

DEVELOP TOGETHER

"Helping You Make Positive and Long Lasting Changes to Your Life."

Perceiving and Judging

The obvious assumption is that a Perceiving person is very perceptive and able to pick up on hidden cues from others and that a Judging person is very judgemental of others without considering all the information. Both of these assumptions are incorrect. The difference is more about how each type views the structure of the world around them, with Perceiving people having a more laid back and anything goes view, as opposed to the more structured and organised approach of a Judging person.

A Perceiving person likes to keep their options open and will explore many different avenues before settling on one. They will take an interest in many things so are adaptable to the routines of other people. This can sometimes come off as a bit flaky.

A Judging person likes to make plans and take the time to prepare for every eventuality so that nothing can catch them by surprise. They will follow the same proven routine without question to get things done efficiently, but this doesn't allow room for others to change things without good reason.

There are strengths in both types and although we have a preference one way or the other, we all use both methods when going through life with one preference being demonstrated more openly and the other used for internal processing.

A Perceiving person may seem easy going and relaxed about the progress of a project, but have mental lists of what tasks needs to be done, whereas a Judging person may have a physical document or digital file that plans the project from start to finish with daily tasks listed, although they may internally be thinking of lots of different ways all the tasks can be completed.

By building an awareness of how these preferences work together in yourself, you will be able adapt more quickly to each situation as required.

If you have any questions about this, please email info@developtogether.co.uk.

Kind Regards,

Rob

Rob Palmer – Founder of Develop Together