

Health 12/17/18

EQ: What's my Meyers-Briggs Personality type?

CW: Meyers-Briggs

HW: No HW

Agenda

1. Writing Prompt
2. Quizlet
3. Meyers-Briggs
4. Intro to the Myers-Briggs

Open Ended Question

How do you think other people see you?

www.quizlet.live

Meyers-Briggs

1. Read each selection and choose the answer that best describes you.
2. Submit your answers to get your personality type
3. Take a screenshot of your personality type
4. Follow link to read about your type

ENFJ

Extravert(1%) iNtuitive(25%) Feeling(31%) Judging(31%)

- You have marginal or no preference of Extraversion over Introversion (1%)
- You have moderate preference of Intuition over Sensing (25%)
- You have moderate preference of Feeling over Thinking (31%)
- You have moderate preference of Judging over Perceiving (31%)



3 Easy Steps:

- 1) Click 'Start Now'
- 2) Download on our website!
- 3) Get Free Forms

Free Forms Now

Personality Test

Personality Type Explained

16 Types ▾

More ▾

English ▾

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Jung Typology Test™

This free personality test is based on Carl Jung's and Isabel Briggs Myers' personality type theory.

Upon completion of the questionnaire, you will:

- ✓ Obtain your 4-letter type formula according to Carl Jung's and Isabel Briggs Myers' typology, along with the strengths of preference and characteristics of your personality type
- ✓ Discover careers and occupations most suitable for you, along with examples of educational institutions where you may want to go for training
- ✓ Understand communication and learning styles of your personality type
- ✓ See which famous personalities share your type
- ✓ Be able to use the results of this test as an input into the Demo of the Marriage Test™, to assess your compatibility with your long-term romantic partner



For Organizations and Professionals

Organizations and specialists interested in personality assessments based on Jung's typology please visit

www.HRPersonality.com

where we offer personality assessments for:

- candidate assessment and pre-employment screening
- leadership and staff development
- team building
- career counseling
- integrated solutions
- psychographics
- **New!** 1:1 Personality Compatibility Report



[Instructions »](#)

<http://www.humanmetrics.com/cgi-win/jtypes2.asp>

YES yes uncertain no NO

2. You like to be engaged in an active and fast-paced job

YES yes uncertain no NO

The 16 personality types

| | | | |
|------|------|------|------|
| ESTJ | ISTJ | ENTJ | INTJ |
| ESTP | ISTP | ENTP | INTP |
| ESFJ | ISFJ | ENFJ | INFJ |

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https://www.youtube.com/embed/nHSZ3_VMgjU

Open Ended Question

**What does the following mean? introvert vs. extrovert intuition vs. sensing
feeling vs. thinking judging vs. perceiving**

Introversion:
your energy comes from inside yourself



Extraversion:
your energy comes from outside yourself

Intuition (what you feel inside)



Sensation (what you feel outside)

Intuition (what you feel inside)

Thinking
(judging;
deciding)

Feeling
(love, hate)

Sensation (what you feel outside)



Katherine and Isabel added....

Judging
(organizing)



Perceiving
(being
spontaneous)

Extraversion Introversion

Sensing iNtuitive

Thinking Feeling

Perceiving Judging

Where do you get your energy from?

Extraversion (E)

- Look at the outer-world, the physical world
- People-oriented; can talk to everyone
- Like action, staying busy
- Talk while they think

Introversion (I)

- Look at the inner world, ideas, concepts
- Idea-oriented, like to talk about thoughts
- Like to concentrate
- Think first, then talk

What do you pay attention to?

Sensing (S)

- Facts and details
- Look at what is there
- Focus on what is *real*
- Enjoy applying what's learned
- Like to get to the point

iNtuition (N)

- Possibilities
- Gut instinct
- Focus on what *could* be
- Enjoy learning more than using what they learn
- Like multiple points of view

How do you decide?

Thinking (T)

- Objective
- Critique
- Want to be right
- Feel good when a job is done well
- Present goals and objectives first
- Brief and concise

Feeling (F)

- Subjective
- Compliment
- Compassionate
- Feel good when other people's needs are met
- Present points of agreement first
- Sociable and friendly

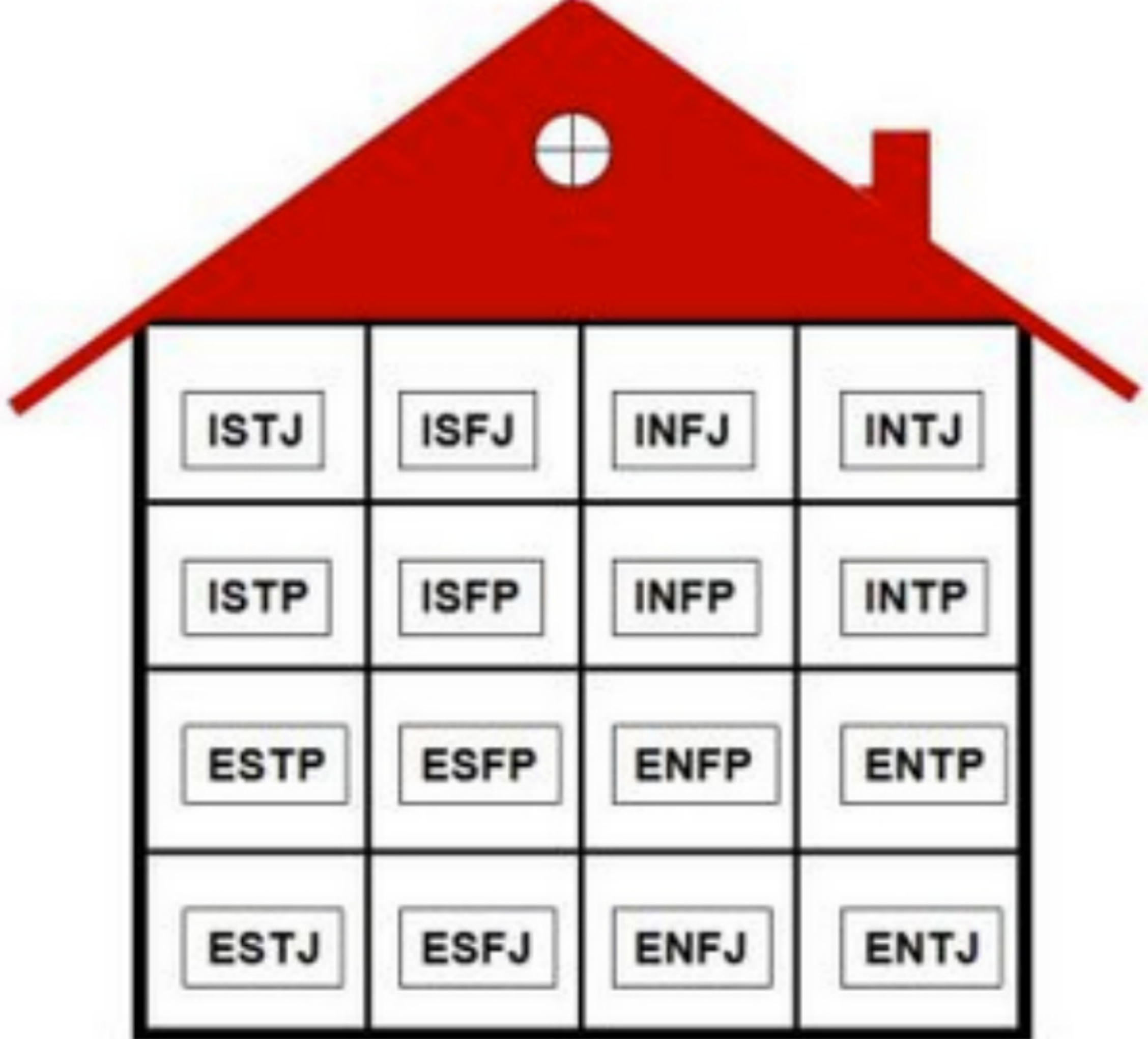
How should your world be?

Perceiving (P)

- Adaptive
- Flexible
- Spontaneous
- Likes options, freedom
- Enjoys flexibility in their work
- Adapts well to changes

Judging (J)

- Control
- Settled
- Closure
- Decisive, organized
- Plans their work
- Likes structure and schedules



Divide into two groups

Perceiving (P)

Judging (J)

Imagine you hear about an
upcoming party

What information is most likely to make
you want to go?

Divide into two groups

Thinking (T)

Feeling (F)

You are considering buying a new
pair of shoes

What kind of advertising is most likely
to appeal to you?

Divide into two groups

Sensing (S)

Intuition (N)

Divide into two groups

Extroverts (E)

Introverts (I)