

Simplified MTBI Personality Test

Please visit www.myersbriggs.org for a more comprehensive test (for a fee).

Question 1 (E)xtrovert vs (I)ntrovert

Which is your most natural energy orientation?

(E)xtroverted Characteristics	(I)ntroverted Characteristics
<ul style="list-style-type: none">• Act first, think/reflect later• Talk more than they listen• Seek being the centre of attention• Feel deprived when cutoff from interaction with the outside world• Enjoy wide variety and change in people and relationships• Tend to think out loud	<ul style="list-style-type: none">• Think/reflect first, then act• Listen more than they talk• Avoid being the centre of attention• Regularly require an amount of "private time" to recharge batteries• Prefer one-to-one communication and relationships• Tend to think things through inside their head

Of the 2, which describes you best: **E or I?** _____

Question 2: (S)ensing vs I(n)tuition

Which way of perceiving or understanding is most "automatic" or natural?

(S)ensing Characteristics	I(n)tuitive Characteristics
<ul style="list-style-type: none">• Trust what is certain or concrete• Like new ideas if they are practical• Value common sense and realism• Like to hone established skills• Tend to be specific and literal and give detailed descriptions• Present information in a step-by-step manner• Are oriented to the present	<ul style="list-style-type: none">• Trust inspiration• Like new ideas for their own sake• Value imagination and innovation• Like to learn new skills and get bored after mastering skills• Tend to be general and figurative; use metaphors a lot• Present information in a round-about manner• Are oriented toward the future

Of the 2, which describes you best: **S or N?** _____

Question 3: Thinking (T) vs Feeling (F)

Which way of making decisions is most natural?

(T)hinking Characteristics	(F)eeling Characteristics
<ul style="list-style-type: none">• Instinctively searches 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• Accepts conflict as a natural, normal part of relationships with people.• Values logic, justice, and fairness: one standard for all• Motivated by accomplishment	<ul style="list-style-type: none">• Instinctively employ personal feelings and impact on people in decision situations• Naturally sensitive to people's needs and reactions• Naturally seek consensus and popular opinions. Unsettled by conflict; have almost a toxic reaction to disharmony• Value empathy and harmony: see the exception to the rule• Motivated by appreciation

Of the 2, which describes you best: **T** or **F**? _____

Question 4: Judging (J) vs Perceiving (P)

How do you structure your life?

(J)udging Characteristics	(P)erceiving Characteristics
<ul style="list-style-type: none">• Like knowing what they are getting into• 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• Are happiest after a decision has been made• Are satisfied most from finishing a project	<ul style="list-style-type: none">• Comfortable moving into action without a plan; plan on-the-go• Like to multitask, have variety, mix work/play• Naturally tolerant of time pressure; work best close to the deadlines• Instinctively avoid commitments which interfere with flexibility, freedom and variety• Are happiest leaving options open• Are satisfied most from starting a project

Of the 2, which describes you best: **J** or **P**? _____

Conclusion

You should now have 4 characteristics that you most identify with. Please read the relevant explanation on the following page.