Cyber-security tips for each MBTI® type

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

E

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

ESFP

- ESFPs will take quick 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

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

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

ESTJ

- 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

ENTJ

- 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

ESFJ

- 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

ENFJ

- 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

Cyber-security tips for each MBTI® type

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

ISTJ

- 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

ISFJ

- 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

INFJ

- 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!

INTJ

- 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

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

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
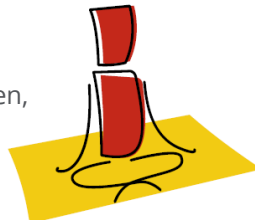- You don't always know best! The rules are there for a reason

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

Cyber-security tips:

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

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