

Organization for the INTP

Or for Anyone Interested in Getting Organized

The drive towards organization has probably fueled the evolution and dominance of the human species. Prehistoric humans likely realized the benefits of organization for survival because it fulfilled basic needs like food, security, and promoted social stability. Although crude in nature, considering these factors (as a motivator) when trying to develop a plan for becoming more organized may be the most effective way to encourage INTPs or anyone to engage in organization.

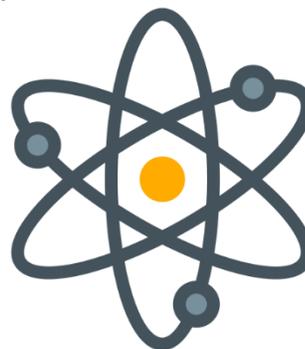
There is no doubt that organizational skills are highly valued. Employers, partners, associates, and institutions all recognize its inherent value. Those who have strong organizing skills are preferred not only during the hiring process but are often considered first for promotion.



But how can individual organizational skills be evaluated? Should this evaluation happen on an individual basis, in a real working environment, or a combination of the two? We should ask then, what organization is supposed to yield, how do INTPs view organization, and how do INTPs develop their organizational skills?

A Personal Definition of Organization

In the opinion of this writer, organization is equal parts chaos and structure. Although a chaotic, disorder system is seemingly the opposite of a highly structured, ordered system (and vice-versa) --it could be argued that the former is predicated on the latter. The Universe as an example. An orderly array of particles that ebb and flow within the greater 'cosmic river' may seem strewn about (stars, galaxies, comets, asteroids) through the eyes of a telescope; but humanities most powerful microscopes show the opposite when observing the smallest building blocks of our world (atomic systems, molecules, materials).



Organization, then, should be recognized as a tool to create a relative amount order within disorder. If you feel your life, mind, spirit, and body is a disordered mess, do not worry. This is the beginning of getting organized.

Philosophical mumbo-jumbo aside, one question needs to be asked. When people's lives are viewed as disordered, are they more or less likely to see

organization in the same way as the already highly organized? For people who view organization as less important, they may frequently think “what’s the point in organizing if I just get it done without?”. But for those people who are naturally organized, not being so could be paralyzing.

The Relationship Between INTPs and Organization

The INTP (Introverted, iNtuitive, Thinking, Perceiving) is one of the 16 personality types according to Myers and Briggs [click [here](#) for more information the 15 other personalities]. The INTP is highly analytical with a deep, natural, and intrinsic motivation to search for the truth. No matter the conclusion, the INTP will strive to understand it completely. This innocent inquiry often evolves into an obsession.



You would think a person with a personality like this would be a natural organizer, but for the INTP this is not necessarily the case. These traits do not necessarily imply order in of themselves. Take Albert Einstein for example. One of the world's greatest INTPs. Not only known for his famous equation describing general relativity, but Mr. Einstein also had a notorious reputation for the towers of loose paper and books that overwhelmed his desk. In Mr. Einstein's

case, considering what he accomplished while working in disorder, why then should being organized matter at all? The answer is, organization serves not just you, but those around you too.

To make it clear, the INTP is not a natural organizer. They do not do well in following a list, consistently working towards their goals, and dealing with/ recognizing long term problems. Despite the INTP's reputation as a logician, their natural inclinations steer them away from organization on a regular basis. These inclinations become more apparent when there is little to no external pressure (group work, deadlines, reliability) forcing them to organize and plan. It should be concluded then, from the INTPs perceived relationship with organization, that they are also not planners--(a skill that works in tandem with organization).

When the INTP finds themselves operating in preferred isolation/autonomy, their time and energy will be expended solely on the task. When they feel comfortable with their work, the INTP does not feel the need to, nor do they worry about external factors or influences.

Despite everything mentioned thus far, the INTP can do well in organizing and planning (budgeting, social plans, building networks, etc.) when the decision is not up to them. Simply put when it is necessary for the sake of food, security, and social stability. Under these circumstances, organization serves an extraordinarily strong means to an end--a practical necessity. When it

comes to pursuing long term personal goals, (those decisions which affect no one aside from themselves) they find withdrawal easy and efficient. For the INTNP, there is great comfort in a Daoist way of doing things. I.e., to follow the natural rhythm of water, or simply put, to go with the flow. From the perspective of the INTNP, the future appears mostly unclear and near infinitely shapeable. Planning for a personal future is difficult to reconcile even if it is seen to be beneficial. The INTNP's internal logician recognizes the future as anything but certain.



There may be a few tricks the INTNP can use to encourage good habits like organizing and planning. One of the greatest motivators for the INTNP is the value of doing something meaningful. This explains why they decided to engage with the work initially.

When they find they are expending more time, focus, and energy than it is worth, they become demotivated, uninspired, and skeptical. To make sure this does not happen two criteria must be met: 1. A high level of certainty in tangible results or benefits. 2. A high a moral/idea value that is attached to the work. They

will, however, follow-through when it is required by their work, social group, or if they view it as a personal duty. The INTNP understands that not being trustworthy and dependable would negatively impact their standing and personal security.

If the INTNP or a friend desires a change in the INTNP's tendencies (a change in personality that would facilitate more regular planning and organizing) it would need to be done slowly and in small increments. If there arises an opportunity for the INTNP to accomplish a short-term goal (an example of an incremental step) it is highly recommended their peers encourage them to pursue that goal. Framing long term goals as smaller incremental goals is a good trick to use for self-motivation.

Even when INTNPs fail to organize themselves, it is important to remember all the intrinsic motivators that were already mentioned and the ways they can be used.



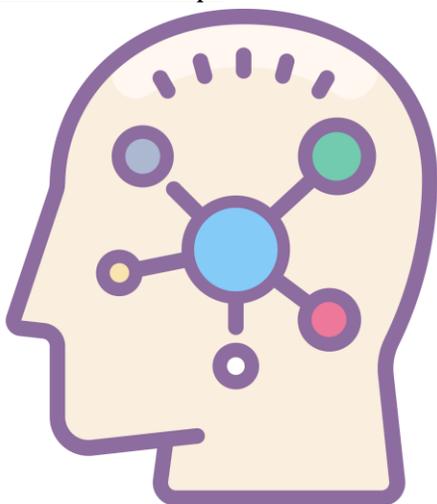
To briefly reiterate: 1. Deliberate use of existential motivators--social/work security obligations, and 2. Curiosity for the truth. [Take some time to think of a scenario in which these ideas can be effectively used to accomplish something

important]. Ultimately though, the INTP may spend more time theorizing more about the concept of organization than engaging in it. What situations or circumstances will an INTP be compelled to overcome their lack of organizational prowess? It is highly situational.

Additional Tools and Resources for Organizing

Consider some of the practical tools below for inspiration in getting your life organized. Want more ideas? Find more ideas in addition to the ones listed here at [The Order Expert](#).

Draw a mind map:



A mind map is a simple way of connecting different thoughts together. You have probably seen mind maps before in one shape or another. They have one main thought in the center and are surrounded by related thoughts and ideas. To create a mind map, you will need a sheet of paper or a notebook. In the center of the paper, write down your predominant thought, and draw a circle around it. Next, you will

want to draw a line from the circle radiating outwards towards the sheet of paper. At the end of this line, write down a thought related to your predominant thought. Continue adding thoughts to your map, as necessary. As you work on your map, you may find it helpful to create sub-maps of related thoughts to help further organize your ideas.

Make a recording of yourself:

An incredibly easy way to hear what you are thinking is to simply record your thoughts. This gives you a unique look at not only what you are thinking, but your tone of voice when you are recording your ideas. For this technique, you will need an electronic device that is capable of recording sound. This could be a dedicated voice recorder, audio software, or voice recording app on your phone, desktop, or tablet. When you are ready, make a recording of all your thoughts and ideas. Put the recording aside for a day or two and come back to it in a few days' time. You will have a completely different perspective and insight into your thoughts when you listen to your recording of yourself.

Sleep on it:

That which seems incredibly chaotic and puzzling now, will look a whole lot different in the morning! There is just something about the power of sleep when it comes to clarifying and clearing up your thoughts.

This process can be incredibly useful if you are trying to decide or

coming to some sort of agreement or terms. What do you need to do for this technique? Change into your pajamas, climb into your comfy bed, and go to sleep as you usually do. You will awake with some fresh perspective in the morning. Try it...I think you will like it!

Additionally, look to passionate specialists for advice. Marie Kondo is one of the most popular organizing consultants today. Check out her book the life-changing magic of tidying up, available [here](#). For a brief summary, check out this [blog](#) for cool tips and tricks for getting your life, space, and mind organized.

Conclusion

Under ideal circumstances the INTP may be able to surmount their aversion to organization and planning, but only with consistent work and outside support. Preferably the INTP would operate with another individual who serves as a complimentary partner for the type of skills and focus they lack.

The examples and advice provided throughout this article should do well in helping any struggling INTP attack their difficulties with organizing and planning. Be sure to remember the basic themes (environment, self-image, threat to material and reputational standing) and how they might relate to your own personal situation--both internal and external.

Citations

Rashelle Isip, 17 Ways to Organize Your Thoughts, 2020, TheOrderExpert.