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Report Jung Personality Test

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Jung Personality Test Report

Carl Gustav Jung was a Swiss psychiatrist, an influential thinker and the founder of analytical psychology. The Jung typology is the result of the work of Jung, from which the Jungian Psychology originated. This is one of the world's most established and well respected models on personality and behavior. Tests using the Jung typology model are widely used by organizations for assessment centers, team building, coaching and personal development. The type indicator by Isabel Briggs Meyers is one example of this, although many versions, free and commercial, nowadays exist.

According to the Jung Personality Type Questionnaire you completed, the 'Type' that best describes your preferred style is: **Extravert-Sensor-Feeler-Judger**.



The nickname for this Type is "Caretaker" or "Provider" and it is shared by approximately 13% of the population. Thus, 87% of those you meet perceive

the world around them differently from the way you do.

This report consists of thirteen chapters. These are:

- 1. The Jung Typology
- 2. Your Jung Personality Score
- 3. Your Jung Personality Type: ESFJ
- 4. Contributions to an Organization
- 5. Your Leadership Style
- 6. Your Communication Style
- 7. Problem Solving Style
- 8. Stress Profile
- 9. Motivators
- 10. On a Team
- 11. Learning Style
- 12. Opportunities for Growth
- 13. Further suggestions

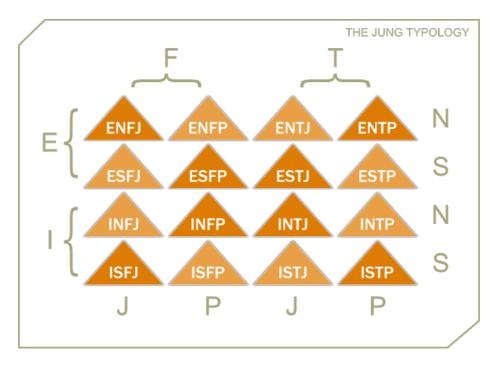
Enjoy reading your personal Jung Personality Test Report!

1. The Jung Typology

There are four dichotomous dimensions within the Jung typology. Each person is best described by one of the two traits within a dimension.

Extravert	Introvert			
Extraverts are outgoing, energetic and action-oriented. They are enthusiastic and expressive	Introverts tend to be reflective, reserved and private. A popular misconception is that Introverts are shy - this is not necessarily so. They draw their energy from their own thoughts and the time they spend alone. Introverts do not need people around them all the time.			
iNtuitive	Sensor			
iNtuitives pay more attention to information that is imaginative and original. iNtuitives focus on the future.	Sensors live in the present. They rely on facts, handle practical matters well and like things to be concrete and measurable.			
Feeler	Thinker			
Feelers let their feelings and emotions play a leading role because of their concern for other people.	Thinkers make decisions using logic and impersonal analysis. They think with their heads rather than their hearts.			
Judger	Perceiver			
Judgers prefer a lifestyle that is decisive, planned and orderly. They like a life that is organized and controlled.	Perceivers prefer a lifestyle that is spontaneous, flexible and adaptable. They like an environment that is unstructured, and like to keep their options open.			

Based on these dimensions, there are 16 identifiable types in the Jung Typology. In the diagram below a complete overview is presented.

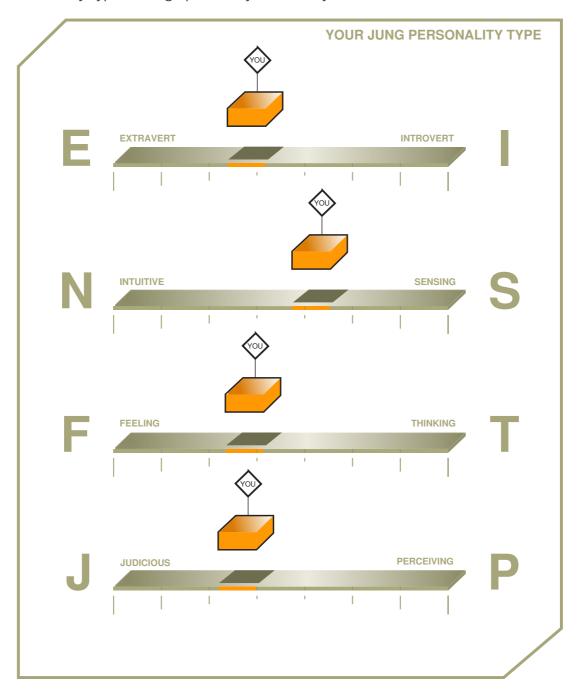


Every type has one or two nicknames, a title that best describes the specific Jung type:

ENFJ:	Mentor / Mobilizer	ISTP:	Operator / Artisan
ENFP:	Messenger / Journalist	ISTJ:	Trustee / Inspector
ENTJ:	Field Marshall / Commandant	ISFP:	Artist / Composer
ENTP:	Inventor / Improviser	ISFJ:	Protector / Nourisher
ESFJ:	Caretaker / Provider	INTP:	Architect / Designer
ESFP:	Entertainer / Performer	INTJ:	Scientist / Strategist
ESTJ:	Administrator / Supervisor	INFP:	Advocate / Campaigner
ESTP:	Promoter	INFJ:	Developer / Author

2. Your Jung Personality Score

Your specific distribution of scores on the Jung Personality Test produces a Jung Personality Type. In the graph below you can see you scores on each of the dimensions.



Scores at the far left or far right side of a dimension are your more distinct personality traits. Scores in the center area of a dimension are your less distinct traits.

3. Your Jung Personality Type: ESFJ

Outgoing and friendly by nature, one of the ESFJs greatest concerns in life is fostering peace and co-operation among people.

You impress your friends as being a **no-nonsense person** - practical and conventional, sentimental and caring all in the best sense of the terms. Warm interactions where you are given heart-felt appreciation, approval and recognition keep you going and moving forward. Indifference and rejection can wound you deeply and easily.

Life 'at loose ends' is very uncomfortable for you especially if competing factions are vying for your support. You are **kind**, **unselfish**, **charitable and naturally attracted to underdogs** and those in need of a champion. You give quite a bit to others and enjoy giving. One general trend throughout your life is your need to feel useful and important to others. Your sense of obligation and responsibility may be a driving force, pushing you to take on more and more for the benefit of others.

With your **high expectations**, you tend to be very hard on yourself when you feel you are not measuring up. You have a highly lovable, generous and giving soul - by learning to love yourself more, you will build the inner harmony you seek to create in the world around you.

Your desire to **please others** is so strong that you may have a hard time taking criticism as anything but personal. When faced with an appraisal of your work or ability that frankly hurts, learn to de-personalize the feedback, look at the information objectively, see what you can learn and focus your efforts on not making the same mistake twice. Use your Thinking ability to analyze criticism, weigh its value and apply it to your future behavior.

While **learning to value yourself** more, you have no problem valuing your belongings. When it comes to a purchase, you will tend to spend your money on practical goods or pieces for your home. Instead of focusing solely on price, you will opt for products that will be durable and see many years of service, particularly for big-ticket items. You like to take care of your material possessions such as furniture, equipment, appliances and cars, and you like to see others do the same. Waste and conspicuous consumption irritate and annoy you. You are happiest when living a simple, well-defined life both at home and work. You appreciate a predictable environment and you are patient and comfortable with routine.

You live strictly in the here and now. Your interests lie in reality - experiences, things and people - and you are one of life's keen observers. Supplementing your data gathering with conversation, you are an entertaining conversationalist and a sympathetic, attentive listener. You take note of everything you hear and hold an amazing number and variety of

facts in your memory.

As a Sensing type, you are not impressed by **abstractions and theory**. Sensing plus Feeling translates into curiosity about people first, followed by an interest in material things and day-to-day occurrences. If asked to consider an idea, you prefer to see it first rendered into firm plans. Idle speculation and playing with theories do not interest you unless people are, somehow, at the heart of the matter.

You are also armed with a strong **sense of justice** and an instinctual feeling for what is right and wrong. Following the rules is important, you mind your P's and Q's, and you expect the rest of the world 'should' do the same. When others step out of bounds or break the rules, you do not hesitate letting them know how you feel or what their transgressions are. If you have the authority, you may insist others tow the line and follow those codes and standards you feel need to be upheld.

You are a very **diligent and dedicated** person, and when it comes to work, you give it your best effort to be conscientious about details, persevering with a project until it is complete. This is because you often to feel personally obligated to the work, often stemming from a sense of loyalty or camaraderie for your boss, colleagues or peers.

When living a simple, well-ordered life both at home and at work, you are happiest. You appreciate a predictable environment and you are both patient and comfortable with routine. You believe in a well-ordered flow of authority within groups and organizations, and enjoy accomplishing the tasks life hands you in an organized and timely fashion. While others may thrive on novelty, you are frankly uneasy with new problems until you settle on a sure way to solve them. You may become impatient if work becomes too complicated. Change not only makes you uncomfortable, but sometimes disagreeable as well.

When you join organizations, it is frequently to fulfill yourdrive for companionship and to socialize. Within these groups, it is natural for you to quickly step into the ring and accept responsibilities. As a general trend throughout all parts of your life, you find you truly enjoy feeling useful and important to other people. Others rely on you and you seek out that reliance. But you may also find it difficult for you to be assertive in meeting your own needs. Feeling overwhelmed is a common condition you may experience as you continue to assume increasing responsibility for an increasing number of people.

You tend to use your actions to prove to yourself and others that you are a worthy and capable human being. You set your standards high and are always judging yourself by that tough yardstick. Unfortunately, you rarely are satisfied with your own accomplishments, no matter how much you achieve. And these high standards you have for yourself, you also expect from others. When others disappoint you, or when you disappoint yourself,

you could find your Judicious qualities turning judgmental. As a result, you frequently underestimate your abilities and talents, often taking yourself for granted.

Because of your **Feeling** preferences, you may find it difficult to be a supervisor. Actually reprimanding an employee you like is painful and the prospect of firing someone, without regard for the personal consequences to the employee's personal situation, could be hard on you.

You are so keenly **aware of others' feelings** that the ordinary politics of business endeavors may cause you anguish and concern. Your working ability - attitude as well as efficiency - can be crippled by office politics or feuds. You need harmony to work happily and well. You enjoy participating in a variety of office celebrations throughout the year because they foster a genuine spirit of camaraderie and friendship. And the small personal gestures at work - those birthday cards, the thank you notes, the farewell parties - are important to you as well.

Since your **outgoing personality** prefers working with human companionship, you may wish to think long and hard before accepting a job or work assignment that forces you to work in isolation. And those with your Type may find that communication comes more easily than to Introverted associates - you are comfortable with words and you communicate well. Therefore, you may wish to consider ways to capitalize on this asset to further your career. Many people with your personality enter service professions as a creative solution for their need to give. If you are among those, congratulations on finding a rewarding and healthy outlet for your giving nature.

As long as your personal needs for human attention, recognition and consideration are met by your manager or supervisor, you will excel in organizations. Business hierarchies are quite normal for you and you function quite well in them. Your personality is one that establishes, nurtures and sustains organizations, and it will be a lucky organization which recognizes and uses your talents. They will find you loyal, disciplined and organized. In fact, you can look at the core people in any organization - the officers, founders, and committee heads - and you will find others with your super dependable Personality Type.

4. Contributions to an Organization



Each of the sixteen personality types has their own styles, strengths and blind spots. The following items are the more obvious skills and talents you bring to an organization, group or relationship. These are your strengths. Strengths often can turn into weaknesses if over-used and over-relied upon. But used well, these strengths and talents can

contribute to your success in career and relationships.

- Is a hard worker who seeks responsibility and is always accountable.
- Is very attentive to the needs and wants of others and always has a friendly attitude.
- Is outgoing and sociable, and will also nurture and maintain relationships.
- Is skilled at logistics and orchestrating resources to accomplish a project.
- Takes work and organizational commitments seriously.
- Greatly personalizes the business process and exceeds others in managing or selling concrete and tangible products.
- Respects stated channels of communication and command.
- Enjoys helping others and finding misplaced information.
- Works to provide a sense of belonging and permanence to an organization.
- Carries out tasks and projects efficiently, with warmth and harmony.
- Usually performs very productively and is well organized.
- Seeks to minimize risks and prefers a conservative route.
- Is diligent and works at a steady pace.
- Operates best in structured environments with stated roles and hierarchies.
- Is more comfortable dealing with present realities than future possibilities.
- Has a terrific ability to cooperate with others.
- Is most comfortable dealing with facts and concrete realities, rather than ambiguous theories and concepts.
- Needs advance notice of change in order to adjust.
- Values long-term relationships, stability and loyalty.

5. Your Leadership Style



Each personality type has its own leadership style, strengths and blind spots. The following highlights your approach to leadership, provides clues as to how you will act in a leader role, and pinpoints some of your leadership qualities.

- Tends to take charge when no one else does.
- Leads others through personal persuasion, not analytical reasoning.
- Carries projects to completion, working diligently and at a steady pace.
- Is very attentive to others' needs, desires and values, which builds a loyal following.
- Seeks co-operation and acts as a model of hard work and persistence while completing a project.
- Knows when to buckle down and get to work and when to back off and socialize.
- Tries to gauge work to avoid crises.
- Does not care for much change or circumventing stated policies and procedures.
- Expects and counts on people to carry out their part of the plan.
- Fosters participation and builds goodwill.
- Tunes into others' feelings and situations and perceives how interactions will support or harm overall efforts.
- Keeps everyone well informed.
- Prefers that people follow traditional lines of authority.
- Expects others to obey orders and not question authority.

6. Your Communication Style

Effective communication is composed of two elements: how well you listen, and how you express yourself. Good communication skills are at the heart of success. Being aware of how we communicate, how others communicate and how we prefer others to communicate with us, is a significant step in achieving this objective. Your personality style has its own communication strategies that are more effective for you than other's communication styles.

- Speaks with energy and persuasiveness and is genial and friendly.
- Replies quickly and thinks on his/her feet.
- Prefers talking in person, rather than communicating through written reports.
- Speaks in concrete and specific terms.
- Contributes a wealth of knowledge.
- Verbally maps out the steps needed to accomplish a particular task.
- Begins communication by stating areas of accord.
- Offers presentations that are orderly and follow a step-by-step process.
- Likes addressing schedules and deadlines.
- Is persuaded by emotionally presented, personal material.
- Communicates personal experiences to make points.
- Prefers to present facts first, followed by practical applications.
- Speaks of missions and objectives, focusing on results and accomplishments.
- Focuses on short-term current realities, rather than long-range future possibilities.

7. Problem Solving Style



Different people solve problems in different ways. Based on your personality type, you will probably use the following methods and skills in problem solving:

- Is focused on finding solutions that do not disrupt individual or group harmony.
- Considers what he/she and others in the organization are currently doing.
- Wants to know what the facts are and what exactly the predicament is.
- Seeks the answers to what was done previously about the current problem.
- Prefers to find solutions that maintain the organization rather than promote change.
- Thinks in a linear and step-by-step process.
- Seeks the value of a particular option and its impact on people.
- Considers what personal or organizational values may be disturbed with each alternative course of action.
- Discovers who is committed to carrying out the plan.
- Considers people first, next examines the facts, then looks at the larger picture and finally applies logic.

8. Stress Profile



Stress plays a significant factor in our abilities to be effective at work and have healthy sustainable relationships. The greater the stress, the harder it becomes to maintain quality work and quality relationships. Each personality type has strengths and blind spots. Under stress, blind spots emerge and people rely on their least postions to operate. Polow are a few class as to how stress affects your

favorite functions to operate. Below are a few clues as to how stress affects your particular personality type (Note: you and one other type have matching patterns in manifesting and managing stress, so you may find someone with an almost identical profile).

Triggers

- Feeling misunderstood, distrusted, undervalued, or not taken seriously and not having the opportunity to discuss an issue to get it resolved.
- Feeling pressed to conform to a popular view they find distasteful.
- Having too many demands upon them.
- Any circumstance ruled by conflict rather than harmony.

Characteristics

- Optimism and enthusiasm turns into seclusion, inertia and dejection.
- Can seem depressed, feeling vulnerable and unworthy.
- Tends to actually feel numb inside, seeing only a bleak future.
- Being cranky, mistrustful and angry is common.
- Grows even more organized and planful, turning into a perfectionist.
- Tends to turn intensely self-critical.
- Can also excessively find fault with others, casting blame in wide circles.
- Becomes obsessed in searching for the 'real' truth.
- Uses complicated and convoluted analysis in pursuing the truth.
- Often employs irrelevant data in arguments instead of pertinent information.
- Will try to 'think' themselves out of a problem, but gets stuck in faulty logic.

Gaining Equilibrium

Having a change of scenery, being outside in nature, or exercising.



- Seeking a support group where they can talk about their frustrations.
- Being in solitude.
- Getting involved in a small, detailed and methodical project or hobby.
- Being allowed to vent and sound off to non-judgmental friends.
- Having their concerns being taken seriously.
- Doing journal writing.

Lessons

- Improved evaluation and discernment of their logical and analytic limits.
- The ability to face distress with greater neutrality.
- A greater acceptance that life sometimes intrudes on their desire for peace and harmony.

9. Motivators

People are usually most effective when their environment matches their preferences and work style. When a good match is not present, it will be more difficult to achieve results. Below are some of your work preferences and key characteristics that you look for in work, or that you try to avoid. These key characteristics also indicate how you would typically like to be managed or related to. If you find these comments of value, it might be very worthwhile to share and discuss this section with your manager.

- Flourishes in co-operative and harmonious environments.
- Prefers environments where the focus is on executing immediate details.
- Enjoys working with people and the ability to pay close attention to their needs and wants.
- Requires opportunities to complete projects in a timely, accurate and orderly fashion.
- Does not appreciate settings in which the bottom-line or production quantities are revered over people.
- Prefers opportunities to assist directly in a project and stay close to the action and people.
- Detests surprises and desires advance warning.
- Works best with co-workers who are also competent, loyal and committed.
- Performs best when he/she can focus on the "who" along with the necessary facts and figures.
- Operates best in stable and secure environments.

10. On a Team

Some people work well on teams, others work best on their own.

Understanding the personality types of team members provides information about how individuals are likely to carry out their work and interact with each other. Given your personality preferences, the following are the strengths and possible blind spots you will most likely bring to a team:

- Delivers humor, enthusiasm and attentive organization to a group.
- Brings a systematic and practical outlook to the team.
- Personally invests in issues and projects.
- Coaxes ideas and contributions from others by acknowledging them.
- Defines current tasks and structures; delegates work in a spirit of harmony.
- Makes sure everyone understands their importance and the contributions they bring to the team.
- Focuses on immediate practical steps to achieve overall consensus and results.
- May be prone to act too quickly in coming to the rescue of other members to prevent them from making mistakes.
- Honors time commitments and agendas, especially when working towards a project's completion and closure.
- Is not particularly interested in debating an idea to death, but may get carried away in his/her own explanations.
- Becomes irritated by members who do not participate or take responsibility.
- Is perturbed by members who always debate information or who continually interrupt.
- Grows impatient with others who waste time, interrupt or veer from the agenda during meetings.

11. Learning Style



For many years it has been known that different personality types have different ways of learning. Knowing how a person learns is a big advantage for structuring on-the-job training or classroom instruction. Once again, you may find this section valuable to share

with your manager. Your learning style is as follows:

- Enjoys practical and pragmatic subjects.
- Finds that field trips, group projects or hands-on experiments foster learning and build relationships with fellow students.
- Works best in structured learning systems that require memorization, recall, drill and the use of workbooks.
- Receives information best that is presented in concrete tangible ways with immediate applications for people.
- Needs learning situations that allow uninterrupted time necessary to finish what was started.
- Appreciates a positive relationship with the facilitator or instructor which fosters and promotes learning; is distracted when discord is present and learning suffers.
- Profits from experiencing a given topic or subject before reading about it.

12. Opportunities for Growth

As we grow and mature, it is important to pull back from our favorite ways of doing things and build skills in the areas of our least favorite preferences. We thereby become a more balanced and versatile individual. The following suggestions address some of your more obvious blind spots and are areas to pay attention to if they have been ignored up to this point:

- Try to become more comfortable with conflict.
- Approach conflicts as constructive; know that clearing the air actually aids harmony and builds relationships.
- Periodically realize that it is OK for your needs and priorities to be more important than others - be attentive to becoming overloaded and heading towards burnout.
- Practice saying "no" to others it builds their own resourcefulness and lets them master new skills.
- Learn to de-personalize giving and receiving feedback do not short-change yourself or others from growing.
- Try not to assume that you know what is best for others and what they ought to do sometimes you can be perceived as bossy and rigid.
- Listen to feedback from others, truly consider their points of view and honor possible new ways of doing things.
- Come up for air once in awhile and take a look around becoming bogged down in detail too often means you might miss the big picture.
- Try to be more impartial and less quick to make a decision.
- Practice being more flexible to change avoid becoming negative and the tendency to blame others under stress.
- Be wary of becoming too entangled in "shoulds" and "should nots" you might miss out on what people really need.
- Learn to be more accepting of the different approaches to work, even though you may find them irritating.

13. Further Suggestions



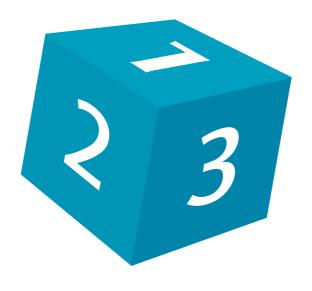
Sharing your report and getting feedback

You might like to share your report with other people who know you well, both in work and non-work situations. Ask them if they think that it is an accurate description of your personality.

Resume/CV

If you are a job seeker we suggest that you might also like to let a prospective employer know your strengths and key values to an organization as defined by this Jung Personality Test. So why not include these on your Resume/CV? For example you could copy and paste the following:

- Is a hard worker who seeks responsibility and is always accountable.
- Is very attentive to the needs and wants of others and always has a friendly attitude.
- Is outgoing and sociable, and will also nurture and maintain relationships.



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