[

{

"optionA": "I feel drained after socializing and need downtime to recharge. (I)",

"optionB": "I gain energy from being around people and feel bored when alone for too long. (E)",

"traitA": "I",

"traitB": "E"

},

{

"optionA": "I prefer having a few close friends rather than a wide circle of acquaintances. (I)",

"optionB": "I like expanding my social network and meeting new people. (E)",

"traitA": "I",

"traitB": "E"

},

{

"optionA": "I express myself better in writing than in conversation. (I)",

"optionB": "I find it easy to express myself verbally and enjoy spontaneous conversations. (E)",

"traitA": "I",

"traitB": "E"

},

{

"optionA": "I enjoy solitude and often seek time for personal reflection. (I)",

"optionB": "I prefer to work and spend leisure time in group settings. (E)",

"traitA": "I",

"traitB": "E"

},

{

"optionA": "In meetings or classes, I prefer to listen rather than contribute to the discussion. (I)",

"optionB": "I actively participate in discussions and enjoy sharing my thoughts. (E)",

"traitA": "I",

"traitB": "E"

},

{

"optionA": "I rely on past experiences and proven methods when making decisions. (S)",

"optionB": "I look for future possibilities and enjoy imagining what could be. (N)",

"traitA": "S",

"traitB": "N"

},

{

"optionA": "I focus on details and concrete information rather than the big picture. (S)",

"optionB": "I prefer to think about ideas and concepts, even when they're abstract. (N)",

"traitA": "S",

"traitB": "N"

},

{

"optionA": "I learn best through hands-on experience and tangible examples. (S)",

"optionB": "I enjoy learning new theories and prefer a conceptual approach. (N)",

"traitA": "S",

"traitB": "N"

},

{

"optionA": "I am practical and prefer dealing with the here and now. (S)",

"optionB": "I am drawn to innovation and thinking about future implications. (N)",

"traitA": "S",

"traitB": "N"

},

{

"optionA": "I trust information that I can see, touch, or hear directly. (S)",

"optionB": "I trust my intuition and insights, even if I can't immediately explain them. (N)",

"traitA": "S",

"traitB": "N"

},

{

"optionA": "I make decisions based on logical analysis and objective principles. (T)",

"optionB": "I make decisions by weighing what people care about and the points of harmony. (F)",

"traitA": "T",

"traitB": "F"

},

{

"optionA": "I believe truth should be more important than being tactful. (T)",

"optionB": "I often prioritize diplomacy and people's feelings over the cold, hard truth. (F)",

"traitA": "T",

"traitB": "F"

},

{

"optionA": "I am known for my fairness and impartiality in decision-making. (T)",

"optionB": "I am known for my empathy and consideration of others' well-being. (F)",

"traitA": "T",

"traitB": "F"

},

{

"optionA": "I find it easy to remain detached and objective in emotional situations. (T)",

"optionB": "I get emotionally involved in situations and care about how others feel. (F)",

"traitA": "T",

"traitB": "F"

},

{

"optionA": "In conflicts, I stand firm on my principles and logic. (T)",

"optionB": "In conflicts, I strive for harmony and look for solutions that satisfy everyone. (F)",

"traitA": "T",

"traitB": "F"

},

{

"optionA": "I like to have things decided and dislike leaving things up in the air. (J)",

"optionB": "I like to stay open to new information and options, even if it means changing my plans. (P)",

"traitA": "J",

"traitB": "P"

},

{

"optionA": "I prefer to follow a plan and like when things are organized and structured. (J)",

"optionB": "I prefer to be spontaneous and enjoy adapting as I go along. (P)",

"traitA": "J",

"traitB": "P"

},

{

"optionA": "I manage deadlines well and work on tasks well before they are due. (J)",

"optionB": "I work best under pressure and am motivated by looming deadlines. (P)",

"traitA": "J",

"traitB": "P"

},

{

"optionA": "I like to have control over my environment and organize it to suit my needs. (J)",

"optionB": "I am flexible and adapt easily to different environments and situations. (P)",

"traitA": "J",

"traitB": "P"

},

{

"optionA": "I prefer closure in discussions and decisions, even if the conversation is interesting. (J)",

"optionB": "I enjoy exploring various perspectives and keeping discussions open. (P)",

"traitA": "J",

"traitB": "P"

}

]