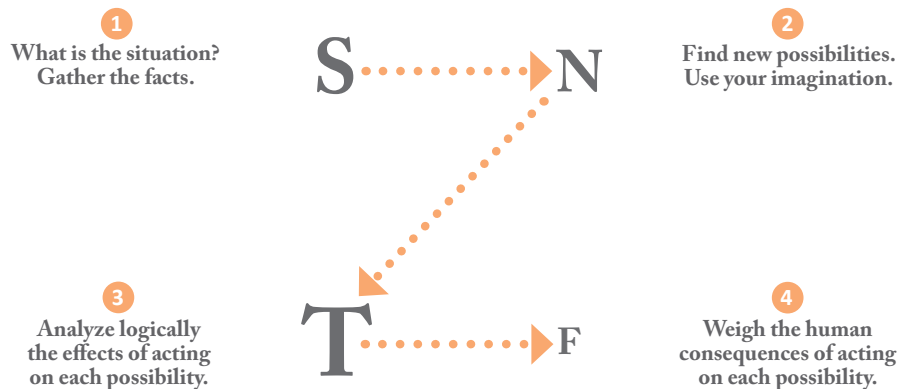
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INTJ/ENTP: May skip S, begins with N, dives into T, and may not consider F.
Trust your NT preferences, but don't forget to include SF.

“Using all the mental processes can lead to clearer perceptions, sounder judgments, and more effective problem-solving. Honor your strengths and learn to access your stretches.”

Dominant Judging Types (Thinking or Feeling)

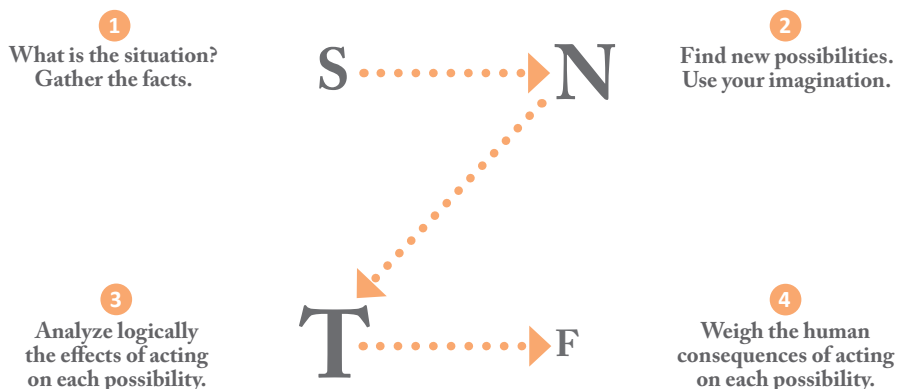
Z-Model Diagram for ISTP/ESTJ



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ISTP/ESTJ: May begin with **S**, not consider **N**, quickly moves to **T**, and may skip **F**. Trust your **ST** preferences, but don't forget to include **NF**.

Z-Model Diagram for INTP/ENTJ

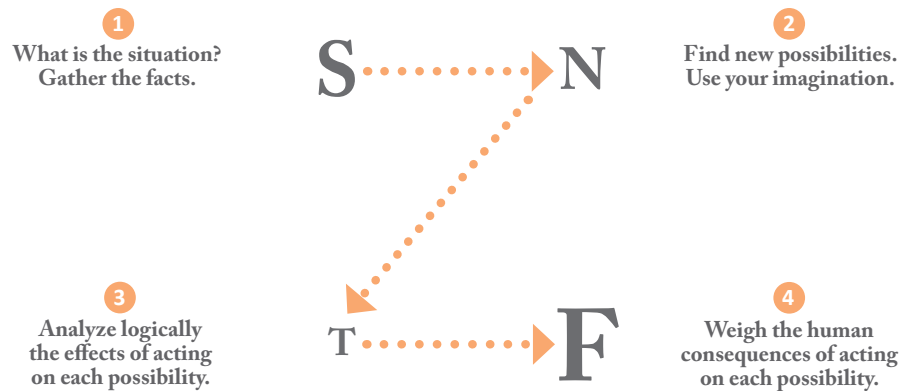


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INTP/ENTJ: May not consider **S**, begins with **N**, quickly moves to **T**, and may skip **F**. Trust your **NT** preferences, but don't forget to include **SF**.

Dominant Judging Types (Thinking or Feeling) *continued*

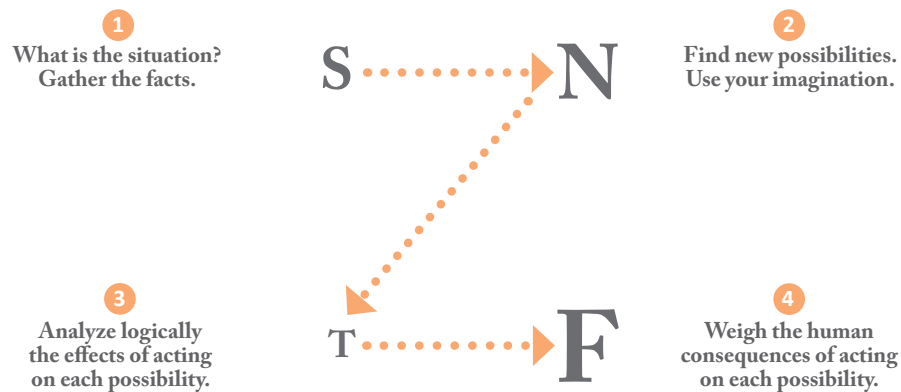
Z-Model Diagram for ISFP/ESFJ



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ISFP/ESFJ: May begin with S, not consider N, may skip T, and jump quickly to F.
Trust your SF preferences, but don't forget to include NT.

Z-Model Diagram for INFP/ENFJ



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INFP/ENFJ: May not consider S, begins with N, may skip T, and jump quickly to F.
Trust your NF preferences, but don't forget to include ST.