Thinking and Feeling

A preference towards either the Thinking or Feeling areas of our personality is an indication of how we prefer to make decisions. Some of us follow our head and some of us follow our heart. In reality we all use a bit of both when making most decisions but our preference can have more of an affect at certain times.

Someone with a Thinking preference will use facts and logic to determine a sensible and streamlined approach and then take steps to make it happen. Whereas someone with a Feeling preference will consider the emotional effects of their actions, both on themselves and others and use this to decide what action to take or not take, depending on the situation. Both methods have their merits but also their drawbacks.

A Thinking person is less likely to take other's emotions into consideration and may take actions that cause unexpected conflict amongst those with a more sensitive inclination. So a Thinking person should aim to include this emotional aspect into their logical process, perhaps by discussing the potential outcomes with someone who has a Feeling preference.

A Feeling person may be too concerned with how their actions will affect others and be reluctant to take any actions, leading to an impasse situation where nothing changes for the better. This person should try to consult with a Thinking person to help them determine the action to take with the most acceptable emotional outcome.

Developing an awareness of both Thinking and Feeling perspectives can help you find a balance yourself, without the need to discuss things with someone else. You will end favouring one method over the other, however this is preferable than being torn in your decisions and making slow progress when more decisiveness is required. So trial and error will help you to find where your your balance is.

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

Kind Regards,

Rob

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