



*The Myers - Briggs
Type Inventory*
Personality Assessment*

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for the

International Association of Proverbs 31 Women

**Abbreviated Version of the MBTI*

Assessment of Personality

Myers-Briggs™ Type Inventory (abbreviated version)¹

One of the best ways to begin the process of gathering information about yourself is to consider your own personality type. Your personality type is your way of perceiving the world and the things that happen to you. It's the way you generally tend to handle things. As you may already know, psychologists have found that our personalities are directly linked to attitudes and behavior and influence our beliefs and actions.

One way to learn more about your personality is to complete a personality inventory. One of the most popular measures of personality is the Myers-Briggs Type Inventory, commonly referred to as the MBTI. The MBTI is based on a theory of psychological types developed by Dr. Carl Jung. According to Dr. Jung, there are four different personality dimensions that interact with one another to determine a person's psychological type. These four dimensions of personality are briefly described in the accompanying box.

Your particular personality type is determined by combining your preferences regarding each of these four dimensions. For example, if you're the type of person who focuses your perception and judgments primarily on the external world of actions, objects, and persons (Extraversion), perceives information primarily in terms of meanings, concepts, and relationships (Intuition), makes judgments on the basis of personal, social, and subjective values (Feeling), and prefers flexibility, openness, and a free flow of information when dealing with the external world (Perception), then your psychological type would be characterized as Extraversion-Intuition-Feeling-Perception, or ENFP for short.

The developers of personality assessment instruments have found that certain types of work environments and careers are more attractive to persons of certain personality types. This is valuable information for individuals exploring career choices. This knowledge allows you to begin to think about who you are and how you fit into a work environment.

The following assessment, "What's My Type," will allow you to learn more about your personality and will also show you how this newfound information about yourself can help you make a satisfying career choice.

¹Luzzo, MAKING CAREER DECISIONS THAT COUNT, Chapter 3, © 1997. Reprinted by permission of Pearson Education, Inc.

Four Dimensions of Personality

Extraversion vs. Introversion

- (E) Extraversion: Focusing your perceptions and judgments about things based on the external world of actions, objects, and persons
- (I) Introversion: Focusing your perceptions and judgments about things based on the internal world of concepts and ideas

Sensing vs. Intuition

- (S) Sensing: Perceiving information primarily in terms of concrete facts and details
- (N) Intuition: Perceiving information primarily in terms of meanings, concepts, and relationships

Thinking vs. Feeling

- (T) Thinking: Making judgments and decisions primarily on the basis of logic and objective analysis
- (F) Feeling: Making judgments and decisions primarily on the basis of personal, social, and subjective values

Judgment vs. Perception

- (J) Judgment: Preferring order, closure, and structure when dealing with others
- (P) Perception: Preferring flexibility, openness, and a free flow of information when dealing with others

What's My Type?

Step 1

For each of the following pairs of statements, check the option that describes you best. You **MUST** select one of the statements in each pair. **There are no right or wrong answers.**

Section One

1. _____ I like to be around other people. _____ I prefer spending time alone.
2. _____ I prefer working on team projects. _____ I'd rather complete a project on my own.
3. _____ I often ask others for their opinions about decisions I have to make at work. _____ I usually make important decisions at work on my own.

Section Two

4. _____ I like work that involves precise objectives and clearly defined details. _____ I prefer work that is less defined and that requires very little precision.
5. _____ I enjoy routine in the work place. _____ I dislike doing the same tasks at work every day.
6. _____ I don't rely too much on inspiration when I'm involved in a project. _____ Inspiration plays an important role in my work.

Section Three

7. _____ Most of the decisions I make at work are based on rational thinking and an analysis of the situation. _____ I tend to make decisions at work based on what feels right to me at the time.
8. _____ I don't usually focus too much on others' feelings about decisions that I make at work. _____ I am usually very aware of others' feelings about decisions that I make at work.
9. _____ I'm not too concerned about pleasing other people in the workplace. _____ I enjoy making others feel good about themselves at work.

Section Four

10. _____ I like making definite plans about my future.

_____ I prefer leaving my options open regarding future plans.

11. _____ I like making well-defined decisions about things.

_____ I don't like making definite decisions about things.

12. _____ I prefer rigid, clear-cut directions when working on a task.

_____ I'd rather work on a task that's less clearly defined and allows for flexibility and change.

Step II. Scoring

As you may have figured out while completing the exercise, each section represents a different personality dimension. Section One statements reflect the Extraversion vs. Introversion dimension of personality. The statements on the left side represent Extraversion, whereas the statements on the right side represent Introversion. Section Two statements represent the Sensing vs. Intuition dimension, with statements on the left side reflecting a Sensing orientation and statements on the right side reflecting an Intuition orientation. Section Three statements represent Thinking (statements on the left side) vs. Feeling (statements on the right side), and Section Four statements reflect Judgment (left) vs. Perception (right).

To get an estimate of your personality type, determine which personality orientation in each section you tend to associate with by figuring out which types of statements you marked as describing you best. If, for example, you checked off two statements on the left side of Section One and only one statement on the right side, or all three statements on the left side, then you probably have Extraversion (E) dominance on that particular dimension.

Indicate below your preferences based on your analysis of preferences in each domain:

Section One

_____ Extraversion (E)

_____ Introversion (I)

Section Two

_____ Sensing (S)

_____ Intuition (N)

Section Three

_____ Thinking (T)

_____ Feeling (F)

Section Four

_____ Judgment (J)

_____ Perception (P)

Now place the letter of your preference in each dimension (in order) in the spaces below:

Your Type: _____
(Section **1** **2** **3** **4**)

Following are two charts that will enable you to learn more about your personality type and potential careers that fit with your type. One of the keys to successfully living the Proverbs 31 Lifestyle is knowing who you are and God's purpose for you in the earth. Taking this test, reviewing the charts and submitting your findings to God's direction will greatly help you discover your purpose and live your dreams!

Characteristics of Personality Types

<p>ISTJ</p> <p>Serious, quiet, earn success by concentration and thoroughness. Practical, orderly, matter-of-fact, logical, realistic, and dependable. See to it that everything is well-organized. Take responsibility. Make up their own minds as to what should be accomplished and work toward it steadily, regardless of protests or distractions.</p>	<p>ISFJ</p> <p>Quiet, friendly, responsible, and conscientious. Work devotedly to meet their obligations. Lend stability to any project or group. Thorough, painstaking, accurate. May need time to master technical subjects, as their interests are usually not technical. Patient with detail and routine. Loyal, considerate, concerned with how other people feel.</p>	<p>INFJ</p> <p>Succeed by perseverance, originality and desire to do whatever is needed or wanted. Put their best efforts into their work. Quietly forceful, conscientious, concerned for others. Respected for their firm principles. Likely to be honored and followed for their clear convictions as to how best to serve the common good.</p>	<p>INTJ</p> <p>Usually have original minds and great drive for their own ideas and purposes. In fields that appeal to them, they have a fine power to organize a job and carry it through with or without help. Skeptical, critical, independent, determined, often stubborn. Must learn to yield less important points in order to win the most important.</p>
<p>ISTP</p> <p>Cool onlookers – quiet, reserved, observing and analyzing life with detached curiosity and unexpected flashes of original humor. Usually interested in impersonal principles, cause and effect, how and why mechanical things work. Exert themselves no more than they think necessary, because any waste of energy would be inefficient.</p>	<p>ISFP</p> <p>Retiring, quietly friendly, sensitive, kind, modest about their abilities. Shun disagreements, do not force their opinions or values on others. Usually do not care to lead but are often loyal followers. Often relaxed about getting things done, because they enjoy the present moment and do not want to spoil it by undue haste or exertion.</p>	<p>INFP</p> <p>Full of enthusiasms and loyalties, but seldom talk of these until they know you well. Care about learning, ideas, language, and independent projects of their own. Tend to undertake too much, then somehow get it done. Friendly, but often too absorbed in what they are doing to be sociable. Little concerned with possessions or physical surroundings.</p>	<p>INTP</p> <p>Quiet, reserved, impersonal. Enjoy especially theoretical or scientific subjects. Logical to the point of hair-splitting. Usually interested mainly in ideas, with little liking for parties or small talk. Tend to have sharply defined interests. Need careers where some strong interest can be used and useful.</p>
<p>ESTP</p> <p>Matter-of-fact, do not worry or hurry, enjoy whatever comes along. Tend to like mechanical things and sports, with friends on the side. May be a bit blunt or insensitive. Adaptable, tolerant, generally conservative in values. Dislike long explanations. Are best with real things that can be worked, handled taken apart or put together.</p>	<p>ESFP</p> <p>Outgoing, easygoing, accepting, friendly, enjoy everything and make things more fun for others by their enjoyment. Like sports and making things. Know what's going on and join in eagerly. Find remembering facts easier than mastering theories. Are best in situations that need sound common sense and practical ability with people as well as with things.</p>	<p>ENFP</p> <p>Warmly enthusiastic, high-spirited, ingenious, imaginative. Able to do almost anything that interests them. Quick with a solution for any difficulty and ready to help anyone with a problem. Often rely on their ability to improvise instead of preparing in advance. Can usually find compelling reasons for whatever they want.</p>	<p>ENTP</p> <p>Quick, ingenious, good at many things. Stimulating company, alert and outspoken. May argue for fun on either side of a question. Resourceful in solving new and challenging problems, but may neglect routine assignments. Apt to turn to one new interest after another. Skillful in finding logical reasons for what they want.</p>
<p>ESTJ</p> <p>Practical, realistic, matter-of-fact, with a natural head for business or mechanics. Not interested in subjects they see no use for, but can apply themselves when necessary. Like to organize and run activities. May make good administrators, especially if they remember to consider others' feelings and points of view.</p>	<p>ESFJ</p> <p>Warm-hearted, talkative, popular, conscientious, born cooperators, active committee members. Need harmony and may be good at creating it. Always doing something nice for someone. Work best with encouragement and praise. Little interest in abstract thinking or technical subjects.</p>	<p>ENFJ</p> <p>Responsive and responsible. Generally feel real concern for what others think or want, and try to handle things with due regard for other person's feelings. Can present a proposal or lead a group discussion with ease and tact. Sociable, popular, sympathetic. Responsive to praise and criticism.</p>	<p>ENTJ</p> <p>Hearty, frank, decisive, leaders in activities. Usually good in anything that requires reasoning and intelligent talk, such as public speaking. Are usually well-informed and enjoy adding to their fund of knowledge. May sometimes be more positive, confident than their experience in an area warrants.</p>

Occupations Considered Most Attractive by Persons with Certain Psychological Types

ENFJ

Religiously Oriented Occupations	Musician or Composer	Physician: Family, General Practice
Home Economist	Counselor	Designer
Optometrist	Artist or Entertainer	Child Care Worker
	Dental Hygienist	

ENFP

Counselor or Psychologist	Religiously Oriented Occupations	Computer Professional
Teacher: Arts, Health, Special Education	Writer or Editor	Public Relations Worker
Researcher	Musician or Composer	Administrator: Education
	Social Scientist	

ENTJ

Consultant: Management	Manager: Sales	Marketing Professional
Human Resources	Manager: Executive	Administrator: Education
Computer Professional	Credit Investigator or Mortgage Broker	Administrator: Health
Physician: Family		

ENTP

Photographer	Credit Investigator or Mortgage Broker	Construction Worker
Marketing Professional	Psychiatrist	Artist or Entertainer
Writer or Journalist	Engineer	Research Worker
Computer Professional		

ESFJ

Teacher	Religiously Oriented Occupations	Hair Dresser or Cosmetologist
Administrator: Student Personnel	Dental Assistant	Receptionist
Manager: Office	Child Care Worker	Food Service Worker
	Home Economist	

ESFP

Child Care Worker	Transportation Worker	Lifeguard or Recreation Attendant
Teacher	Factory Supervisor	Food Service Worker
Designer	Library Worker	
Receptionist	Cashier	

ESTJ

Manager: Small Business, Factory, Sales	Law Enforcement Worker	Cleaning Service Worker
Purchasing Agent	Factory Supervisor	School Bus Driver
		Insurance Agent or Broker
Teacher: Trade or Technical	Public Service or Community Health Worker	Social Services Worker

ESTP

Marketing Professional	Manager: Small Business or Government	Farmer
		Laborer
Law Enforcement Worker	Auditor	Transportation Worker
Carpenter	Craft Worker	Factory Worker

INFJ

Religiously Oriented
Occupations

Psychiatrist

Architect

Counselor, Psychologist, or
Social Worker

Teacher

Fine Artist

Consultant: Education

Research Assistant

Doctor or Nurse

Marketing Professional

INFP

Artist or Entertainer

Architect

Laboratory Technologist

Psychiatrist

Research Assistant

Consultant: Education

Counselor, Psychologist, or
Social Worker

Social Scientist

Therapist: Physical

Writer or Editor

INTJ

Architect

Human Resources Personnel

Social Services Worker

Engineer

Computer Professional

Lawyer or Judge

Scientist: Life or Physical

Consultant: Management

Manager: Executive

Research Worker

INTP

Computer Professional

Food Service Worker

Social Scientist

Architect

Surveyor

Writer or Editor

Research Assistant

Manager: Executive

Photographer

Fine Artist

ISFJ

Nursing	Administrator: Social Services	Health Service Worker
Teacher	Librarian	School Bus Driver
		Food Service
Religiously Oriented Occupations	Physician: Family, General Practice	Private Household Worker

ISFP

Nurse	Carpenter	Bookkeeper
Storekeeper	Surveyor	Cleaning Service Worker
Law Enforcement Worker	Clerical Supervisor	Cook
	Dental Assistant	

ISTJ

Manager: Small Business, Factory	Law Enforcement Worker	Purchasing Agent
Accountant	School Principal	Computer Professional
Manager: Executive	School Bus Driver	Dentist
		Steelworker

ISTP

Farmer	Law Enforcement Worker	Transportation Worker
Military Officer or Enlistee	Engineering or Science Technician	Dental Assistant
Engineer	Coal Miner	Laborer
		Mechanic

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