

## PERSONALITY TYPE ASSESSMENT: \_\_\_\_\_

This condensed Personality Type tool, based on the work of Swiss psychologist Carl Jung and two American women, Katharine Briggs and Isabel Briggs Myers, creators of The Myers Briggs Type Indicator instrument® (MBTI)®, provides a quick yet very accurate assessment of your Personality Type.

Review each word in the four sets of word pairs carefully. Choose the ONE word in each pair which most accurately describes the "real you" (rather than behavior which may be required of you in a particular setting, such as at school). Place a check mark beside the ONE word in each pair that you choose. There are no right or wrong responses – *we are all at least a little of each!*

E            or            I	S            or            N
<input type="checkbox"/> Lively <input type="checkbox"/> Calm <input type="checkbox"/> Talkative <input type="checkbox"/> Reserved <input type="checkbox"/> Expressive <input type="checkbox"/> Quiet <input type="checkbox"/> Interaction <input type="checkbox"/> Concentration <input type="checkbox"/> Outward <input type="checkbox"/> Inward <input type="checkbox"/> Talk <input type="checkbox"/> Listen <input type="checkbox"/> Outspoken <input type="checkbox"/> Introspective <input type="checkbox"/> TOTAL <input type="checkbox"/> TOTAL	<input type="checkbox"/> Concrete <input type="checkbox"/> Abstract <input type="checkbox"/> Builder <input type="checkbox"/> Inventor <input type="checkbox"/> Realistic <input type="checkbox"/> Idealistic <input type="checkbox"/> Practical <input type="checkbox"/> Ingenious <input type="checkbox"/> Literal <input type="checkbox"/> Figurative <input type="checkbox"/> Application <input type="checkbox"/> Implication <input type="checkbox"/> Realities <input type="checkbox"/> Possibilities <input type="checkbox"/> TOTAL <input type="checkbox"/> TOTAL
T            or            F	J            or            P
<input type="checkbox"/> Just <input type="checkbox"/> Humane <input type="checkbox"/> Logical <input type="checkbox"/> Sentimental <input type="checkbox"/> Thinking <input type="checkbox"/> Feeling <input type="checkbox"/> Analyze <input type="checkbox"/> Empathize <input type="checkbox"/> Head <input type="checkbox"/> Heart <input type="checkbox"/> Critique <input type="checkbox"/> Appreciate <input type="checkbox"/> Firm-minded <input type="checkbox"/> Tender-hearted <input type="checkbox"/> TOTAL <input type="checkbox"/> TOTAL	<input type="checkbox"/> Scheduled <input type="checkbox"/> Spontaneous <input type="checkbox"/> Disciplined <input type="checkbox"/> Free Spirit <input type="checkbox"/> Decide <input type="checkbox"/> Wait & See <input type="checkbox"/> Structure <input type="checkbox"/> Flow <input type="checkbox"/> Plan <input type="checkbox"/> Improvise <input type="checkbox"/> Organized <input type="checkbox"/> Free Flowing <input type="checkbox"/> Finish <input type="checkbox"/> Start <input type="checkbox"/> TOTAL <input type="checkbox"/> TOTAL

Add up the total number of check marks in each column and write that number in the spaces marked TOTAL. Circle the Letter at the top of the column that received the most check marks.

Write each of the four letters you circled (E or I, S or N, T or F, and J or P) below.

**Results:**

\_\_\_\_\_  
E or I

\_\_\_\_\_  
S or N

\_\_\_\_\_  
T or F

\_\_\_\_\_  
J or P