**Trait Theory: Myers-Briggs Personality Test**

Read “What’s Your Type?” and evaluate yourself according to the descriptors listed in the reading.

1. According to this form of analysis, what’s your type? Are you a “resister?” Explain.

Go to <http://www.humanmetrics.com/cgi-win/jtypes2.asp> (or google “myers briggs personality test—it’s the first URL listed) and take the test.

2. According to the test, what is your type? Please list it specifically, indicating a “slight/strong/moderate” preference for each letter.

I am \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_

Extrovert / Introvert

Sensing / Intuitive

Thinking / Feeling

Judging / Perceiving

3. Did the online test results duplicate your reading results? If not, which type do you think is more you? Why?

Now read your type profile.

4. List and explain *at least* 3 qualities about your type that really describe you.

5. List and explain any qualities that you think DON’T describe you.

Read the summary descriptions of the different types. Look at two or three types that you might be (if you showed only a slight preference for one of the traits, substitute it with the other).

6. List one or two types that you might be instead of the one you tested as and explain the qualities of this type that fit you.

**Homework.** Have a parent and a close friend read your type description and answer #4 & #5 on a separate sheet of paper. They are welcome to offer any other feedback as well.