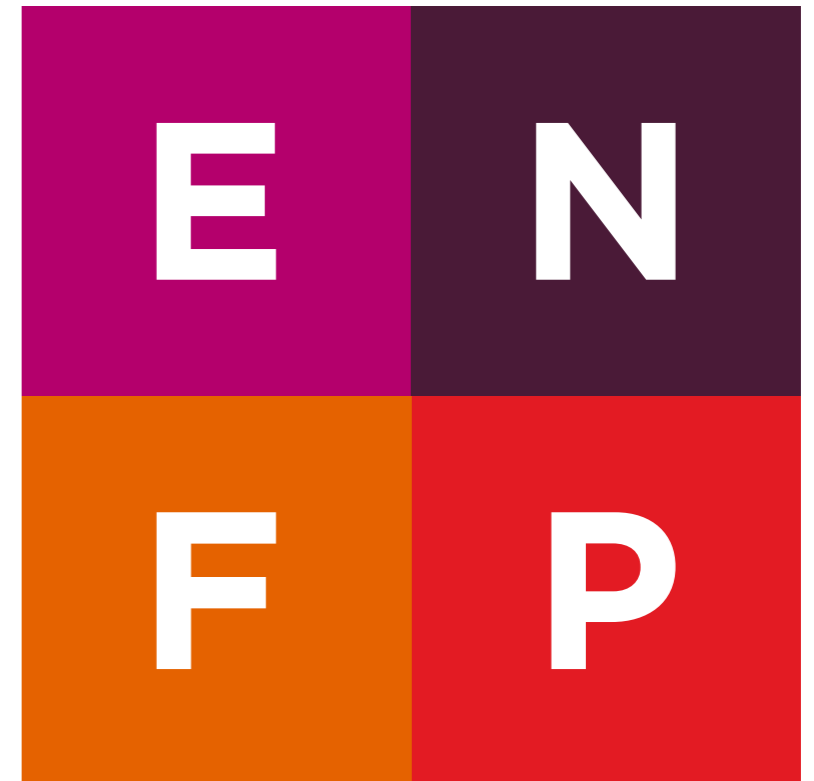


MYERS-BRIGGS



MYERS-BRIGGS INTRODUCTION

The Myers-Briggs system identifies the unique personality types of an individual. Basically, your thoughts, decisions, and reactions come from perception, and your perception is not random and variable but rooted in your personality. So if you understand how you see the world and your preferred ways of interacting within it, then you have the power to alter that perception. This allows you to create the future you want!

Myers-Briggs types are grouped in four pairs, and within each pair, people tend to lean towards one type or the other. For example, your score does not mean you are only a “Thinker” or a “Feeler,” but are skewed more towards one.

Learn about the **Myers-Briggs Types** on the following slide, then take the **Myers-Briggs Indicator Test** to reveal your personality types. Use the **Myers-Briggs Type Indicator Tabulation** to record your results in a journal.

MYERS-BRIGGS TYPES

E EXTRAVERSION

You put your attention and time in the outer world. Other people and external activities energize you. You understand problems better discussing it with others. You are comfortable in groups.

INTROVERSION **I**

You put your attention and time in the inner world. Ideas, memories, and quiet time energize you. You understand problems better reflecting and thinking about them. You prefer spending time alone or with a few people you are comfortable with.

S SENSING

You pay more attention to your five senses and physical reality. You value facts and learn best seeing the practical use of learning topics. Experience is more valuable than words.

INTUITION **N**

You pay more attention to the impressions and meaning of information you receive. You prefer learning by thinking through a problem. You recall events as impressions, rather than facts or details.

(Myers-Briggs Types continued on following slide.)

T THINKING

You prefer basic, objective truth and you value impersonal facts. You analyze situations logically. You enjoy technical and scientific projects and dislike inconsistencies.

FEELING F

You prefer an all-points-of-view account and make decisions by considering everyone's feelings. You enjoy the best scenario for everyone involved and prioritize maintaining harmony.

J JUDGING

You appear settled and organized. You feel more comfortable when decisions are finalized and you are in control as much as possible. You prefer to finish work before playing.

PERCEIVING P

You appear flexible and adaptive. You like to understand the world and remain open to new experiences and information. You prefer working in bursts of energy and mix work and play.

MYERS-BRIGGS TYPE INDICATOR TEST

1	At a party do you...	
	a. interact with many, including strangers	b. interact with a few, known to you
2	Are you more...	
	a. realistic	b. philosophically inclined
3	Are you more intrigued by...	
	a. facts	b. similies
4	Are you usually more...	
	a. fair minded	b. kind hearted
5	Do you tend to be more...	
	a. dispassionate	b. sympathetic
6	Do you prefer to work...	
	a. to deadlines	b. just "whenever"
7	Do you tend to choose...	
	a. rather carefully	b. somewhat impulsively

(Test continued on following slide.)

8	At parties do you...	
	a. stay late, with increasing energy	b. leave early, with decreased energy
9	Are you a more...	
	a. sensible person	b. reflective person
10	Are you more drawn to...	
	a. hard data	b. abstruse ideas
11	Is it more natural for you to be...	
	a. fair to others	b. nice to others
12	In first approaching others are you more...	
	a. impersonal and detached	b. personal and engaging
13	Are you usually more...	
	a. punctual	b. leisurely
14	Does it bother you more having things...	
	a. incomplete	b. completed

(Test continued on following slide.)

15	In your social group do you...	
	a. keep abreast of others' happenings	b. get behind on the news
16	Are you usually more interested in...	
	a. specifics	b. concepts
17	Do you prefer writers who...	
	a. say what they mean	b. use lots of analogies
18	Are you more naturally...	
	a. impartial	b. compassionate
19	In judging, are you more likely to be...	
	a. impersonal	b. sentimental
20	Do you usually...	
	a. settle things	b. keep options open
21	Are you usually rather...	
	a. quick to agree to a time	b. reluctant to agree to a time

(Test continued on following slide.)

22	In phoning, do you...	
	a. just start talking	b. rehearse what you'll say
23	Facts...	
	a. speak for themselves	b. usually require interpretation
24	Do you prefer to work with...	
	a. practical information	b. abstract ideas
25	Are you inclined to be more...	
	a. cool headed	b. warm hearted
26	Would you rather be...	
	a. more just than merciful	b. more merciful than just
27	Are you more comfortable...	
	a. settling a situation	b. putting things off
28	Are you more comfortable with...	
	a. written agreements	b. handshake agreements

(Test continued on following slide.)

29	In company, do you...	
	a. start conversations	b. wait to be approached
30	Traditional common sense is...	
	a. usually trustworthy	b. often misleading
31	Children often do not...	
	a. make themselves useful enough	b. daydream enough
32	You are usually more...	
	a. tough minded	b. tender hearted
33	Are you more...	
	a. firm than gentle	b. gentle than firm
34	Are you more prone to keep things...	
	a. well organized	b. open-ended
35	Do you put more value on the...	
	a. definite	b. variable

(Test continued on following slide.)

36	New interaction with others...	a. stimulates and energizes you	b. taxes your reserves
37	You are more frequently...	a. a practical sort of person	b. an abstract sort of person
38	You are drawn to...	a. accurate perception	b. concept formation
39	It is more satisfying...	a. to discuss an issue thoroughly	b. to arrive at agreement on a issue
40	Which rules you more...	a. your head	b. your heart
41	Are you more comfortable with work...	a. structured	b. flexible
42	Do you prefer things to be...	a. neat and orderly	b. unsystematic

(Test continued on following slide.)

43	Do you prefer...	
	a. many friends with brief encounters	b. a few friends with longer contact
44	Are you more drawn to...	
	a. substantial information	b. credible assumptions
45	Are you more interested in...	
	a. production	b. research
46	Are you more comfortable when you are...	
	a. objective	b. personal
47	Do you value in yourself more that you are...	
	a. unwavering	b. devoted
48	Are you more comfortable with...	
	a. final statements	b. tentative statements
49	Are you more comfortable...	
	a. after a decision	b. before a decision

(Test continued on following slide.)

50	Do you...	
	a. speak easily and at length with strangers	b. find little to say to strangers
51	Are you usually more interested in the...	
	a. particular instance	b. general case
52	Do you feel...	
	a. more practical than ingenious	b. more ingenious than practical
53	Are you typically more a person of...	
	a. clear reason	b. strong feeling
54	Are you inclined more to be...	
	a. fair-minded	b. sympathetic
55	Is it preferable mostly to...	
	a. make sure things are arranged	b. just let things happen
56	Is it your way more to...	
	a. get things settled	b. put off settlements

(Test continued on following slide.)

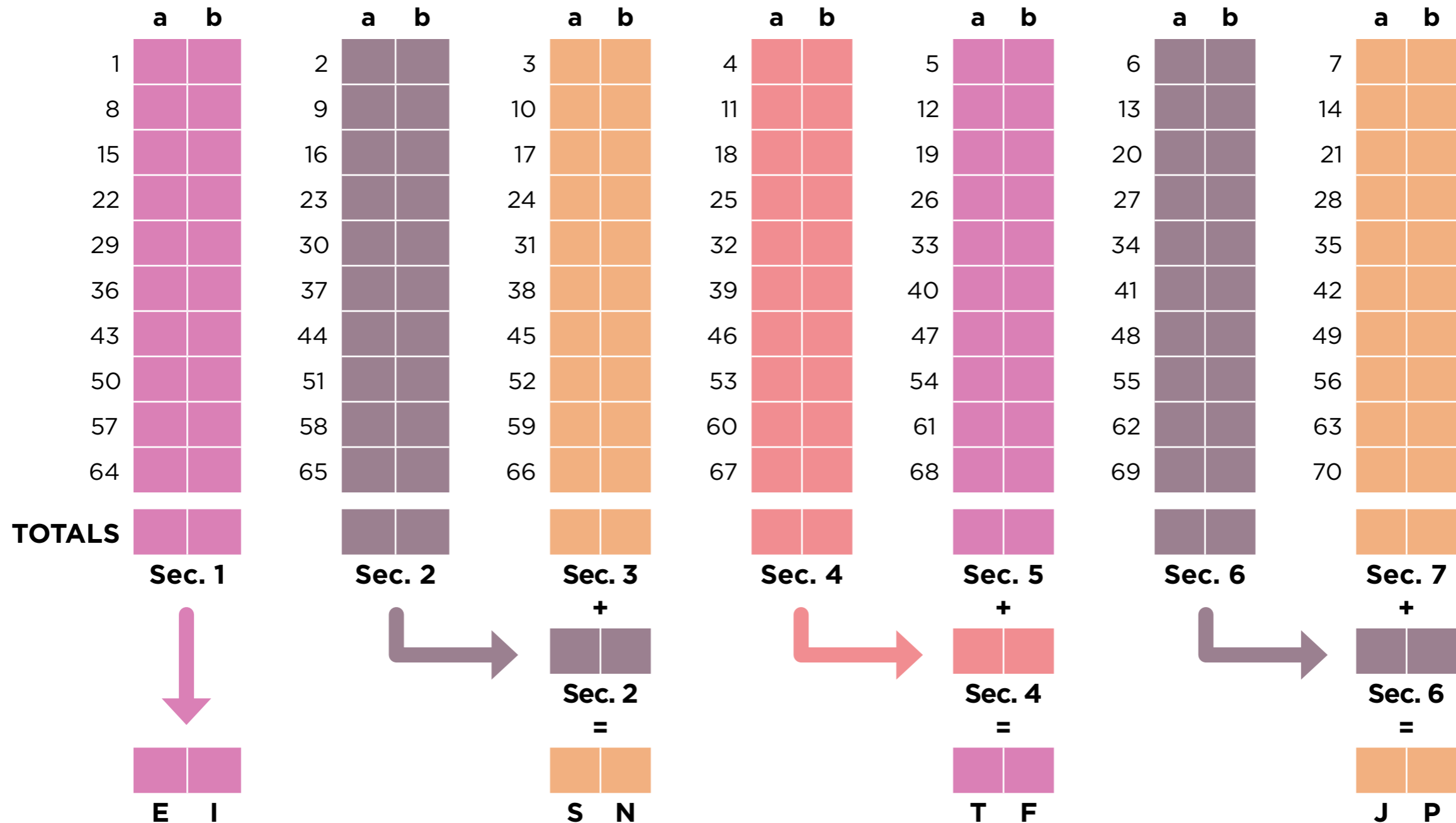
57	When the phone rings, do you...	
	a. hasten to get to it first	b. hope someone else will answer
58	Do you prize more in yourself a...	
	a. good sense of reality	b. good imagination
59	Are you more drawn to...	
	a. fundamentals	b. overtones
60	In judging, are you usually more...	
	a. neutral	b. charitable
61	Do you consider yourself more...	
	a. clearheaded	b. good willed
62	Are you more prone to...	
	a. schedule events	b. take things as they come
63	Are you a person that is more...	
	a. routinized	b. whimsical

(Test continued on following slide.)

64	Are you more inclined to be...	
	a. easy to approach	b. somewhat reserved
65	Do you have more fun with...	
	a. hands-on experience	b. blue-sky fantasy
66	In writings, do you prefer..	
	a. the more literal	b. the more figurative
67	Are you usually more...	
	a. unbiased	b. compassionate
68	Are you typically more...	
	a. just than lenient	b. lenient than just
69	Is it more like you to...	
	a. make snap judgments	b. delay making judgments
70	Do you tend to be more...	
	a. deliberate than spontaneous	b. spontaneous than deliberate

MYERS-BRIGGS TYPE INDICATOR TABULATION

Enter a check for each answer from the questionnaire in the column for **a** or **b**. For example, if you had 7 in **a** and 3 marks in **b**, in section 1, you would put 7 and 3 in the boxes E and I. If you had 6 in **a** and 4 in **b** in section 2, and 5 in **a** and 5 in **b** in section 3, you'd put 11 in S and 9 in N. (Continued on following slide.)



WHAT LETTERS DO YOU HAVE A HIGH SCORE IN? _____

WHAT LETTERS DO YOU HAVE A LOW SCORE IN? _____

HOW DO THESE PERSONALITY TYPES MANIFEST IN YOUR DAILY LIFE?

WHICH TYPES DO YOU WANT TO STRENGTHEN IN YOUR DAILY LIFE?

Understanding your Myers-Briggs type develops opportunity for new approaches to enhancing harmony between work and play, enriching personal relationships, and cultivating an effective work environment. Personality types can evolve over time. Revisit this evaluation as you experience major life changes to document your transformation!

For more information, please visit: www.myersbriggs.org