

THE MYERS-BRIGGS PREFERENCE QUESTIONNAIRE (Personality Test)

- This is a 20 question questionnaire designed to help see who you are.
- Self-evaluating is not foolproof.
- Even when test-takers answer honestly, there are reasons why the score is different from their true type.
- Taking this questionnaire is one step to determine your personality type.
- Consider the results with objectivity and caution.

MYERS-BRIGGS Directions:

- For each of the following 20 prompts choose a. or b.
- Record your answers on the score sheet directly below question
- The score sheet runs horizontally along the row before going down
- Choose the answer that you think most accurately describes you
- Even if you agree with both answers, check one you agree with more.
- Answer as you really are, not you want to be.
- Make choices for the majority of your life situations.
- Having strong interests should not be used to cloud the results.
- Think of situations in which you are free to be yourself.
- There are no right or wrong answers.
- Answer honestly.

MYERS-BRIGGS Questionnaire

1. **a.** expend energy, enjoy groups or **b.** conserve energy, enjoy one-on-one
2. **a.** interpret literally or **b.** look for meaning and possibilities
3. **a.** logical, thinking, questioning or **b.** empathetic, feeling, accommodating
4. **a.** organized, orderly or **b.** flexible, adaptable
5. **a.** more outgoing, think out loud or **b.** more reserved, think to yourself
6. **a.** practical, realistic, experiential or **b.** imaginative, innovative, theoretical
7. **a.** candid, straight forward, frank or **b.** tactful, kind, encouraging
8. **a.** plan, schedule or **b.** unplanned, spontaneous
9. **a.** seek many tasks, public activities, interaction with others
b. seek private, solitary activities with quiet to concentrate
10. **a.** standard, usual, conventional or **b.** different, novel, unique
11. **a.** firm, tend to criticize, hold the line or **b.** gentle, tend to appreciate, conciliate
12. **a.** regulated, structured or **b.** easygoing, “live” and “let live”
13. **a.** external, communicative, express yourself or **b.** internal, reticent, keep to yourself
14. **a.** focus on here-and-now or **b.** look to the future, global perspective, “big picture”
15. **a.** tough-minded, just or **b.** tender-hearted, merciful
16. **a.** preparation, plan ahead or **b.** go with the flow, adapt as you go
17. **a.** active, initiate or **b.** reflective, deliberate
18. **a.** facts, things, “what is” or **b.** ideas, dreams, “what could be,” philosophical
19. **a.** matter of fact, issue-oriented or **b.** sensitive, people-oriented, compassionate
20. **a.** control, govern or **b.** latitude, freedom

Example: MYERS-BRIGGS Questionnaire

	a.	b.		a.	b.		a.	b.		a.	b.
• 1.	x		2.		x	3.	x		4.	x	
• 5.	x		6.	x		7.	x		8.		x
• 9.	x		10.		x	11.	x		12.	x	
• 13.	x		14.	x		15.		x	16.	x	
• 17.		x	18.		x	19.	x		20.	x	
Total	4	1	Total	2	3	Total	4	1	Total	4	1
•	E	I		S	N		T	F		J	P

MYERS-BRIGGS Score Sheet

	a.	b.		a.	b.		a.	b.		a.	b.
•											
•	1.		2.			3.			4.		
•	5.		6.			7.			8.		
•	9.		10.			11.			12.		
•	13.		14.			15.			16.		
•	17.		18.			19.			20.		
•	Total		Total			Total			Total		
•	E	I	S	N		T	F		J	P	

MYERS-BRIGGS Explanation

- The original ideas of the Myers-Briggs Type Indicator (MBTI) were created by Carl Gustav Jung in 1921.
- The actual test was officially published in 1962. The test was created to help determine which careers would be best for women as they entered the workforce for the first time during WWII.
- It is a psychological analysis examination that determines a person's psychological makeup and how they perceive and make decisions.

The test is made of four different dichotomies or personality descriptions. One can either be:

1. Introverted or Extroverted
2. Sensing or Intuitive
3. Thinking or Feeling
4. Judging or Perceptive

MYERS-BRIGGS Meaning

Extravert

Initiating
Expressive
Gregarious
Active
Enthusiastic

Introvert

Receiving
Contained
Intimate
Reflective
Quiet

Sensing

Concrete
Realistic
Practical
Experiential
Traditional

Intuitive

Abstract
Imaginative
Conceptual
Theoretical
Original

Thinking

Logical
Reasonable
Questioning
Critical
Tough

Feeling

Empathetic
Compassionate
Accommodating
Accepting
Tender

Judging

Systematic
Planning
Early Starting
Scheduled
Methodical

Perceiving

Casual
Open-ended
Prompted
Spontaneous
Emergent

Careers for Personality Type

Protector (SJ) Career Matches

ESTJ - Overseer

- Accountant
- Auditor
- Banker
- Administrator
- Business Analyst
- Computer Specialist
- Detective
- Economist
- Editor
- Engineer
- Financial Officer
- Government Worker
- Insurance Agent
- Judge
- Lecturer
- Librarian
- Manager
- Marketer
- Military Leader
- Police
- Researcher
- Sales
- Scientist
- Senior Manager
- Teacher
- Teacher/Professor
- Technical Specialist
- Underwriter
- Writer

ESFJ - Supporter

- Accountant
- Administrative Assistant
- Administrator
- Bookkeeper
- Child Care
- Church Worker
- Counselor
- Dental Assistant
- Family Doctor
- Homemaker
- Human Resources
- Marketer
- Nurse
- Office Manager
- Organization Leader
- Radiologist
- Receptionist
- Researcher
- Social Worker
- Speech Therapist
- Teacher
- Trainer

Careers for Personality Type

Protector (SJ) Career Matches

ISTJ - Examiner

- Accountant
- Administrator
- Auditor
- Computer Programmer/Software Developer
- Computer Specialist
- Dentist
- Detective
- Doctor
- Electrician
- Executive
- Financial Officer
- Judge
- Lawyer/Attorney
- Librarian
- Manager
- Marketer
- Math Teacher
- Mechanical Engineer
- Military Leader
- Police
- Scientist
- Steelworker
- Systems Analyst
- Technical Specialist
- Technician

ISFJ - Defender

- Accountant
- Actor
- Administrative Assistant
- Administrator
- Artist
- Auditor
- Banker
- Bookkeeper
- Business Analyst
- Career Counselor
- Child Care
- Church Worker
- Clerical Supervisor
- Counselor
- Designer
- Doctor
- Early Childhood Development
- Economist
- Editor
- Entrepreneur
- Gardener
- Health Service
- Homemaker
- Human Resources
- Interior Decorator
- Librarian
- Marketer
- Medical Technologist
- Military
- Nurse
- Office Manager
- Paralegal
- Police
- Psychologist/Counselor
- Researcher
- Scientist
- Shopkeeper
- Social Worker
- Writer

Careers for Personality Type

Creator (SP) Career Matches

ESTP - Persuader

- Agent
- Auditor
- Carpenter
- Comedian
- Computer Tech Support
- Computer Technician
- Craftsman
- Detective
- Driver
- Engineer
- Entrepreneur
- Farmer
- Firefighter
- Laborer
- Marketer
- Military
- Network Specialist
- Paramedic/EMT
- Police
- Project Manager
- Sales

ESFP - Entertainer

- Actor
- Administrative Assistant
- Artist
- Child Care
- Church Worker
- Coach
- Comedian
- Entrepreneur
- Fashion Designer
- Human Resources
- Interior Decorator
- Lawyer/Attorney
- Marketer
- Musician
- Painter
- Photographer
- Psychologist/Counselor
- Receptionist
- Recreation Worker
- Sales Scientist
- Social Worker
- Supervisor
- Systems Analyst
- Technical Specialist
- Trainer

Careers for Personality Type

Creator (SP) Career Matches

ISTP - Craftsman

- Athlete
- Business Analyst
- Carpenter
- Computer Programmer
- Computer Specialist
- Construction Worker
- Dental Hygienist
- Detective
- Driver
- Electrical Engineer
- Engineer
- Entrepreneur
- Farmer
- Firefighter
- Forensic Pathologist
- Human Resources
- Marketer
- Mechanic
- Military
- Motorcyclist
- Paramedic/EMT
- Pilot
- Police
- Probation Officer
- Project Manager
- Sales Representative
- Scientist
- Steelworker
- Systems Analyst
- Technical Specialist
- Transportation Operative

ISFP - Artist

- Administrative Assistant
- Artist
- Carpenter
- Chef
- Child Care
- Church Worker
- Clerical Supervisor
- Composer
- Counselor
- Dental Staff
- Designer
- Early Childhood Development
- Editor
- Forest Ranger
- Homemaker
- Librarian
- Mechanic
- Medical Staff
- Musician
- Naturalist
- Nurse
- Pediatrician
- Personal Service
- Physical Therapist
- Psychologist
- Social Worker
- Teacher
- Technical Specialist
- Trainer
- Veterinarian
- Waiter/Waitress
- Writer
- X-Ray Technician

Careers for Personality Type

Intellectual (NT) Career Matches

ENTJ - Chief

- Business Administrator
- Computer Consultant
- Corporate Executive Officer
- Entrepreneur
- Judge
- Lawyer/Attorney
- Manager
- Mortgage Banker
- Politician
- Scientist
- Systems Analyst
- Teacher/Professor

ENTP - Originator

- Actor
- Artist
- Comedian
- Computer Analyst
- Computer Programmer
- Consultant
- Designer
- Engineer
- Entrepreneur
- Inventor
- Journalist
- Lawyer/Attorney
- Marketer
- Musician
- Photographer
- Politician
- Psychiatrist
- Psychologist
- Sales Representative
- Scientist
- Systems Analyst
- Writer

Careers for Personality Type

Intellectual (NT) Career Matches

INTJ - Strategist

- Business Administrator
- Computer Consultant
- Corporate Executive Officer
- Entrepreneur
- Judge
- Lawyer/Attorney
- Manager
- Mortgage Banker
- Politician
- Scientist
- Systems Analyst
- Teacher/Professor

INTP - Engineer

- Actor
- Agent
- Archaeologist
- Architect
- Artist
- Computer Animator
- Computer Programmer
- Computer Specialist
- Consultant
- Economist
- Engineer
- Financial Planner
- Forestry/Park Ranger
- Historian
- Human Resources Manager
- Interpreter/Translator
- Inventor
- Investigator
- Investment Banker
- Judge
- Lawyer/Attorney
- Legal Mediator
- Logician
- Marketer
- Mathematician
- Musician
- Network Specialist
- Philosopher
- Photographer
- Project Manager
- Psychiatrist
- Psychologist
- Researcher
- Scientist
- Strategic Planner
- Systems Analyst
- Teacher/Professor
- Technical Writer

Careers for Personality Type

Visionary (NF) Career Matches

ENFJ - Mentor

- Accountant/Auditor
- Actor
- Administrative Assistant
- Administrator
- Artist
- Banker/Economist
- Career Counselor
- Church Worker
- Computer Specialist
- Consultant
- Designer
- Diplomat
- Editor
- Engineer
- Events Coordinator
- Facilitator
- Homemaker
- Human Resources
- Librarian
- Musician
- Nurse
- Occupational Therapist
- Politician
- Project Manager
- Psychiatrist
- Psychologist/Counselor
- Sales Representative
- Scientist
- Senior Manager
- Social Worker
- Teacher/Professor
- Technical Specialist
- Trainer
- Writer

ENFP - Advocate

- Accountant/Auditor
- Actor
- Art Director
- Artist
- Banker/Economist
- Career Counselor
- Church Worker
- Conference Planner
- Designer
- Dietitian/Nutritionist
- Diplomat
- Editor
- Engineer
- Entrepreneur
- Homemaker
- Human Resources
- Journalist
- Lawyer/Attorney
- Marketer
- Massage Therapist
- Merchandise Planner
- Musician
- Newscaster
- Nurse
- Occupational Therapist
- Painter
- Politician
- Project Manager
- Psychologist/Counselor
- Public Relations
- Researcher
- Scientist
- Senior Manager
- Social Scientist
- Social Worker
- Speech Pathologist
- Teacher/Professor
- Technical Specialist
- Trainer
- Writer

Careers for Personality Type

Visionary (NF) Career Matches

INFJ - Confidant

- Actor
- Alternative Medicine
- Artist
- Child Care Worker
- Child Development
- Chiropractor
- Church Worker
- Clergy
- Consultant
- Dentist
- Designer
- Doctor
- Educational Consultant
- Entrepreneur
- Human Resources
- Librarian
- Marketer
- Missionary
- Musician
- Photographer
- Psychiatrist
- Psychologist/Counselor
- Social Worker
- Systems Analyst
- Teacher/Professor
- Trainer
- Writer

INFP - Dreamer

- Activist
- Actor
- Architect
- Artist
- Church Worker
- Counselor
- Editor
- Educational Consultant
- Employee
- Development Specialist
- Fashion Designer
- Filmmaker
- Graphic/Web Designer
- Holistic Health Practitioner
- Human Resources
- Journalist
- Legal Mediator
- Librarian
- Massage Therapist
- Minister
- Missionary
- Musician
- Photographer
- Physical Therapist
- Psychologist/Counselor
- Researcher
- Social Scientist
- Social Worker
- Speech Pathologist
- Teacher/Professor
- Translator/Interpreter
- Video Editor
- Writer

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MYERS-BRIGGS TYPE INDICATOR

By Katharine C. Briggs & Isabel Briggs Myers

Directions:

There are no "right" or "wrong" answers to the questions on this inventory. Your answers will help to show how you like to look at things and how you like to go about deciding things. Knowing your own preferences and learning about other people's can help you understand whether your special strengths are, what kind of work you might enjoy and be successful doing, and how people with different preferences can relate to each other and be valuable to society.

Read each question carefully and select one of the two choices given, which applies to you, by circling to either "A" or "B".

PART1: Which answer comes closer to telling how you usually feel or act?

1. WHEN YOU GO SOMEWHERE FOR THE DAY, WOULD YOU RATHER
 - A. PLAN WHAT YOU WILL DO AND WHEN, OR
 - B. JUST GO!!

2. IF YOU WERE A TEACHER, WOULD YOU RATHER TEACH
 - A. FACTS-BASED COURSES, OR
 - B. COURSES INVOLVING OPINION OR THEORY?

3. ARE YOU USUALLY
 - A. A "GOOD MIXER" WITH GROUPS OF PEOPLE, OR
 - B. RATHER QUIET AND RESERVED?

4. DO YOU MORE OFTEN LET
 - A. YOUR HEART RULE YOUR HEAD. OR
 - B. YOUR HEAD RULE YOUR HEART?

5. IN DOING SOMETHING THAT MANY OTHER PEOPLE DO, WOULD YOU RATHER
 - A. INVENT A WAY OF YOUR OWN, OR
 - B. DO IT IN THE ACCEPTED WAY?
6. AMONG YOUR FRIENDS ARE YOU
 - A. FULL OF NEWS ABOUT EVERYBODY, OR
 - B. ONE OF THE LAST TO HEAR WHAT IS GOING ON?
7. DOES THE IDEA OF MAKING A LIST OF WHAT YOU SHOULD GET DONE OVER A WEEKEND
 - A. HELP YOU, OR
 - B. STRESS YOU, OR
 - C. POSITIVELY DEPRESS YOU?
8. WHEN YOU HAVE A SPECIAL JOB TO DO, DO YOU LIKE TO
 - A. ORGANIZE IT CAREFULLY BEFORE YOU START, OR
 - B. FIND OUT WHAT IS NECESSARY AS YOU GO ALONG?
9. DO YOU TEND TO HAVE
 - A. BROAD FRIENDSHIPS WITH MANY DIFFERENT PEOPLE, OR
 - B. DEEP FRIENDSHIP WITH VERY FEW PEOPLE?
10. DO YOU ADMIRE MORE THE PEOPLE WHO ARE
 - A. NORMAL-ACTING TO NEVER MAKE THEMSELVES THE CENTER OF ATTENTION, OR
 - B. TOO ORIGINAL AND INDIVIDUAL TO CARE WHETHER THEY ARE THE CENTER OF ATTENTION OR NOT

11. DO YOU PREFER TO
 - A. ARRANGE PICNICS, PARTIES ETC, WELL IN ADVANCE, OR
 - B. BE FREE TO DO WHATEVER TO LOOKS LIKE FUN WHEN THE TIME COMES?
12. DO YOU USUALLY GET ALONG BETTER WITH
 - A. REALISTIC PEOPLE, OR
 - B. IMAGINATIVE PEOPLE?
13. WHEN YOU ARE WITH THE GROUP OF PEOPLE, WOULD YOU USUALLY RATHER
 - A. JOIN IN THE TALK OF THE GROUP OR
 - B. STAND BACK AND LISTEN FIRST?
14. IS IT A HIGHER COMPLIMENT TO BE CALLED
 - A. A PERSON OF REAL FEELING, OR
 - B. A CONSISTENTLY REASONABLE PERSON?
15. IN READING FOR PLEASURE, DO YOU
 - A. ENJOY ODD OR ORIGINAL WAYS OF SAYING THINGS, OR
 - B. LIKE WRITERS TO SAY EXACTLY WHAT THEY MEAN?
16. DO YOU
 - A. TALK EASILY TO ALMOST ANYONE FOR AS LONG AS YOU HAVE TO, OR
 - B. FIND A LOT TO SAY ONLY TO CERTAIN PEOPLE OR UNDER CERTAIN CONDITIONS?
17. DOES FOLLOWING A SCHEDULE
 - A. APPEAL TO YOU, OR
 - B. CRAMP YOU?

18. WHEN IT IS SETTLED WELL IN ADVANCE THAT YOU WILL DO A CERTAIN THING AT A CERTAIN TIME, DO YOU FIND IT

A. NICE TO BE ABLE TO PLAN ACCORDINGLY, OR

B. A LITTLE UNPLEASANT TO BE TIED DOWN?

19. ARE YOU MORE SUCCESSFUL

A. AT FOLLOWING A CAREFULLY WORKED OUT PLAN, OR

B. AT DEALING WITH THE UNEXPECTED AND SEEING QUICKLY WHAT SHOULD BE DONE?

20. WOULD YOU RATHER BE CONSIDERED

A. A PRACTICAL PERSON, OR

B. AN OUT-OF-THE-BOX-THINKING PERSON?

21. IN A LARGE GROUP, DO YOU MORE OFTEN

A. INTRODUCE OTHERS, OR

B. GET INTRODUCED?

22. DO YOU USUALLY

A. VALUE EMOTION MORE THAN LOGIC, OR

B. VALUE LOGIC MORE THAN FEELINGS?

23. WOULD YOU RATHER HAVE AS A FRIEND

A. SOMEONE WHO IS ALWAYS COMING UP WITH NEW IDEAS, OR

B. SOMEONE WHO HAS BOTH FEET ON THE GROUND?

24. CAN THE NEW PEOPLE YOU MEET TELL WHAT YOU ARE INTERESTED IN

- A. RIGHT AWAY,
- B. ONLY AFTER THEY REALLY GET TO KNOW YOU?

25. (ON THIS QUESTION ONLY, IF TWO ANSWERS ARE TRUE, CIRCLE BOTH)
IN YOUR DAILY WORK, DO YOU

- A. USUALLY PLAN YOUR WORK SO YOU WON'T NEED TO WORK UNDER PRESSURE, OR
- B. RATHER ENJOY AN EMERGENCY THAT MAKES YOU WORK AGAINST TIME, OR
- C. HATE TO WORK UNDER PRESSURE?

26. DO YOU USUALLY

- A. SHOW YOUR FEELINGS FREELY, OR
- B. KEEP YOUR FEELINGS TO YOURSELF?

Part 2: Which word in each pair appeals to you more?

(Think what the word means, not how they look or how they sound)

27. A. SCHEDULED
B. UNPLANNED

35. A. STATEMENT
B. CONCEPT

43. A. CALM
B. LIVELY

28. A. FACTS
B. IDEAS

36. A. RESERVED
B. TALAKATIVE

44. A. JUSTICE
B. MERCY

29. A. QUIET
B. HEARTY

37. A. ANALYZE
B. SYMPATHIZE

45. A. FASCINATING
B. SENSIBLE

30. A. CONVINCING
B. TOUCHING

38. A. CREATE
B. MAKE

46. A. FIRM-MINDED
B. WARM HEARTED

31. A. IMAGINATIVE
B. MATTER-OF-FACT

39. A. DETERMINED
B. DEVOTED

47. A. FEELING
B. THINKING

32. A. BENEFITS
B. BLESSINGS

40. A. GENTLE
B. FIRM

48. A. LITERAL
B. FIGURATIVE

- | | | | | | |
|-----|---------------------------------|-----|----------------------------|-----|----------------------------------|
| 33. | A. PEACEMAKER
B. JUDGE | 41. | A. SYSTEMATIC
B. CASUAL | 49. | A. ANTICIPATION
B. COMPASSION |
| 34. | A. SYSTEMATIC
B. SPONTANEOUS | 42. | A. CERTAINTY
B. THEORY | 50. | A. HARD
B. SOFT |

M.B.T.I SCORING SHEET

DIRECTIONS:

Circle the question number with your corresponding choice. (For example: If you chose "A" for question 1., then circle "1A" under the **J** category. Note: the questions are listed under the letter category for which they correspond and are therefore out of order.)

After you have circled your choices to each of the questions, add up the points for each of your circled choices within each category. (For example: if you circled 3A, 9A, 13A, 16A, and 36B under the **E** category, your total points would be 2+2+1+2+2=9 points.)

E		I		S		N		T		F		J		P	
Q & C	P	Q & C	P	Q & C	P	Q & C	P	Q & C	P	Q & C	P	Q & C	P	Q & C	P
3A	2	3B	2	2A	2	2B	2	4B	2	4A	1	1A	2	1B	2
6A	2	6B	1	5B	1	5A	1	14B	2	14A	1	7A	1	7B	1
9A	2	9B	1	10A	1	10B	2	22B	2	22A	2			7C	1
13A	1	13B	2	12A	1	12B	2	30A	2	30B	1	8A	1	8B	2
16A	2	16B	2	15B	1	15A	0	32A	1	32B	1	11A	2	11B	1
21A	2	21B	2	20A	2	20B	2	33B	2	33A	0	17A	2	17B	2
24A	1	24B	1	23B	2	23A	1	37A	1	37B	2	18A	1	18B	1
26A	1	26B	0	28A	2	28B	1	39A	1	39B	1	19A	1	19B	1
29B	2	29A	2	31B	2	31A	0	40B	2	40A	1	25A	1	25B	1
36B	2	36A	1	35A	2	35B	1	44A	1	44B	2	25C	0		
43B	1	43A	1	38B	2	38A	0	46A	2	46B	0	27A	2	27B	2
				42A	1	42B	2	47B	2	47A	1	34A	2	34B	2
				45B	2	45A	0	49A	2	49B	1	41A	2	41B	2
				48A	1	48B	1	50A	2	50B	0				
TOTAL POINTS		TOTAL POINTS		TOTAL POINTS		TOTAL POINTS		TOTAL POINTS		TOTAL POINTS		TOTAL POINTS		TOTAL POINTS	

LEGEND Q & C = QUESTION & CHOICE
 P=POINTS

Compare your total points for **E** and **I**, **S** and **N**, **T** and **F**, and **J** and **P**. The letter with the greater points value is your personality type. Put this letter in the corresponding box below:

MY PERSONALITY TYPE IS =>

E/I	S/N	T/F	J/P

IN CASE OF A TIE

- 1) between E & I, select I
- 2) between S & N, select N
- 3) between T & F, male will select 'T' & females 'F'
- 4) between J & P, select P

Personality traits explained:

Mind:

Introverted (I) – prefer solitary activities, think before speaking, get exhausted by social interaction.

Extraverted (E) – prefer group activities, think while speaking, get energized by social interaction.

Energy:

Intuitive (N) – imaginative, rely on their intuition, absorbed in ideas, focus on what might happen.

Sensing (S) – down-to-earth, rely on their senses, absorbed in practical matters, focus on what has happened.

Nature:

Thinking (T) - tough, follow their minds, focus on objectivity and rationality.

Feeling (F) – sensitive, follow their hearts, focus on harmony and cooperation.

Tactics:

Judging (J) – decisive, prefer clear rules and guidelines, see deadlines as sacred, seek closure.

Perceiving (P) – very good at improvising, prefer keeping their options open, relaxed about their work, seek freedom.

www.16personalities.com