作业: 尝试完成迈尔斯- 布里格斯类型指标（ MBTI， Myers -Briggs Type Indicator） 的性格测试题

MBTI 试题 指 示 – 每一组中都有两选项（a 或 b），挑选最适合你的答案。作答所有的问题，

包括从两相似的答案中挑选其一。

1.

a. 可以容忍噪音和群众。Tolerate noise and crowds.

b. 避免人群，喜欢安静。Avoid crowds and seek quiet.

2.

a. 从普遍一般概念学习新事物。Learn new things through general concepts.

b. 从模仿和观察中学习新事物。Learn new things by imitation and observation

3.

a. 把真理当作目标。Have truth as an objective.

b. 把和睦共处当作目标。Have harmony as a goal.

4.

a. 在自己人生经验里，尽量以顺其自然态度来应对各种境况。

Seek to adapt my life and experience to what comes along

b. 喜爱对自己的人生作出果断抉择，用自己的意志过自己的人生。Prefer my life to

be decisive, imposing my will on it.

5.

a. 多开口，少聆听。Talk more than listen.

b. 多聆听，少说话。Listen more than talk.

6.

a. 聚焦于实际经验。Focus on actual experience.

b. 聚焦于理想的可能性。Focus on possibilities.

7.

a. 多用脑来抉择。Decide more with my head.

b. 多用心来抉择。Decide more with my heart.

8.

a. 喜爱适应新环境。Like adapting to new situations.

b. 宁愿认识自己正进入什么状况。Prefer knowing what I’m getting into

9.

a. 把火热的心局限于自己内心。Keep enthusiasm to self.

b. 与人沟通时，会把热心散发出去。Communicate with enthusiasm.

10.

a. 倾向于明确和求实。Tend to be specific and literal

b. 倾向于一般化和象征性。Tend to be general and figurative

11.

a.留意人们何时需要协助。Notice when people need support.

b. 明察不当的推理。Notice ineffective reasoning.

12.

a. 抉择后，放心多了。Feel better after making decisions

b. 喜爱豁达态度应付事物。Prefer to keep things open.

13.

a. 易分心。Distracted easily.

b. 能够专心。Concentrate well.

14.

a. 运用隐喻和比拟。Use metaphors and analogies.

b. 给予详细描述。Give detailed descriptions.

15.

a. 选择偏重圆滑，过于偏重真相应对。Choose tactfulness over truthfulness.

b. 选择偏重真相，过于偏重圆滑应对。Choose truthfulness over tactfulness

16.

a. 喜爱开始事情。Enjoy starting things.

b. 喜爱完成事情。Enjoy finishing things.

17.

a. 平易近人，并参与多种社交活动。Meet people readily and participate in many

activities

b. 交友谨慎，只参加已挑选的社交活动。Proceed cautiously in meeting people

and participate in selected activities

18.

a. 行为富有想象力。Behave imaginatively.

b. 行为脚踏实地。Behave practically.

19.

a. 待人富有同情心。Deal with people compassionately.

b. 按情况需要，坚定地待人。Deal with people firmly, as needed

20.

a. 为稳定生计干活，按部就班。Work for a settled life, with my plans in order.

b. 有弹性面对人生，以致不错失良机。Keep my life as flexible as possible so that

nothing is missed.

21.

a. 三思而言。Think carefully before speaking.

b. 未加思索，信口开河。Blurt things out without thinking.

22.

a. 依赖预感。Rely on hunches.

b. 依赖过去的经验。Rely on past experiences.

23.

a. 期望世界按着逻辑原则运行。Expect world to run on logical principles.

b. 期望世界赏识个人的差异。Expect the world to recognize individual differences.

24.

a. 不爱惊讶之事，需要预先提醒警戒。Dislike surprises and want advance

warning.

b. 喜爱惊讶之事，喜欢适应临时的改变。Enjoy surprises and like adapting to last-

minute changes.

25.

a. 喜爱宴会，因为它们会给我的人生充电。Parties recharge my batteries.

b. 喜欢独处时光，因为这可以给我充电。Time alone recharges my batteries.

26.

a. 喜欢可预料的关系。Likes predictable relationships.

b. 重视关系的变化。Value change in relationships.

27.

a. 注意某选择的价值，以及它如何影响人。Note how an option has value and how

it affects people.

b. 注意每选择的正反面。Note pros and cons of each option.

28.

a. 把时间视为可更新的资源，并把最终期限当作有弹性的。See time as a

renewable resource, and see deadlines as elastic.

b. 把时间视为有限的资源，并且严肃看待最终期限。See time as a finite resource,

and take deadlines seriously.

29.

a. 需要时间来反思。Need to have time to reflect.

b. 由于无所事事而心中不安。喜欢忙碌。Hate to do nothing. Like to be on the go.

30.

a. 重视解决问题的标准方法。Appreciate standard ways to solve problems

b. 采用崭新和不同的途径来解决问题和达成方案。Use new and different ways to

solve problems and reach solutions.

31.

a. 较易看到别人的瑕疵；喜爱采取批判态度。See others' flaws; critical.

b. 喜欢取悦他人；喜爱表达感激。Like to please others; show appreciation

32.

a. 喜欢核对“必做”名单。Like checking off "to do" list.

b. 就算有“必做”名单，也会把它忽略。Ignore "to do" list even if I made one

33.

a. 喜欢与团体一起工作或谈话。Like working or talking in groups.

b. 比较喜欢在小组内交际，或一个人独处。Prefer to socialize in small groups or

be "by myself."

34.

a. 没头绪地兜圈子跳跃着行事。Leap around in a roundabout way.

b. 有系统方式地行事。Methodical.

35.

a. 容忍别人偶尔询问我人际关系的情绪状况。Tolerate occasional queries as to my

emotional state in relationships

b. 喜欢别人时常询问我情绪的状况。Appreciate frequent queries as to my

emotional state.

36.

a. 预先准备的行事会使我更感舒服。Feel better with things planned.

b. 宁愿兵来将挡,水来土掩的方式。Would rather do whatever comes along

37.

a. 乐于靠边站的角色。Content with being on the sidelines.

b. 喜欢成为众人瞩目的焦点。Like to be center of attention.

38.

a. 重视现实主义和普通常识。Value realism and common sense.

b. 重视想象力和创新。Value imagination and innovation.

39.

a. 如果感觉是合理的，它们就是正当的。Feelings are valid if they're logical.

b. 任何感觉都是正当的。Any feeling is valid.

40.

a. 把事安顿下来、组织起来。Settled. Organized.

b. 暂定性、灵活性、自发的。Tentative. Flexible. Spontaneous.

*得分：* *把问题中的作答圈于此，然后把每栏的答案合计：*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | *E (Extrovert 外向)* | *I (Introvert 内向)* |  | *S (Sensing 实感)* | *N (Intuitive 直觉)* |
| *1* | *a* | *b* | 2 | *b* | *a* |
| *5* | *a* | *b* | *6* | *a* | *b* |
| *9* | *b* | *a* | *10* | *a* | *b* |
| *13* | *a* | *b* | *14* | *b* | *a* |
| *17* | *a* | *b* | *18* | *b* | *a* |
| *21* | *b* | *a* | *22* | *b* | *a* |
| *25* | *a* | *b* | *26* | *a* | *b* |
| *29* | *b* | *a* | *30* | *a* | *b* |
| *33* | *a* | *b* | *34* | *b* | *a* |
| *37* | *b* | *a* | *38* | *a* | *b* |
| *合计* |  |  | *合计* |  |  |
|  | *T (思维Thinking)* | *F (情感Feeling)* |  | *J (判断Judging)* | *P (知觉Perceiving)* |
| *3* | *a* | *b* | *4* | *b* | *a* |
| *7* | *a* | *b* | *8* | *b* | *a* |
| *11* | *b* | *a* | *12* | *a* | *b* |
| *15* | *b* | *a* | *16* | *b* | *a* |
| *19* | *b* | *a* | *20* | *a* | *b* |
| *23* | *a* | *b* | *24* | *a* | *b* |
| *27* | *b* | *a* | *28* | *b* | *a* |
| *31* | *a* | *b* | *32* | *a* | *b* |
| *35* | *a* | *b* | *36* | *a* | *b* |
| *39* | *a* | *b* | *40* | *a* | *b* |
| *合计:* |  |  | *合计:* |  |  |