MBTI Cheat Sheet — All 16 Types

Nicknames, core strengths, and how to read the four-letter code. Free to print and share.

ISTJ
Reliable Anchor

Meticulous and thorough; nothing slips through

ISFJ
Devoted Keeper

Deeply attentive to others' needs, often before they're voiced

INFJ
Gentle Visionary

Deep empathy paired with genuine insight into motives

INTJ
Deep Planner

Sees long-range implications others miss

ISTP
Calm Mechanic

Masterful troubleshooter; calm and effective in crises

ISFP
Gentle Maker

Aesthetic sensitivity; creates beauty in everyday life

INFP
Tender Idealist

Deep integrity; lives by examined values

INTP
Curious Analyst

Analytical precision; spots flaws in reasoning fast

ESTP
Bold Improviser

Thinks fast and acts decisively in the moment

ESFP
Vivid Spark

Warm, engaging, and genuinely fun to be around

ENFP
Bright Explorer

Infectious enthusiasm that mobilizes people

ENTP
Playful Challenger

Generates novel solutions under any constraint

ESTJ
Steady Operator

Exceptionally reliable; delivers what you promise

ESFJ
Gracious Host

Warm, attentive, and genuinely caring toward others

ENFJ
Warm Catalyst

Inspires and develops people; natural mentor

ENTJ
Fearless Captain

Turns vague goals into executable plans fast

How to read the code

E / I
Energy: outer world vs inner world

S / N
Information: facts vs patterns

T / F
Decisions: logic vs values

J / P
Lifestyle: planned vs flexible

Don't know your type yet?

Take the free 60-question test at typexray.com — no sign-up. Your answers are computed as soon as you finish.

Type X-Ray is an independent personality test for self-reflection and entertainment. Not the official MBTI assessment.
Type nicknames and strengths are Type X-Ray's own profiles. Print freely for personal, classroom, or team use.