

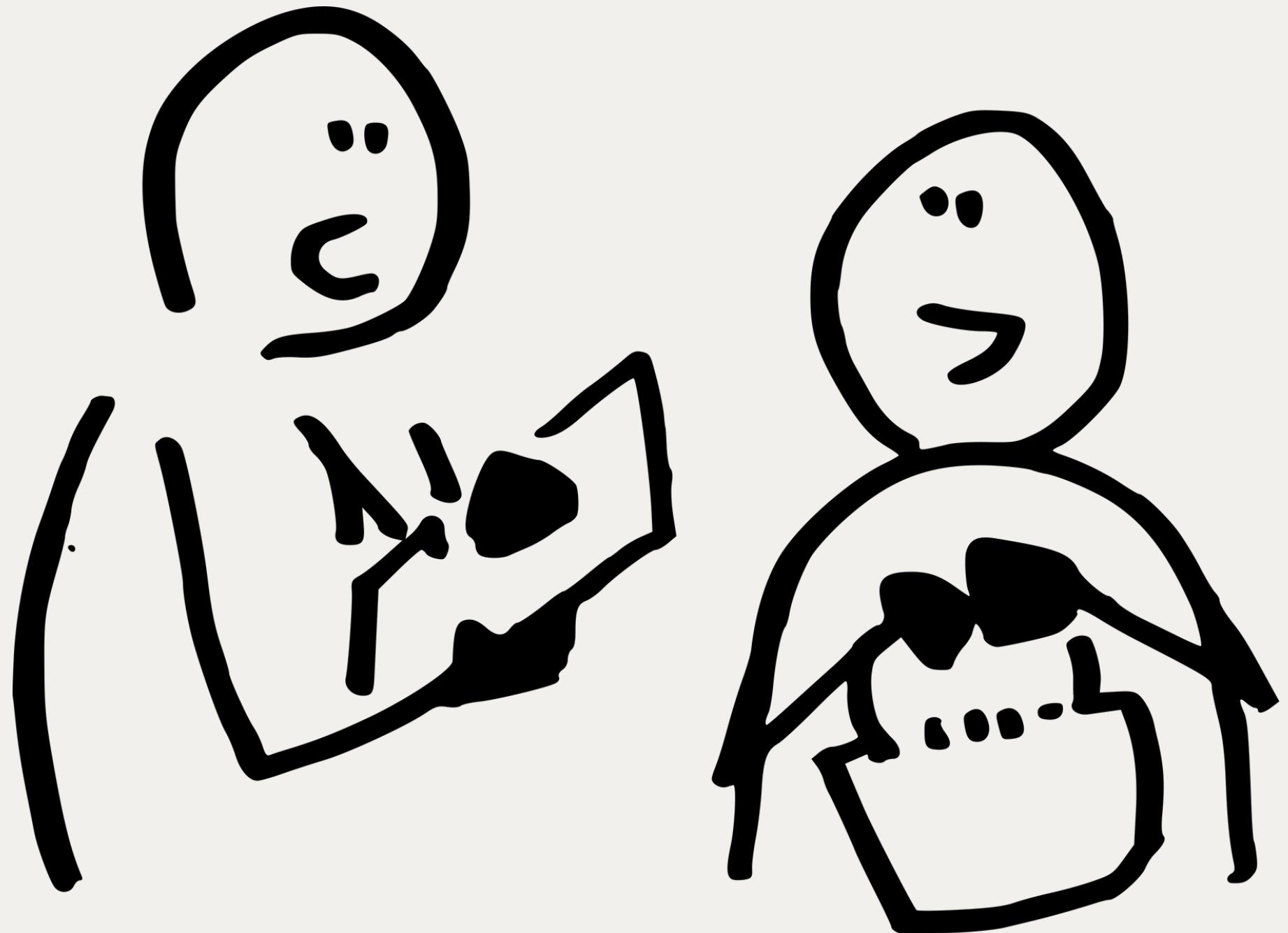
# PERSONALITY TYPES

# INTRODUCTION

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PERSONALITY MEANS THE WAY PEOPLE THINK, FEEL, AND ACT THAT MAKES EACH PERSON UNIQUE. THIS PRESENTATION EXPLAINS THE MAIN PERSONALITY TYPES, HOW THE BRAIN AFFECTS THEM, AND HOW THE ENVIRONMENT CHANGES THEM. WE USE WELL-KNOWN MODELS LIKE THE BIG FIVE AND IDEAS FROM BRAIN SCIENCE AND SOCIAL PSYCHOLOGY.

# MAIN PERSONALITY TYPES



PEOPLE ARE OFTEN GROUPED BY CERTAIN PERSONALITY TRAITS. THE MOST FAMOUS MODEL IS THE BIG FIVE, ALSO CALLED OCEAN:

- **OPENNESS:** PEOPLE WHO ARE CURIOUS AND LIKE NEW EXPERIENCES.
- **CONSCIENTIOUSNESS:** PEOPLE WHO ARE ORGANIZED AND WORK HARD.
- **EXTRAVERSION:** PEOPLE WHO ARE OUTGOING AND ENJOY BEING WITH OTHERS.
- **AGREEABLENESS:** PEOPLE WHO ARE KIND AND HELPFUL.
- **NEUROTICISM:** PEOPLE WHO GET WORRIED OR STRESSED EASILY.

THESE TRAITS ARE NOT EITHER/OR BUT CAN BE SEEN AS A RANGE. THEY COME FROM BOTH GENES AND LIFE EXPERIENCES.

# Myers Briggs Personality Types

**ISTJ**

Practical, reserved,  
insensitive and  
judgmental

**ISTP**

Independent,  
confident,  
insensitive  
and gets bored  
easily

**ISFJ**

Sensitive, practical,  
neglects their own  
needs and dislikes  
change

**ISFP**

Peaceful, quiet,  
reserved and  
dislikes conflicts

**INFJ**

Compassionate,  
creative, overly  
sensitive and holds  
high expectations  
from others

**INFP**

Loyal, devoted,  
idealistic and tends  
to take things  
personally

**INTJ**

Hardworking,  
self-confident,  
judgmental and  
overly analytical

**INTP**

Logical, objective,  
insensitive and  
have problems  
following rules

**ESTP**

Resourceful,  
observant,  
impulsive  
and dramatic

**ESTJ**

Practical, realistic,  
insensitive and  
argumentative

**ESFP**

Resourceful,  
practical, impulsive  
and gets bored  
easily

**ESFJ**

Organized, loyal,  
needy and  
controlling

**ENFP**

Enthusiastic,  
creative, gets  
stressed easily  
and struggles to  
follow rules

**ENFJ**

Empathetic,  
affectionate,  
indecisive and  
manipulative

**ENTP**

Innovative, creative,  
insensitive and  
unfocused

**ENTJ**

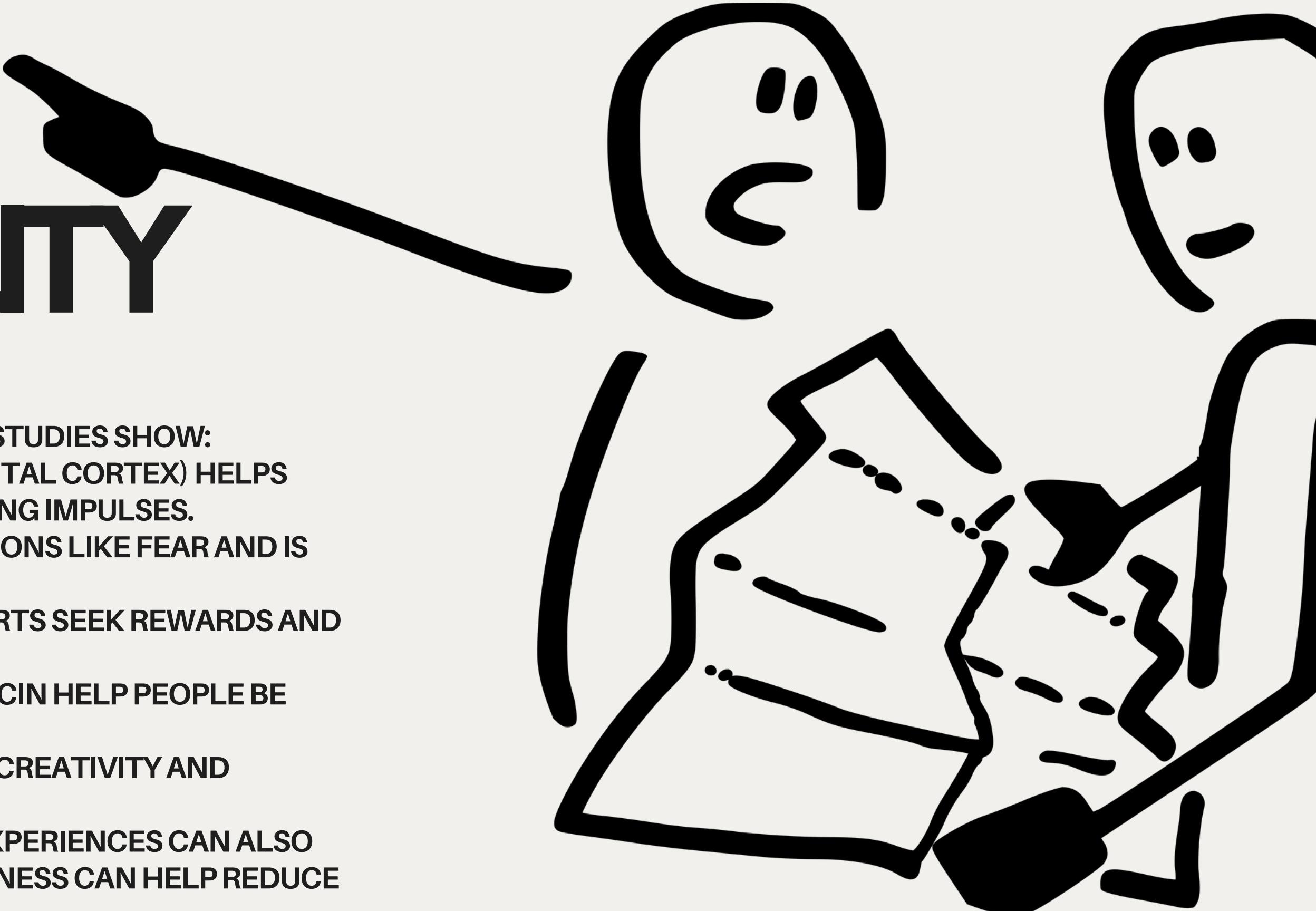
Organized,  
confident,  
impatient and  
stubborn

# THE BRAIN AND PERSONALITY

PERSONALITY IS CONNECTED TO THE BRAIN. STUDIES SHOW:

- THE FRONT PART OF THE BRAIN (PREFRONTAL CORTEX) HELPS WITH BEING ORGANIZED AND CONTROLLING IMPULSES.
- THE AMYGDALA IS INVOLVED WITH EMOTIONS LIKE FEAR AND IS LINKED TO WORRYING.
- THE DOPAMINE SYSTEM MAKES EXTRAVERTS SEEK REWARDS AND ENJOY EXCITEMENT.
- CHEMICALS LIKE SEROTONIN AND OXYTOCIN HELP PEOPLE BE KIND AND CONNECT WITH OTHERS.
- AREAS LIKE THE HIPPOCAMPUS SUPPORT CREATIVITY AND MEMORY, LINKED TO OPENNESS.

GENES INFLUENCE PERSONALITY, BUT LIFE EXPERIENCES CAN ALSO CHANGE THE BRAIN. FOR EXAMPLE, MINDFULNESS CAN HELP REDUCE ANXIETY.

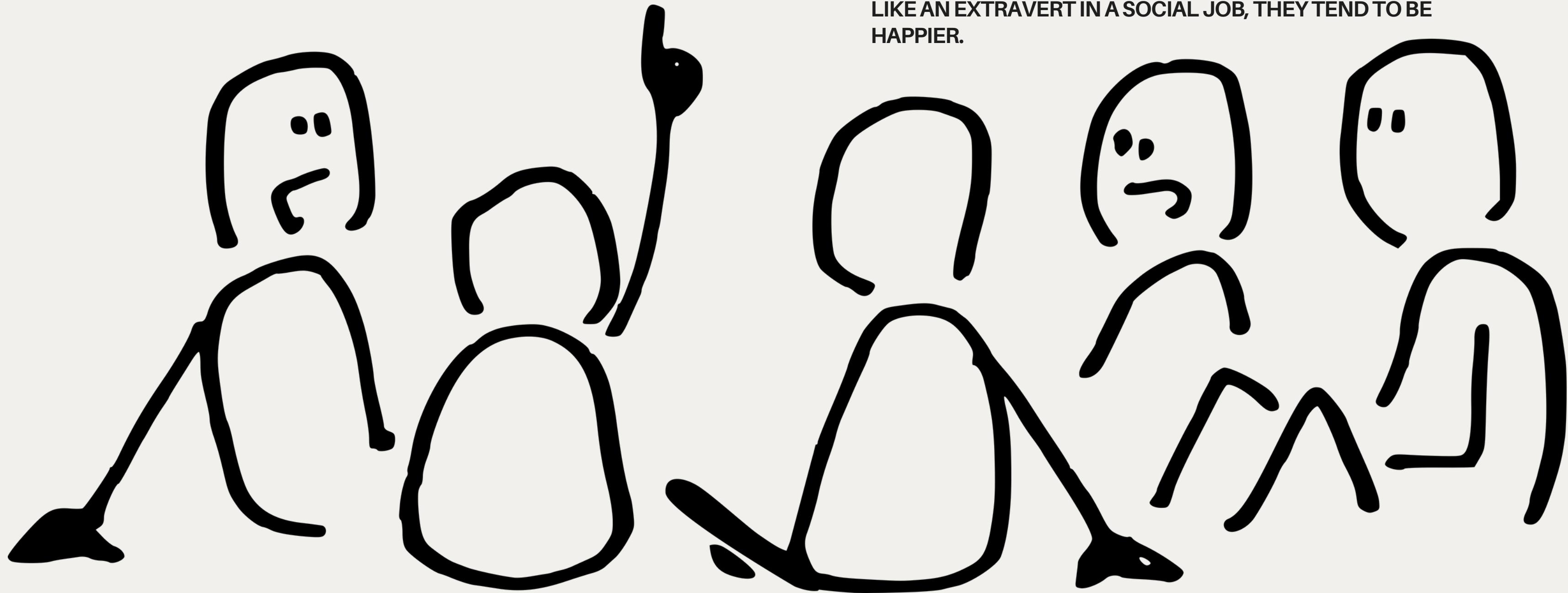


# ENVIRONMENT AND PERSONALITY

OUR SURROUNDINGS AFFECT PERSONALITY TOO:

- FAMILY AND HOW WE ARE RAISED CAN CHANGE TRAITS. GOOD SUPPORT HELPS PEOPLE BE MORE DISCIPLINED.
- CULTURE SHAPES WHETHER PEOPLE ARE MORE SOCIAL OR COOPERATIVE.
- SOCIAL INTERACTIONS CAN MAKE EXTRAVERTS WANT MORE ACTIVITY AND INTROVERTS WANT MORE QUIET.
- LIFE EVENTS, LIKE CHALLENGES OR SUCCESS, CAN MAKE PEOPLE STRONGER OR MORE CAREFUL.
- STRESS FROM THE ENVIRONMENT CAN CHANGE HOW GENES WORK.

WHEN A PERSON'S PERSONALITY FITS THEIR ENVIRONMENT, LIKE AN EXTRAVERT IN A SOCIAL JOB, THEY TEND TO BE HAPPIER.



# CONCLUSION

PERSONALITY IS SHAPED BY BOTH THE BRAIN AND THE ENVIRONMENT. UNDERSTANDING THIS HELPS WITH KNOWING OURSELVES, IMPROVING MENTAL HEALTH, AND BUILDING BETTER RELATIONSHIPS.

FOR MORE DETAILS, YOU CAN LOOK UP THE BIG FIVE PERSONALITY MODEL OR READ BOOKS LIKE "QUIET" BY SUSAN CAIN ABOUT INTROVERTS.



