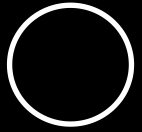


knowing ONESSELF

Chapter 1

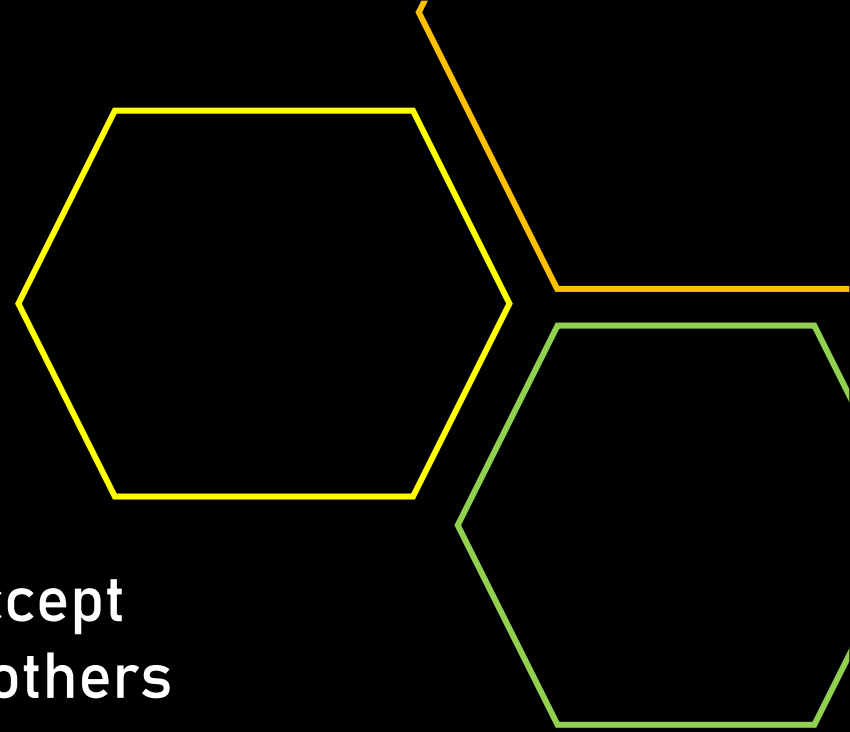
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OBJECTIVES

- ☐ explain that knowing oneself can make a person accept his/her strengths and limitations and dealing with others better;
- ☐ share his/her unique characteristics, habits, and experiences; and
- ☐ maintain a journal.





...to **know oneself** is the first step
in personal development



SELF

A W A R E N E S S

SELF-ACCEPTANCE

DEEPER UNDERSTANDING

SENSE OF INDIVIDUALITY

SET PERSONAL GOALS

SELF-IMPROVEMENT

MAXIMIZE POTENTIALS

DECISION-MAKING

RELATE WITH OTHERS



THE SELF

as defined in various contexts

- psychology

- sociology

- religion

- philosophy

It is the essence of a person:

his thoughts, feelings, and actions...

experiences, beliefs, values principles & relationships.

It also includes a person's life purpose, meaning, and aspirations.

THE SELF

in a psychological viewpoint...

It is defined in terms of human characteristics such as behavior and thought.

PERSONALITY

is the set of behaviors, feelings, thoughts, and motives that identifies an individual.

It is the essence of WHO WE ARE.

Defining the Concept of the Self

Physical attributes,
health, posture



The way you think,
how you perceive
things

The experiences that prompt you to
act and behave the way you do

Personality refers to the **unique** and **relatively enduring** set of behaviors, feelings, thoughts and motives that characterize an individual. *(Feist and Rosenberg, 2012)*

uniqueness of an individual's thoughts, feelings, and behavior

relatively enduring or being consistent over different situations and over time





Katharine Cook Briggs
(1875-1968)
Isabel Briggs Myers
(1897-1980)

MYERS-BRIGGS TYPE INDICATOR

The **MBTI** is an introspective self-report questionnaire with the purpose of indicating differing psychological preferences in how people perceive the world around them and make decisions.

It is based on the conceptual theory on personality proposed by Carl Jung.



Carl Gustav Jung
(1875-1961)

The Myers-Briggs Type Indicator

E or I (Extraversion or Introversion)

is how an individual prefers to channel his or her energy when dealing with people, whether it is inward (**introversion**) or outward (**extraversion**).



The Myers-Briggs Type Indicator

S or N (Sensing or iNtuition)

is how one prefers to process information, whether through the use of **senses** (such as being able to describe what one sees) or **intuitively** (like dealing with ideas)



The Myers-Briggs Type Indicator

T or F (Thinking or Feeling)

is how an individual prefers to make decisions either **thinking** which uses logic and analysis or **feeling** which uses the cognitive senses based on values or beliefs.



The Myers-Briggs Type Indicator

J or P (Judgment or Perception)

is how an individual prefers to manage one's life whether through **judging** which means a planned and organized life versus **perception** which has a more flexible approach to living.



What's Your Personality Type?

Use the questions on the outside of the chart to determine the four letters of your Myers-Briggs type.
For each pair of letters, choose the side that seems most natural to you, even if you don't agree with every description.

1. Are you outwardly or inwardly focused? If you:

- Could be described as talkative, outgoing
- Like to be in a fast-paced environment
- Tend to work out ideas with others, think out loud
- Enjoy being the center of attention

then you prefer

E
Extraversion

- Could be described as reserved, private
- Prefer a slower pace with time for contemplation
- Tend to think things through inside your head
- Would rather observe than be the center of attention

then you prefer

I
Introversion

2. How do you prefer to take in information? If you:

- Focus on the reality of how things are
- Pay attention to concrete facts and details
- Prefer ideas that have practical applications
- Like to describe things in a specific, literal way

then you prefer

S
Sensing

- Imagine the possibilities of how things could be
- Notice the big picture, see how everything connects
- Enjoy ideas and concepts for their own sake
- Like to describe things in a figurative, poetic way

then you prefer

N
Intuition

ISTJ

Responsible, sincere, analytical, reserved, realistic, systematic. Hardworking and trustworthy with sound practical judgment.

ISFJ

Warm, considerate, gentle, responsible, pragmatic, thorough. Devoted caretakers who enjoy being helpful to others.

INFJ

Idealistic, organized, insightful, dependable, compassionate, gentle. Seek harmony and cooperation, enjoy intellectual stimulation.

INTJ

Innovative, independent, strategic, logical, reserved, insightful. Driven by their own original ideas to achieve improvements.

ISTP

Action-oriented, logical, analytical, spontaneous, reserved, independent. Enjoy adventure, skilled at understanding how mechanical things work.

ISFP

Gentle, sensitive, nurturing, helpful, flexible, realistic. Seek to create a personal environment that is both beautiful and practical.

INFP

Sensitive, creative, idealistic, perceptive, caring, loyal. Value inner harmony and personal growth, focus on dreams and possibilities.

INTP

Intellectual, logical, precise, reserved, flexible, imaginative. Original thinkers who enjoy speculation and creative problem solving.

3. How do you prefer to make decisions? If you:

- Make decisions in an impersonal way, using logical reasoning
- Value justice, fairness
- Enjoy finding the flaws in an argument
- Could be described as reasonable, level-headed

then you prefer

T
Thinking

- Base your decisions on personal values and how your actions affect others
- Value harmony, forgiveness
- Like to please others and point out the best in people
- Could be described as warm, empathetic

then you prefer

F
Feeling

4. How do you prefer to live your outer life? If you:

- Prefer to have matters settled
- Think rules and deadlines should be respected
- Prefer to have detailed, step-by-step instructions
- Make plans, want to know what you're getting into

then you prefer

J
Judging

- Prefer to leave your options open
- See rules and deadlines as flexible
- Like to improvise and make things up as you go
- Are spontaneous, enjoy surprises and new situations

then you prefer

P
Perceiving

ESTP

Outgoing, realistic, action-oriented, curious, versatile, spontaneous. Pragmatic problem solvers and skillful negotiators.

ESFP

Playful, enthusiastic, friendly, spontaneous, tactful, flexible. Have strong common sense, enjoy helping people in tangible ways.

ENFP

Enthusiastic, creative, spontaneous, optimistic, supportive, playful. Value inspiration, enjoy starting new projects, see potential in others.

ENTP

Inventive, enthusiastic, strategic, enterprising, inquisitive, versatile. Enjoy new ideas and challenges, value inspiration.

ESTJ

Efficient, outgoing, analytical, systematic, dependable, realistic. Like to run the show and get things done in an orderly fashion.

ESFJ

Friendly, outgoing, reliable, conscientious, organized, practical. Seek to be helpful and please others, enjoy being active and productive.

ENFJ

Caring, enthusiastic, idealistic, organized, diplomatic, responsible. Skilled communicators who value connection with people.

ENTJ

Strategic, logical, efficient, outgoing, ambitious, independent. Effective organizers of people and long-range planners.

FIVE FACTOR MODEL

The Five Factor Model was developed by psychologists **Costa** and **McCrae** (1992). They discovered the existence of five universal and widely agreed upon dimensions of personality.

These dimensions or tendencies are **openness**, **conscientiousness**, **extraversion**, **agreeableness**, and **neuroticism**.



**disorganized
careless
impulsive**

conscientiousness

**organized
careful
disciplined**

**ruthless
suspicious
uncooperative**

agreeableness

**soft-hearted
trusting
helpful**

**calm
secure
self-satisfied**

neuroticism (emotional stability vs. instability)

**anxious
insecure
self-pitying**

**practical
prefers routine
conforming**

openness

**imaginative
prefers variety
independent**

**retiring
sober
reserved**

extraversion

**sociable
fun-loving
affectionate**