

FALSIFICATION OF TYPE

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A term created by Dr. Carl Gustav Jung to identify anyone whose most developed and/or frequently used skills are outside his or her area of preference or greatest natural giftedness. In his writing, Dr. Jung stated that he believed the problem to be a serious one which has both practical and psychological ramifications.

Breakthroughs in neuroscience identified by Dr. Benziger indicate that the immediate result of falsification of type is that the individual's brain must work harder, using much more oxygen and energy second per second. Estimates by Dr. Richard Haier of San Diego indicate the brain might need to work as much as 100 times harder when developing or using skills outside a person's area of preference because that preference is naturally so much more efficient than any other mode.

- * The short term results of falsification tend to be: increased irritability, headaches, difficulty in mastering a new task.
- * The long term results of falsification of type include exhaustion, depression, lack of joy, a homeostatic imbalance involving oxygen, the pre-mature aging of the brain and a vulnerability to illness.

