**What is your Myers-Briggs Personality Type?**

**Myers Briggs Type Indicator (MBTI)**

**Directions: Ask your shoulder partner to interview you regarding your perceived personality type. They should circle which of the two dominant traits is stronger for you, and then write your four letter personality type at the bottom of page two. Next, take the Myers-Briggs Personality Test at the website listed below to see what your actual personality type is.**

**Take the test:** [**http://www.humanmetrics.com/cgi-win/JTypes2.asp**](http://www.humanmetrics.com/cgi-win/JTypes2.asp)

**What is your most natural energy orientation?**

**Extraverted Characteristics**

* Act first, think/reflect later
* Feel deprived when cutoff from interaction with the outside world
* Usually open to and motivated by outside world of people and things
* Enjoy wide variety and change in people relationships

**Introverted Characteristics**

* Think/reflect first, then Act
* Regularly require an amount of "private time" to recharge batteries
* Motivated internally, mind is sometimes so active it is "closed" to outside world
* Prefer one-to-one communication and relationships

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| **Choose which best fits**: | **Extraversion (E)** | **Introversion (I)** |

**Which way of perceiving or understanding is most “automatic” or natural?**

**Sensing Characteristics**

* Mentally live in the Now, attending to present opportunities
* Using common sense and creating practical solutions is automatic-instinctual
* Memory recall is rich in detail of facts and past events
* Best improvise from past experience
* Like clear and concrete information; dislike guessing when facts are "fuzzy"

**Intuitive Characteristics**

* Mentally live in the Future, attending to future possibilities
* Using imagination and creating/inventing new possibilities is automatic-instinctual
* Memory recall emphasizes patterns, contexts, and connections
* Best improvise from theoretical understanding
* Comfortable with ambiguous, fuzzy data and with guessing its meaning.

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| Choose which best fits: | **Sensing (S)** | **iNtuition (N)** |

**Which way of forming judgments and making choices is most natural?**

**Thinking Characteristics**

* Instinctively search for facts and logic in a decision situation.
* Naturally notices tasks and work to be accomplished.
* Easily able to provide an objective and critical analysis.
* Accept conflict as a natural, normal part of relationships with people.

**Feeling Characteristics**

* Instinctively employ personal feelings and impact on people in decision situations
* Naturally sensitive to people needs and reactions.
* Naturally seek consensus and popular opinions.
* Unsettled by conflict; have almost a toxic reaction to disharmony.

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| Choose which best fits: | **Thinking (T)** | **Feeling (F)** |

**What is your action orientation towards the outside world?**

**Judging Characteristics**

* Plan many of the details in advance before moving into action.
* Focus on task-related action; complete meaningful segments before moving on.
* Work best and avoid stress when able to keep ahead of deadlines.
* Naturally use targets, dates and standard routines to manage life.

**Perceiving Characteristics**

* Comfortable moving into action without a plan; plan on-the-go.
* Like to multitask, have variety, mix work and play.
* Naturally tolerant of time pressure; work best close to the deadlines.
* Instinctively avoid commitments which interfere with flexibility, freedom and variety

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| Choose which best fits: | **Judging (J)** | **Perceiving (P)** |

**Your 4 Personality Type Letters**

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