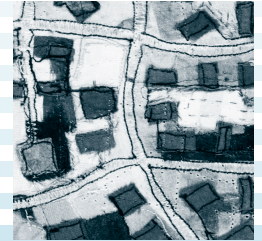


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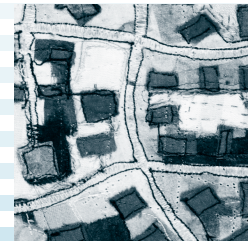
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Introduction



Reintegration is a process we all have undertaken, to one degree or another, at various points in our life. From basic reacclimating following a long absence (e.g., returning home after a prolonged stay with relatives or coming back to live at home after attending college) to the extreme adjustments required of service members subsequent to an extended period stationed in a foreign country or after an intense combat deployment—we all have faced the need to readjust and build a “new normal” after encountering unfamiliar and highly stressful experiences.

Introduction to Type® and Reintegration is designed to help you understand your personality type and the relationship of that style to your reintegration experience. This booklet was written primarily for

- Active-duty military personnel and members of the Reserves and National Guard returning home following a combat deployment, as well as veterans
- Their families, friends, neighbors, and colleagues
- Professionals and community advocates (e.g., chaplains, career counselors, social workers, and VA personnel) who support them in their reintegration process

Others living and working in combat zones may experience a similar transition home, and we hope this material can support them on their reintegration journey as well; they include

- Civilian employees of the armed services
- Military contractors
- U.N. peacekeepers
- Diplomats, aid workers, and other governmental personnel

- Nongovernmental workers (e.g., missionaries, disaster relief workers, and service volunteers)
- Emergency and medical services personnel
- Embedded journalists
- Other individuals and groups engaged in service who have deployment-type experiences

In addition, we believe that *Introduction to Type® and Reintegration* is also applicable to military, Reserve, and National Guard personnel going through other life transitions, such as

- Moving to a new duty station, service branch, or role
- Shifting into a civilian job
- Retiring from active duty

Using Type to Support Successful Reintegration

Our purpose in writing this booklet is to offer support and guidance on your reintegration journey—no matter its magnitude—through the use of personality type. Whether simple or complex, reintegration is composed of common elements that affect your well-being. Sense of purpose, personal values, beliefs about the world, relationships, family roles, and jobs are some of the many things that are affected by time in service and the reintegration that follows. Coming to terms with all you have experienced, and how things have changed in your internal as well as external landscape, can be a challenge. The *Myers-Briggs Type Indicator®* (MBTI®) instrument can offer you and your significant others insights into the reintegration process and your unique reintegration style and help bring clarity as you work to make sense of your new life picture.

We also want to help you understand how your reintegration affects others—loved ones, friends, colleagues, helping professionals, community members, and so on—and what they might do to support and better understand your reintegration journey. Recognizing how personality

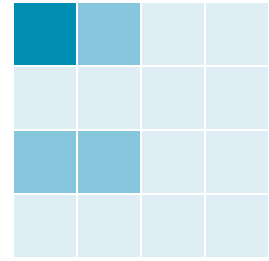
ISTJ			
ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTP
ESTJ	ESFJ	ENFJ	ENTJ

At their best, ISTJs are ...

Dependable Consistent
 Accurate Logical
 Conscientious Methodical

Dominant function: Introverted SENSING

Dominant: Sensing
 Realistic, down-to-earth



ISTJ Reintegration Methodology

Using Introversion Approach

- Internal reflection
- Research
- In-depth investigation

Using Sensing Attend to ...

- Past and present details
- Facts and specifics
- What is realistic and practical

Using Thinking Evaluate Based on ...

- Competence
- Logic
- Objective standards

Using Judging Style

- Settled
- Planful
- Defined structure

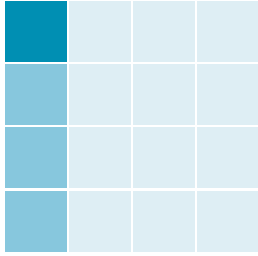
During Reintegration, ISTJs Typically ...

- Require a realistic, logical reason to engage in new behaviors
- Want clear and specific suggestions and instructions
- Need examples in order to envision outcomes
- Want an approach that is step-by-step and linear
- Desire a specific, commonsense plan
- Need an outline of milestones and goals
- Require time to process advice or information
- Feel confident about strategies that follow tradition
- Approach change carefully and incrementally
- Need help to imagine that positive outcomes are possible when stress levels are high
- Want the unvarnished truth, told in plain language
- Need an experienced provider when seeking professional help

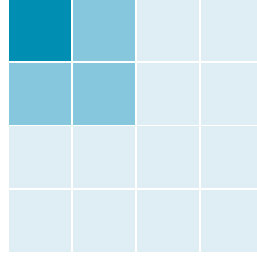
ISTJs' Preferred Reintegration Techniques, Tools, and Supports

- Reading about what others have done
- Ranking, rating, or charting next steps in terms of what is desirable and achievable
- Asking acknowledged experts for feedback based on logic and practicality of options
- Establishing routines to structure personal time when work and/or family responsibilities are unclear
- Finding fellowship via faith-based traditions, clubs, cultural connections, or community organization involvement
- Looking through mementos, photographs, journals, etc., as a means to process memories, both good and bad

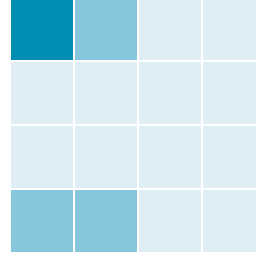
Function: ST
Practical, matter-of-fact



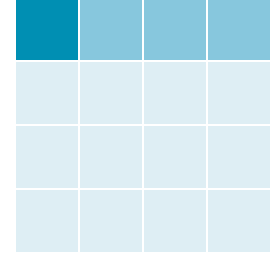
Quadrant: IS
Reflective, practical



Temperament: SJ
Responsible, loyal



Attitude: IJ
Autonomous, resolute



When Reconnecting and Relating to Others During Reintegration, ISTJs Typically . . .

- Need time for reflection and solitude
- Communicate thoughts and feelings gradually
- Don't want to be rushed—need others to be tolerant of their deliberate transition pace
- Need to have their experience affirmed and respected
- Want a specific role or duty to fulfill to help them reintegrate into the family, workplace, etc.
- Want concrete and practical acts of caring

ISTJs' Do's and Don'ts to Regain Perspective

- **Do** remember that adjustments and compromises are often necessary to achieve your goals
- **Do** employ your data-gathering skills to explore your feelings and the feelings of others
- **Do** try to see reintegration as a shared experience—allow others to help and get involved in the process
- **Don't** delay embarking on a plan of action as a way to avoid change
- **Don't** run the risk of overlooking new and possibly critical data by focusing exclusively on what's customary
- **Don't** forget to keep doing the things—no matter how small—that have consistently brought you peace and well-being in the past

Utilize the Gifts of Your Opposite Preferences for Growth and Development

- E** Share stories, time, and activities with others
- N** Explore the larger meaning of your experiences while away and during reintegration
- F** Look at the impact your absence and reintegration have had on your relationships
- P** Allow plans to be altered when a chance to learn something new presents itself