



Week 3 Personality Assessment

Please circle the statement or question that best describes you.

- 1. What energizes me most:**
E -- Interacting with other people
I -- Being by myself
- 2. Where do I like to focus my energy:**
E -- In the outer world of people and things
I -- In the inner world of ideas and thoughts
- 3. Which do I prefer more:**
E -- To be around others
I -- To spend time by myself
- 4. Would I rather:**
E -- Work on several projects at the same time
I -- Focus my attention on one task at a time
- 5. Am I more of:**
E -- "Public Person"
I -- "Private Person"
- 6. Am I more comfortable:**
E -- Acting First, then thinking about it
I -- Thinking things through before I act on them

Total # of E's _____ Total # of I's _____

- 1. Do I:**
S -- Usually pay more attention to the facts or details
N -- Try to understand connections, underlying meaning, and implications
- 2. Am I:**
S -- A more down-to-earth and sensible person
N -- An imaginative and creative one
- 3. Which do I trust more:**
S -- My direct experience
N -- My gut instinct



4. **Am I:**
S -- More tuned in to the here-and-now
N -- Often imagining how things will affect future events

5. **Do I like new ideas:**
S -- Just for their own sake
N -- Only if they have practical utility

6. **S -- Would I rather use an established skill**
N -- Do I become bored easily after I've mastered it

Total # of S's _____ Total # of N's _____

1. **Do I make decisions:**
T -- More objectively, weighing the pros and cons
F -- Based on how I feel about the issue, how I and others will be affected by it

2. **Which words describe me better:**
T -- Logical, analytical
F -- Sensitive, sympathetic

3. **Is it more important to be:**
T -- Truthful, even if it hurts someone's feelings
F -- Tactful, even if it means telling a little white lie

4. **Which usually persuades me more:**
T -- A good logical argument
F -- A strong emotional appeal

5. **Which is the greater compliment:**
T -- To be tough
F -- To be tender

Total # of T's _____ Total # of F's _____

1. **J -- Do I tend to make most decisions quickly and easily?**
P -- Does making decisions often make me anxious and unsure?

2. **Would I rather:**
J -- Have things settled and decided
P -- Be able to leave my options open, in case something unexpected comes up



- 3. **J** -- Is it very important for me to be in control of most situations?
P -- Am I often comfortable letting others call the shots?

- 4. **J** -- Am I very conscious of time and almost always punctual?
P -- Do I frequently run late and find time has somehow slipped away?

- 5. **Which is more true of me:**
J -- I'm generally very organized
P -- I often have trouble ending things and keeping organized

- 6. **Which is more true of me:**
J -- I prefer to get my work or chores done before I relax
P -- I can often find compelling reasons to put a task off until a later time

Total # of J's _____ **Total # of P's** _____

Circle the stronger letter of each pair for you.

E or I **S or N** **T or F** **J or P**

Please write the circled letters below:

Extraverted / Introverted

Sensing / Intuitive

Thinking / Feeling

Judging / Perceiving