



World Introvert Day

Introversions & Conflict

Over half the world's population prefers Introversions

4.43B

Introverts around the world¹

Most common

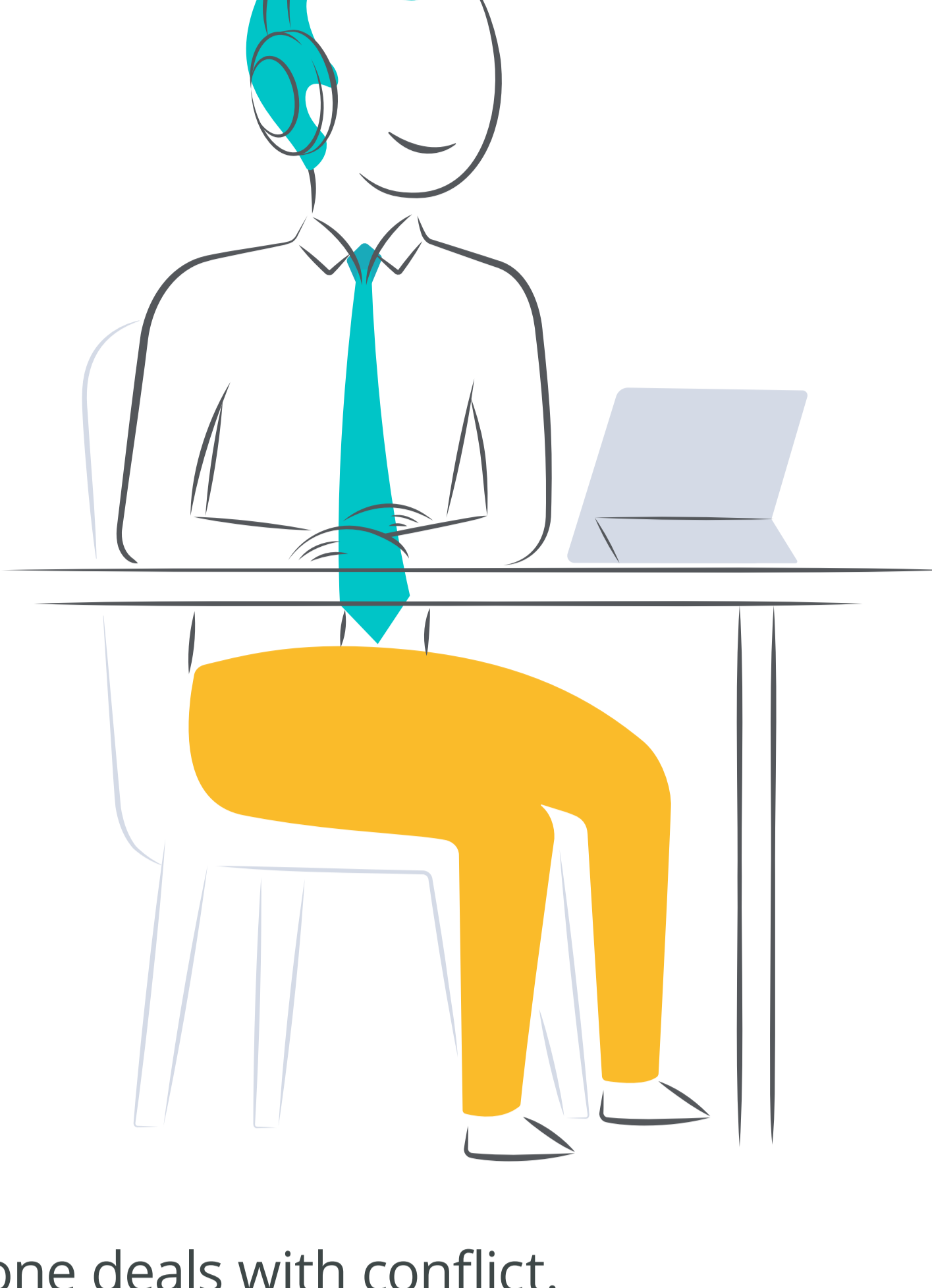
Introverted MBTI® type?

ISTJ¹

Least common

Introverted MBTI type?

INFJ & INTJ¹



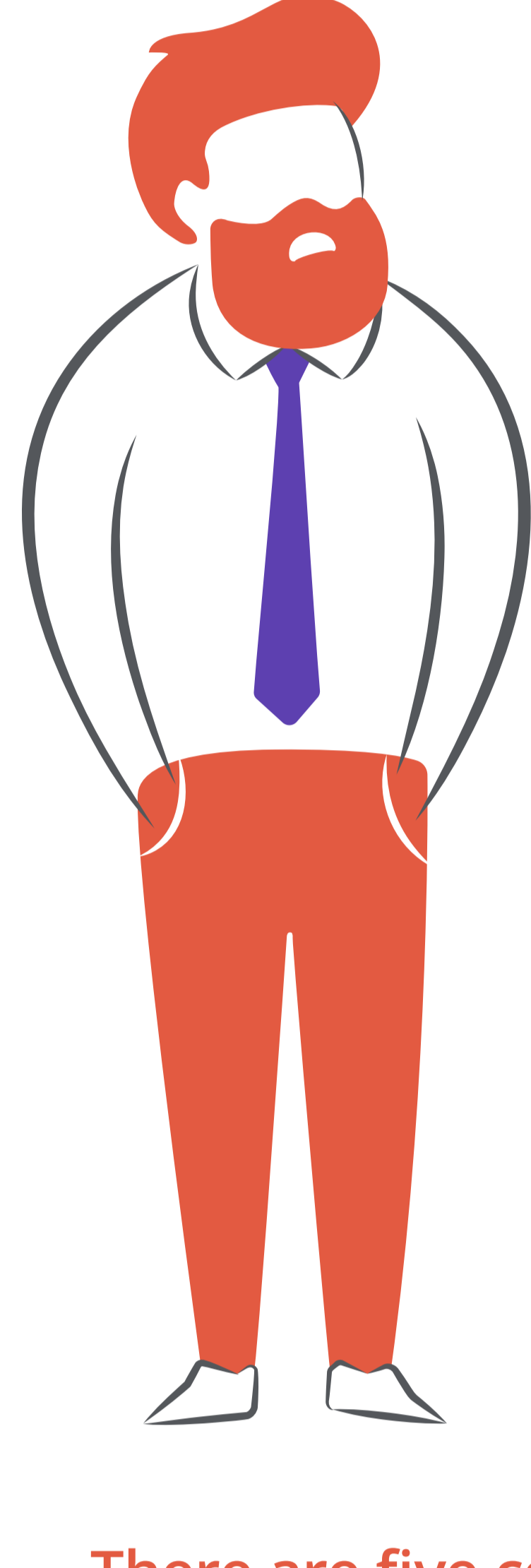
And whether you prefer Introversions or Extraversions, at some point everyone deals with conflict.

2x Time spent by managers on workplace conflict has doubled since 2008.

Managers spend over 4 hours a week dealing with conflict, compared to 2.8 hours a week 15 years ago.²

In addition, managers are more likely to prefer Extraversions.³

But new data from The Myers-Briggs Company shows that those preferring Introversions manage conflict differently than those preferring Extraversions.



Conflict often gets a bad reputation. When you think of conflict, most people think of yelling, confrontation, or fighting.

But conflict is just a difference of ideas or opinion. Without some sort of conflict, we'd stagnate.



Conflict: when two or more people's concerns appear to be incompatible

There are five conflict-handling modes that people with Extraverted and Introverted preferences use, according to the *Thomas-Kilmann Conflict Mode Instrument*.⁴:

Competing – high on assertiveness, low on cooperativeness. Trying to satisfy your own concerns at the other person's expense.

Collaborating – high on assertiveness, high on cooperativeness. Trying to find a win-win.

Compromising – medium assertiveness, medium cooperativeness. Trying to find an acceptable solution that only partially satisfies both individual's concerns.

Accommodating – low assertiveness, high cooperativeness. Trying to satisfy the other person's concerns at the expense of your own concerns.

Avoiding – low assertiveness, low cooperativeness. Trying to sidestep the conflict without attempting to satisfy either individual's concerns.

People generally default to one or two modes, but anyone can learn to use any conflict mode. In addition, each mode has an ideal time and place to be used depending on the situation.

AVOIDING

According to global data from more than 50,000 people who knew their official MBTI type and had taken the TKI® assessment, people who prefer Introversions are more likely to use the Avoiding conflict-handling mode than those preferring Extraversions.



“ This mode occurs when we try not to engage in a conflict issue with the other person. It sees conflict as an interruption or a disruption, diverting energy from the task and causing unnecessary stress. Or in other words ‘not now, I’ll come back to you tomorrow’.

Alex Eggington, Consultant at The Myers-Briggs Company

What conflict-handling mode is each Introverted MBTI type most likely to use?

- ISFP – Avoiding 39%*
- ISFJ – Avoiding 38%
- ISTP – Avoiding 33%
- ISTJ – Avoiding 30%
- INTP – Avoiding 26%
- INFJ – Accommodating 33%
- INFP – Accommodating 32%
- INTJ – Competing 27%

*39% of people with ISFP personality types had Avoiding as their highest scoring conflict-handling mode.



- ▶ Want to increase your self-awareness for a better (work and home) life? Take the official, research-backed **MBTI assessment here.**
- ▶ Interested in giving the MBTI assessment to your small team? Check out **MBTIonline Teams here.**
- ▶ Want to use the MBTI assessment in your organization? Visit **www.themyersbriggs.com**
- ▶ Ready to learn more? Check out our **World Introvert Day page.**



1. MBTI Manual for the Global Step I and Step II assessments. 4th edition. Based on the global sample, based on the global sample it's estimated that 56.8% of the world's population prefers Introversions.
 2. <https://www.prnewswire.com/news-releases/new-research-time-spent-on-workplace-conflict-has-doubled-since-2008-301652771.html>
 3. <https://www.themyersbriggs.com/Search/-/media/Myers-Briggs/Files/Programs/WID-2022-Short-guide.pdf>
 4. The TKI, or the Thomas-Kilmann Conflict Mode Instrument, is one of the most widely used conflict management tools in the world. <https://www.themyersbriggs.com/en-US/Products-and-Services/TKI>



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