



The Inferior Function

*It's not what happens to you...
it's the meaning you attach to it.*

Characteristics Of the Inferior Function

- The Inferior Function is the opposite of our Dominant, or most preferred function.
- We have little control of it. It is usually our greatest area of vulnerability. It is primitive and childish.
- When this function is “in control”, you feel like you’re behaving either like a fool or a hero. You can experience either a state of exhilaration or a state of hopelessness.
- When used in a conscious way, its use is generally slow compared to the dominant function and is not used as competently.
- You often experience touchiness around someone criticising any work or behaviour that involves this function.
- When your Inferior Function is in use, behaviour can become compulsive – you cannot seem to stop what you are doing even if a part of your conscious mind wants to. Often a tremendous charge of emotions is felt. You may be moody.
- Your Inferior Function is often your “blind spot”. We need to look it and not run from it.

Ways to Deal With The Inferior Function

- Give it time to function. Don’t attempt work that involves high use of this function when you are tired or under stress.
- Don’t expect to use it with the same efficiency as you use your dominant function.
- Deal with this function with a sense of humour. This usually takes away some of the energy invested in the situation and allows you to rebalance.
- Ask your dominant function to take a rest so that your inferior function has time to develop. The more it is developed, the easier it will be for you to use it.



Dominant and Inferior Functions

DOMINANT INFERIOR	ISTJ Sensing iNtuition	ISFJ Sensing iNtuition	INFJ iNtuition Sensing	INTJ iNtuition Sensing
DOMINANT INFERIOR	ISTP Thinking Feeling	ISFP Feeling Thinking	INFP Feeling Thinking	INTP Thinking Feeling
DOMINANT INFERIOR	ESTP Sensing iNtuition	ESFP Sensing iNtuition	ENFP iNtuition Sensing	ENTP iNtuition Sensing
DOMINANT INFERIOR	ESTJ Thinking Feeling	ESFJ Feeling Thinking	ENFJ Feeling Thinking	ENTJ Thinking Feeling