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# Cyber-security tips for each MBTI® type

Here are the likely cyber-security strengths, and two tips, for people with preferences for Extraversion.

# **ESTP**

 When they are persuaded that cyber-security is important, ESTPs can quickly spot when things are not right and take immediate action

### **Cyber-security tips:**

- IT security is important, and the rules do apply to you
- Get specific examples of what you can do differently, and act on them

# **ENFP**

- ENFPs are one of the first to realize when a new security process is in place
- Will take IT security very seriously if it becomes one of their values

### **Cyber-security tips:**

- Be suspicious of emails that have an emotional appeal for you
- Stop and think before you click

# **EST**

- ESTJs are likely to follow IT security rules and processes and seek to improve them
- Generally, they take cyber-security seriously

### **Cyber-security tips:**

- Don't always do things the same way or use the same passwords
- Don't be tempted to cut corners in order to be more efficient

# **ESF**

- = ESFJs are aware of IT security policies and follow them conscientiously
- They form security habits and use them to follow the rules efficiently

## **Cyber-security tips:**

- Be careful who you trust. People online may not be who they seem
- Don't always do things in the same way, or use the same passwords

# **ESFP**

- ESFPs will take guick action when they spot that something is not right
- Generally, they follow IT security rules and policies

### **Cyber-security tips:**

- Don't trust a public network for sensitive data even if it has a password
- Don't take things for granted it pays to be vigilant, perhaps even untrusting

# **ENTP**

- IT-savvy ENTPs will strive to be competent and avoid 'stupid' errors
- Keen to make things happen (though this can mean bending the rules)

### **Cyber-security tips:**

- If you compromise security, others may see you as incompetent
- Slow down before you read emails you might spot something

# ENT

- ENTJs are one of the first types to realize when a new security process is in place
- Will keep up to date and ask questions to understand security issues

### **Cyber-security tips:**

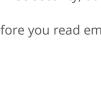
- Don't rush to change security processes find out more first
- Avoid overruling others if they have a fuller knowledge of IT security

# ENF

- Will follow the rules when the rules are clear
- Will take security seriously when aware of effects of breaches on people

### **Cyber-security tips:**

- Be proactive about IT security, even at home
- Don't re-use passwords or use the same one for different apps









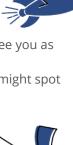


















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# Cyber-security tips for each MBTI® type

Here are the likely cyber-security strengths, and two tips, for people with preferences for Introversion.

# IST

- ISTJs are likely to spot discrepancies and errors in phishing emails
- Generally, they follow IT security rules and policies

### **Cyber-security tips:**

- Don't just use variations on the same password or passwords
- Stay alert. Previous experience should not be your only guide

# INF

 INFJs can over-complicate things and search for hidden meanings. This can be an asset in IT security

### **Cyber-security tips:**

- If something doesn't feel right then check, check and check again
- Don't forget to check details they are important!

# **ISTP**

- ISTPs have a healthy mistrust of systems and of other people online
- Happy to follow IT security rules when they make logical sense

### **Cyber-security tips:**

- Make the effort to find the reasons for a rule before you bend it
- Doing things in your own way quickly in the moment can be risky

# **INFP**

- INFPs are unlikely to make sudden, risky choices
- If aware of the effects of poor security on others, they can see the need for rules

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### **Cyber-security tips:**

- Your organization will have IT security rules. Follow them
- To avoid harming others, take personal responsibility for IT security

## **ISF**

- ISFJs are likely to spot discrepancies and errors in phishing emails
- Unlikely to be caught out twice by the same cyber-attack

### **Cyber-security tips:**

- Don't trust a public network for sensitive data even if it has a password
- = Be careful who you trust. Online, people may not be who you think

# INT

- INTJs value knowledge and strive to be capable and competent
- Generally, they follow IT security rules and policies

### **Cyber-security tips:**

- You don't necessarily know best, even if the rules seem unnecessary
- If you want to be competent, remember to check the details of emails

## INTP

- Many INTPs are knowledgeable about cyber-security issues
- = INTPs are very aware that anyone can be caught out by cyber-attacks

### **Cyber-security tips:**

- = Find the IT security rules for your organization and follow them
- You don't always know best! The rules are there for a reason

# **ISFP**

- ISFPs take IT security seriously and are careful in their online behavior
- Generally, they follow IT security rules and policies

### **Cyber-security tips:**

- Pause before you click
- Remember that people online, even friends, may not be who or what they seem

















