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# Manila Women's Forum

A Network of Women Professionals

April-May 2013

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## MBTI: It's All About Self-Awareness

By Melissa Alipalo

To begin her talk at the March meeting of the Manila Women's Forum, certified executive coach Joanne Weston asked everyone to sign their name as they normally would. They were instructed to sign again using their non-preferred hand. Most women found signing the second time awkward and unnatural while the nervous energy quickly built in the room.

"Look at your signature," Joanne said. "It's awkward, isn't it? It looks and felt unnatural."

We tend to easily understand our preference for writing with one hand or the other—we accept the belief that it is a preference we are born with and cannot easily change. Carrying on for too long writing with our opposite hand would easily tire and frustrate us.

The same is true for aspects of our personality—we have preferences for communicating, socializing, processing information, and making decisions. And having to carry on for too long in ways that don't come naturally can frustrate and undermine us and those around us.

"Understanding those preferences is a matter of happiness and confidence.



*The speaker Joanne Weston (left) and Tes Wilson (right)*

Our mental energy is limited," Joanne said. "Working with unnatural preferences will leave you absolutely exhausted, lead to stress, and health problems. So if you know your preferences, you are able to balance what you do to avoid frustration and fatigue."

The "Myers Briggs Type Indicator," or MBTI, is one of the tools available in the market that, with certified facilitators such as Joanne, helps

companies develop their human resources. It also helps individuals identify their potential blind spots and reconnect with their natural strengths.

### **About MBTI**

The MBTI framework, as Joanne explained, is based on the work of the 1920's Swiss psychologist Carl Jung, who theorized that we are all born

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**May MWF Meeting** ■ **When:** 6:30 p.m., Monday, May 20. ■ **What:** Josefina Alforque, Advocacy Officer of ECPAT Philippines, will speak on Child Protection from Sexual Abuse and Exploitation: A Shared Responsibility. ECPAT stands for End Child Prostitution, Child Pornography and Trafficking, [www.ecpatphilippines.com](http://www.ecpatphilippines.com) ■ **Where:** The home of Nameeta Dargani, 9 Fuentes Street, Corinthian Gardens (take EDSA north from Makati and turn right just after Ortigas). ■ **Bring:** Something to share for the potluck dinner. ■ **June Meeting:** Monday, 2013 June 17.

(*MBTI . . . from page 1*)

with “natural preferences for how we focus and renew our energy, how we take in information, and how we make decisions. These preferences do not change over time but are shaped by our environment (family, education, culture, occupation).

Two premises of the MBTI approach are that the average person can identify their own preferences and that we are born with our natural preferences.

“For the next hour,” Joanne said, “I need you to believe that we are born with certain natural preferences.” She was asking us to set aside the nature verses nurture debate—whether we are products of nature or of our environment.

### **Our Dominant preference: Extroversion or Introversion?**

The full MBTI assessment and self-analysis is administered over a couple of hours, but for the meeting’s purposes Joanne focused on the dominant set of preferences: Extroversion vs. introversion.

Joanne used as an example one woman’s introduction of herself to the group earlier in the evening. When it was her turn, the woman had stood up, introduced herself, said she had only been in the Philippines for a few months, and to address her initial feelings of bewilderment and confusion she began joining every possible club in the city. Her enthusiasm and relief to be here, enjoying herself, and fully booked with all her new activities was clearly working for her. She encouraged anyone who was struggling

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The MBTI is a psychometric questionnaire designed to measure psychological preferences in how people perceive the world and make decisions. These preferences were extrapolated from the typological theories proposed by Carl Gustav Jung and first published in his 1921 book *Psychological Types* (English edition, 1923). Jung theorized that there are four principal psychological functions by which we experience the world: sensation, intuition, feeling, and thinking. One of these four functions is dominant most of the time.

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The MBTI was originally developed by Katharine Cook Briggs and her daughter, Isabel Briggs Myers. They began creating it during World War II, believing that a knowledge of personality preferences would help women who were entering the industrial workforce for the first time to identify the sort of war-time jobs that would be “most comfortable and effective”. Their initial questionnaire grew into the MBTI, first published in 1962. It focuses on normal populations and emphasizes the value of naturally occurring differences.

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with finding themselves in the Philippines to just “join, join, join—join as much as you can. It worked for me!”

Recalling the women’s experience, Joanne said, “We all remember when we arrived and for some us, we would have enjoyed joining all of those groups. But for others of us, that would have been intimidating, overwhelming and tiring.”

To understand the difference—why joining would work for some and not for others—she led the group through an exercise to understand the implications of being extraverted or introverted.

She asked the women to divide into groups according to whether they thought they were introverts or extroverts. INSERT descriptions of both. In their groups, women were asked to react to a hypothetical question about being invited to a party.

The responses of the two groups could not have been more different. Extroverts were ready for a crowd, music, and meeting new people. Introverts were looking for the exit before they arrived. Their preference tended toward smaller groups, whether they knew the people or didn’t.

Joanne’s exercise also identified some of the biases and misunderstandings we have of people with the opposite preference. Extroverts said they thought introverts looked disinterested and aloof at parties. Even the introverts acknowledged that they were aware that others might perceive them this way—but the environment of the party simply overwhelms them,

or they may actually be enjoying the atmosphere and people but are going to express themselves in different ways.

The Extraversion/Introversion preference pair is about how we focus our energy and how we replenish our energy. We can all behave like both but our natural preference is for one or the other. Can you identify if your preference is for Extraversion or Introversion?

### **Extraversion**

- Enjoy meeting and talking with new people
- Are friendly, often verbally skilled and easy to know
- Tend to speak out easily and often
- Do their thinking as they speak
- Can get bored and restless if they’re alone too long

### **Introversion**

- Prefer to interact with people they know
- Are often quieter and might seem uninvolved
- Are often reserved and harder to get to know
- Need time to gather their thoughts before speaking
- Want to know you before becoming self-disclosing

### **Using MBTI**

Realizing that everyone does not share our preference is a step toward being more effective with more types of people.

“Our normal is not someone else’s normal,” she said. Knowing the MBTI’s four sets of opposites can help you detect other people’s “normal,” or preferences. The MBTI approach to understanding our peers and ourselves can be especially useful in team-building with international members.

By understanding our nature, we can nurture them through greater self-awareness, choices that support our own preferences and are sensitive to the preferences of close friends, family members and coworkers.

Joanne Weston is a certified leadership and team performance coach. She has 12 years of experience working with managers and teams in the Philippines. Joanne is also available for private MBTI consultations on request. She can be reached at [joanne@mimosasolutions.com](mailto:joanne@mimosasolutions.com) or through her website [www.mimosasolutions.com](http://www.mimosasolutions.com).

# Emotional Freedom Technique

By Pam Yone



At the April meeting, left to right: Fiona Clark, Mala Hettige, and Gladys Llanfair Apostol

**O**ur speaker for April was Fiona Clark, a Life Enrichment Coach, who also works with the Crisis Line at In Touch Community Services, practices Flower Essence, and is completing her qualifications in Solution Focused Therapy.

This month, she introduced the Emotional Freedom Technique (EFT), designed by Gary Craig. EFT, based on acupressure without the needles, uses “tapping” with two fingers on various pressure points around the face and upper part of the body, combined with verbalizing phrases of affirmation. The technique is a series of tappings on meridian points of the body, in order to unblock the flow of energy. One of the main benefits of EFT is that, once it has been learned, we can then apply it to ourselves on a regular basis, without the need for follow up sessions with the therapist. We can also teach it to family and friends when and if they need it.

Fiona reminded us that stress is the cause of 70% of physical ailments if we store our problems, stressors and issues away in the back of our minds. This is something that we tend to do without realizing it, as we go about our daily routines: “I’ll deal with that later,” “I can’t believe that just happened, I have to find a way around that...,” etc.

By using EFT, Fiona explained we would simply be able to address stressors in a manageable way. Some of the benefits of EFT are relief from anxieties and phobias, depression, post-traumatic stress disorder, headaches, sleep problems, colds, as well as many other conditions. Fiona has also worked with many children, from the ages of 6 and up, to help them with bullying and problems with friends and family.

Fiona led the group through the technique by explaining and demonstrating each of the four steps: Set-up, Round 1, Round 2 and Round 3.

The technique begins with a gauge of how severe our anxiety/phobia/depression/etc. is on a scale of 1 – 10.

Then we start tapping the outside of our palm, which releases the limbic part of our brain that stores our repressed anxieties, fears, etc., and voicing, out loud, a set up statement, such as (using the example we used at the MWF meeting), “Even though I feel overwhelmed with my responsibilities, I love and accept myself completely.” It is important that each phrase of affirmation, or statement, is voiced out. It is also important that we talk about our emotions. Ignoring our emotions would only serve to continue ignoring how strongly an issue is affecting us. This should be done three times.

## Round 1 – Acknowledge the Negatives

Tap the pressure points listed below while voicing out what is bothering you. Here are some examples:

I am overwhelmed by all the things I need to do

I feel tense in ..... (where in your body)

My head has so many thoughts buzzing around I can’t sleep

*(Continued on page 4)*

*(Emotional . . . from page 3)*

I don't know how I can manage to achieve all these . . . . .

I am angry with . . . . . because of . . . . .

I feel anxious and frightened that there is no escape from how I feel about . . . .

I don't know what to do

Pressure points:

- Beginning of the eyebrow
- End of the eyebrow
- Under the eye socket
- Middle of the top lip
- Middle of the chin
- Chest
- Under the nipple
- Side where elbow meets the torso
- Top of the head

### Round 2 – I Choose to Let Go

Tap the pressure points while saying, for example:

I choose to let go of feeling overwhelmed

I choose to feel good about everything I accomplish today

I choose to accept how I feel today and accept myself for who I am

I choose to love and accept myself and for how I feel

I choose to let go of feeling angry about . . . . .

I choose to feel . . . .

### Round 3 – Put in Positives

Tap the pressure points while saying, for example:

I feel grounded and capable of accomplishing all that I need to do.”

I feel good about myself and the decisions I make

I love and accept myself for who I am

I am calm and confident in everything I do

I am relaxed

I am free of any tension in my body

After the three rounds have been completed, we take stock of how we feel – what is our gauge on the scale of 1 – 10? Has it improved? Also, we MUST drink water, as this technique can be dehydrating. In addition, Fiona also mentioned we should watch out for different feelings of invigoration, relaxation, sleepiness or dizziness that can occur during and after the process.

Fiona also shared some other positive statements that she often uses, especially upon waking up in the morning. Some examples: “Today, no person, place or thing can irritate or annoy me. I choose to be at peace.” “I am neither too little nor too much and I do not have to prove myself to anyone.” “I accept others as they are, and they, in turn, accept me.”

As someone who has been through an EFT session, I found that my stress levels went down from an 8 to a 5 within the hour, with mixed feelings of dizziness and invigoration. I later felt a bit tired; however, I was able to think about my concerns with a clear head. I have been able to continue EFT on my own, when the need arises, and have found that it does help to bring my anxiety levels down, or when I am extremely tired and bogged down at work.

Fiona will be moving to the UK soon, but will conduct several workshops on EFT before she leaves. She will be teaching a two part workshop starting on Tuesday, May 14 from 10am until 1pm and part 2 will be on Tuesday May 21 from 9:30am until 11am. Cost will be 4000 pesos.

Please contact Fiona Clark for more information on this and other workshops at 0917- 800-6659 or email [ficlark26@gmail.com](mailto:ficlark26@gmail.com) or [www.blissofbalance.com](http://www.blissofbalance.com).

## Manila Women's Forum

**Manila Women's Forum (MWF)** is a cross-cultural network for women. It provides opportunities to build friendships, talk to women of various cultures, and share information about resources. Our meetings are intended to provide intellectual stimulation and lead to personal and professional development. All women are welcome to join.

The current officers are: **Lisa Lumbao**, Chair; **Julia Holz**, Treasurer and Membership; **Beulah P. Taguiwalo**, Newsletter; **Lisa Stuart**, Message Board Moderator; **Evelyn Mendiola**, Membership; **Shari Virjee Tañada**, Message Board; **Caroline Wright**, Message Board; **Camille Dalmacio**, Message Board.

Cost of membership is P300 per year. Members receive a copy of the current mailing list in addition to the newsletter, which is also sent to non-members. A contribution of P50 is collected from non-members at each monthly meeting. For more information about MWF, please contact Lisa Lumbao at Tel. 813-0168, or at [lumbao@mozcom.com](mailto:lumbao@mozcom.com).

### MWF Newsletter

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