Jung Personality Test Report

I took the Jung Typology Test and the results as follow: ENFJ, Extravert (1%), iNtuitive (28%), Feeling (9%), Judging (9%). Because of only 1% preference of Extravert over Introversion, I was suggested to refer to INFJ. According to this result, I recalled my testing choices

Firstly I want to answer the question about how I interact with groups. To talk about expression result, I think this is because when I faced a new environment with unfamiliar people I would be uneasy and fear of doing something wrong. As time goes on, once I could take control the situations I showed up my extroverted side to others. For example, when I participated in a new project, I liked to receive the information and know how to handle my job firstly. Then as I completed some tasks and was familiar with my team and project I would like to communicate with colleagues and leaders about my new ideas. This way can enable my work to be better and increase value to our team. As this result I can take a positive approach to improving it such as focusing on addressing process rather than the feelings when I made mistakes.

In most cases, I didn’t care about the communication skills. I thought if I am friendly and polite, I would perform a good conversation with anyone else. But now I know there are many skills to improve communication effect. First of all, I need to learn what I am good at.

With the analysis of test report and another materials, I think the root cause is to be afraid of the Unknown.