

# Myers-Briggs Type - Self Assessment

<b>1. Where is your energy naturally directed?</b>			
<p>Extraverts' energy is directed primarily outward, towards people and things outside of themselves. Introverts' energy is primarily directed inward, towards their own thoughts, perceptions, and reactions. Therefore, Extraverts tend to be more naturally active, expressive, social, and interested in many things, whereas Introverts tend to be more reserved, private, cautious, and interested in fewer interactions, but with greater depth and focus</p>			
<b>Extraverts often:</b>	<b>X's</b>	<b>Intraverts often:</b>	<b>X's</b>
Have high energy		Have quiet energy	X
Talk more than listen		Listen more than talk	X
Think out loud		Think quietly inside their heads	X
Act, then think		Think, then act	X
Like to be around people a lot		Feel comfortable being alone	X
Prefer a public role		Prefer to work "behind-the-scenes"	X
Can sometimes be easily distracted		Have good powers of concentration	X
Prefer to do lots of things at once		Prefer to focus on one thing at a time	X
Are outgoing & enthusiastic		Are self-contained and reserved	X
<b>Total X's</b>	<b>0</b>		<b>9</b>
<b>Extravert</b>		<b>Intravert</b>	<b>X</b>
		<b>Moderate (12/30)</b>	

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<b>2. What kind of information do you naturally notice and remember?</b>				
Sensors notice the facts, details, and realities of the world around them whereas Intuitives are more interested in connections and relationships between facts as well as the meaning, or possibilities of the information. Sensors tend to be practical and literal people, who trust past experience and often have good common sense. Intuitives tend to be imaginative, theoretical people who trust their hunches and pride themselves on their creativity.				
<b>Sensors often:</b>	<b>X's</b>	<b>Intuitives often:</b>	<b>X's</b>	
Focus on details & specifics	X	Focus on the big picture & possibilities		
Admire practical solutions		Admire creative ideas	X	
Notice details & remember facts		Notice anything new or different	X	
Are pragmatic - see what is		Are inventive - see what could be	X	
Live in the here-and-now		Think about future implications	X	
Trust actual experience		Trust their gut instincts	X	
Like to use established skills		Prefer to learn new skills	X	
Like step-by-step instructions		Like to figure things out for themselves	X	
Work at a steady pace		Work in bursts of energy	X	
<b>Total X's</b>	<b>1</b>		<b>8</b>	
<b>Sensor</b>		<b>Intuitive</b>		<b>X</b>
		<b>Clear (19/30)</b>		

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<b>3. How do you decide or come to conclusions?</b>			
Thinkers make decisions based primarily on objective and impersonal criteria--what makes the most sense and what is logical. Feelers make decisions based primarily on their personal values and how they feel about the choices. So, Thinkers tend to be cool, analytical, and are convinced by logical reasoning. Feelers tend to be sensitive, empathetic, and are compelled by extenuating circumstances and a constant search for harmony.			
<b>Thinkers often:</b>	<b>X's</b>	<b>Feelers often:</b>	<b>X's</b>
Make decisions objectively	X	Decide based on their values & feelings	
Appear cool and reserved		Appear warm and friendly	X
Are most convinced by rational arguments	X	Are most convinced by how they feel	
Are honest and direct	X	Are diplomatic and tactful	
Value honesty and fairness	X	Value harmony and compassion	
Take few things personally	X	Take many things personally	
Are good at seeing flaws	X	Are quick to compliment others	
Are motivated by achievement	X	Are motivated by appreciation	
Argue or debate issues for fun		Avoid arguments and conflicts	X
<b>Total X's</b>	<b>7</b>		<b>2</b>
	<b>Thinker</b>		<b>Feeler</b>
<b>Moderate (15/30)</b>	<b>X</b>		

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<b>4. What kind of environment makes you the most comfortable?</b>			
Judgers prefer a structured, ordered, and fairly predictable environment, where they can make decisions and have things settled. Perceivers prefer to experience as much of the world as possible, so they like to keep their options open and are most comfortable adapting. So, Judgers tend to be organized and productive while Perceivers tend to be flexible, curious, and nonconforming.			
<b>Judgers often:</b>	<b>X's</b>	<b>Perceivers often:</b>	<b>X's</b>
Like to have things settled		Like to keep their options open	X
Take responsibilities seriously	X	Are playful and casual	
Pay attention to time & are usually prompt	X	Are less aware of time and may run late	
Prefer to finish projects	X	Prefer to start projects	
Work first, play later	X	Play first, work later	
Seek closure		May have difficulty making some decisions	X
See the need for most rules		Question the need for many rules	X
Like to make & stick with plans	X	Like to keep plans flexible	
Find comfort in schedules	X	Want the freedom to be spontaneous	
<b>Total X's</b>	<b>6</b>		<b>3</b>
	<b>Judger</b>	<b>X</b>	<b>Perceiver</b>
<b>Very Clear (30/30)</b>			
<b>Myers-Briggs Type</b>			
<b>INTJ</b>			
e.g. ENFP			