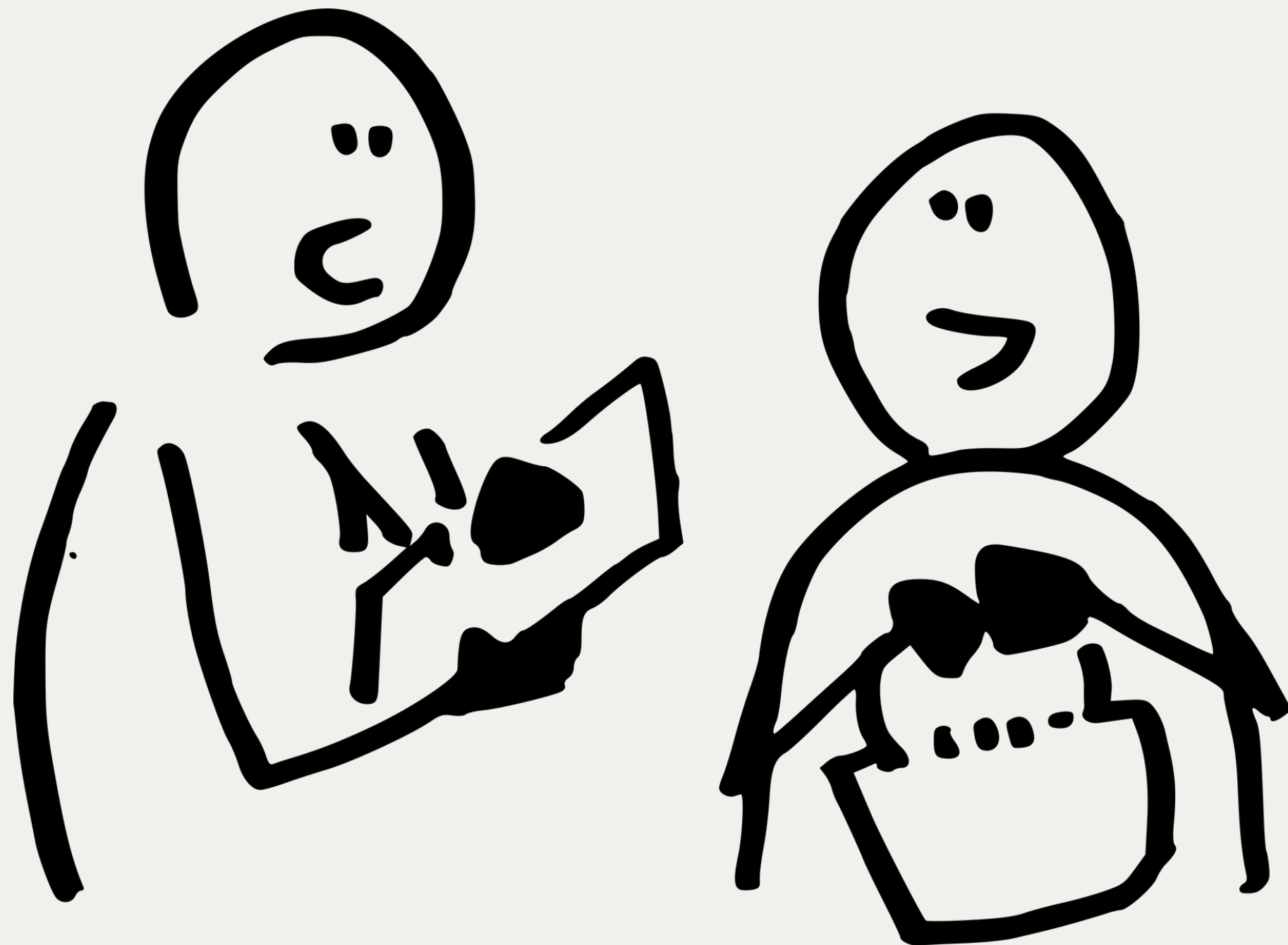




INTRODUCTION

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

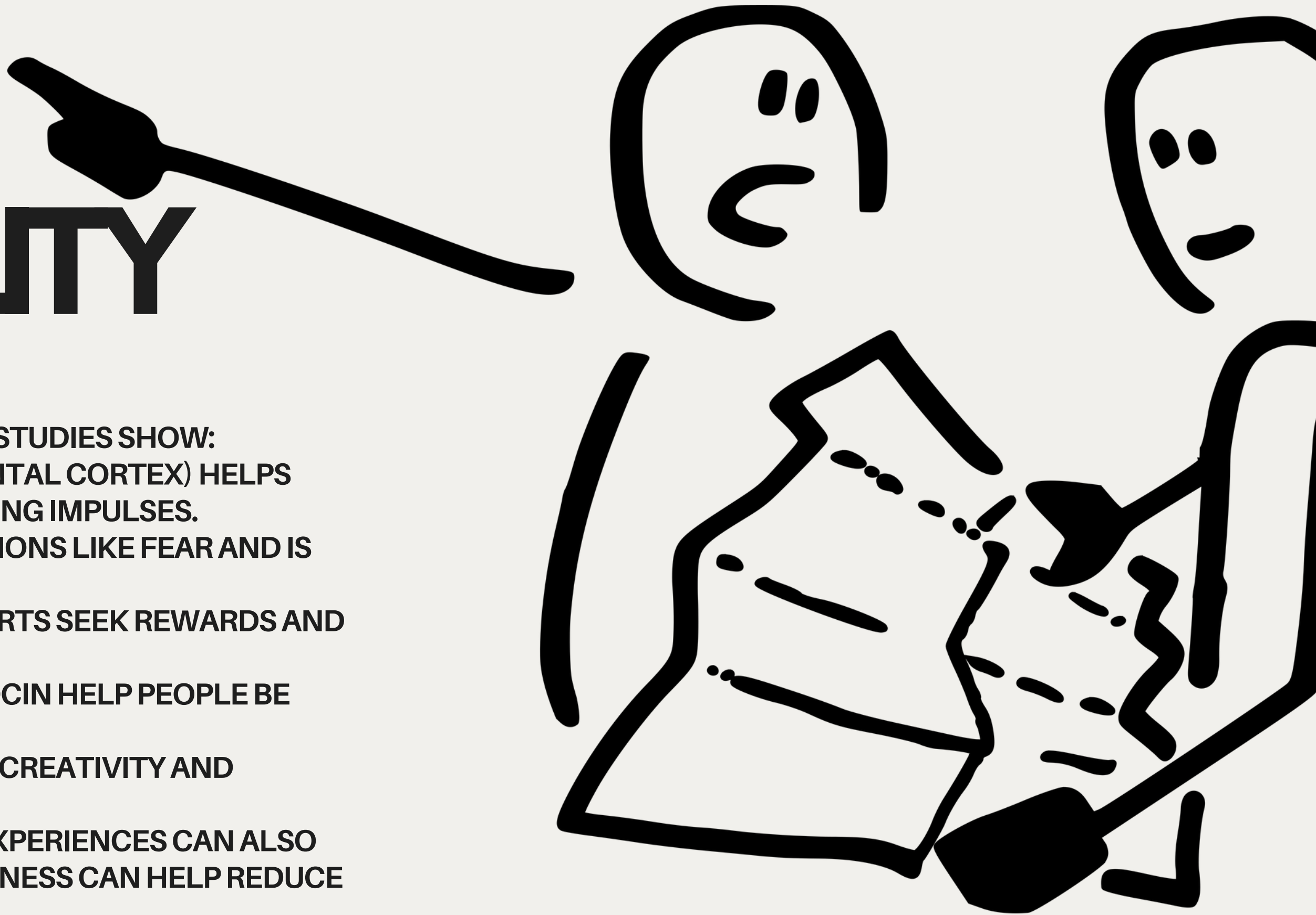
Organized,
confident,
impatient and
stubborn

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.

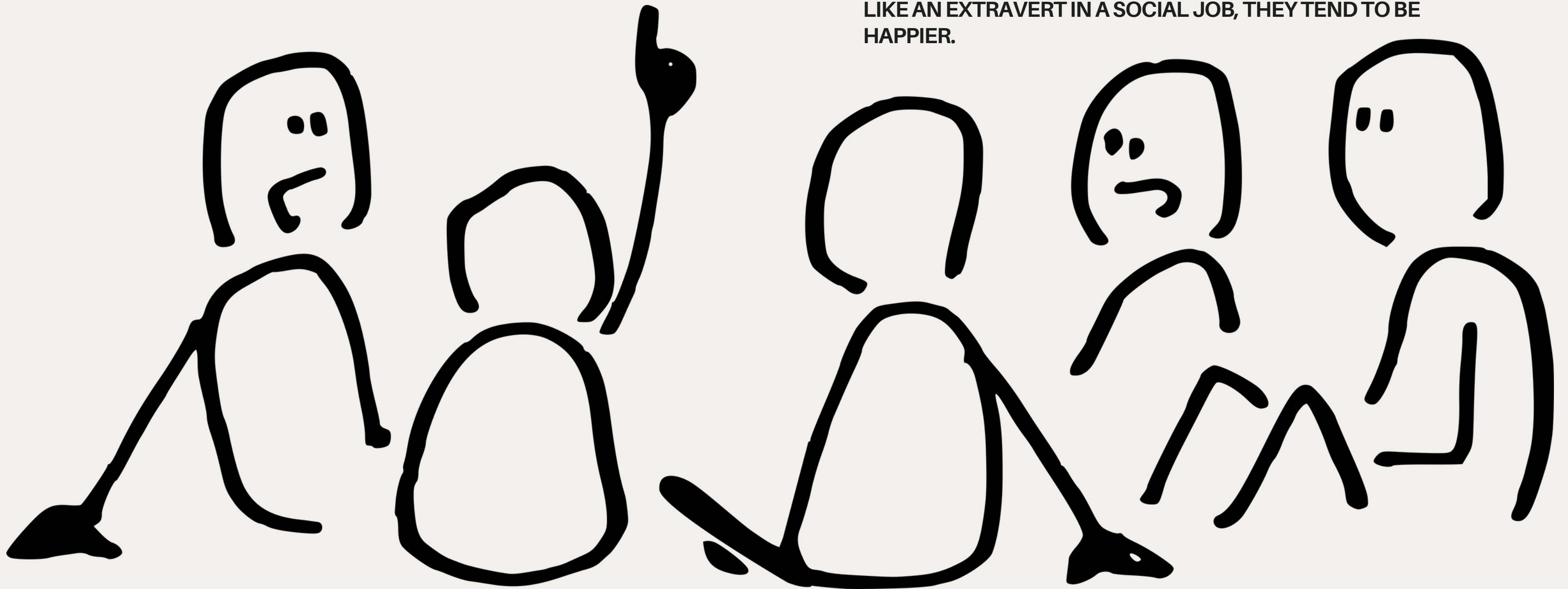


ENVIRONMENT AND PERSONALITY

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.



