

Extraversion or Introversion

Where, primarily, do you direct your energy? How are you energized? If it is toward the outer world of activity or words, it is called Extroversion [E]. If it is toward the inner world of ideas, information or thoughts, it is called Introversion [I]. Compare the following and choose what describes you best.

Extraversion		Introversion
Social	⇔	Private
Act	⇔	Reflect
Expressive	⇔	Quiet
Interaction	⇔	Concentration
Don't mind interruptions	⇔	Don't like interruptions
Action before thought	⇔	Thought before action
Lots going on	⇔	One thing going on
Outward	⇔	Inward
Extraversion [E]_____		Introversion [I]_____

Sensing or Intuition

How do you prefer to process information? If it is in the form of facts or familiar terms, it is called Sensing [S]. Information is taken in primarily by way of the senses. If it is in the form of possibilities or new potential, it is called Intuition [N]. Compare the following and choose what describes you best.

Sensing		Intuition
Facts	⇔	Possibilities
Practical	⇔	Innovative
Present reality	⇔	Future possibilities
Realism	⇔	Idealism
Experience	⇔	Novelty
Find the flaw	⇔	Find the positive
Ideas for data	⇔	Ideas for people
By the book	⇔	Write the book
Sensing [S]_____		Intuition [N]_____

The preferences that describe you best:

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

Thinking or Feeling

How do you prefer to make decisions? If it is on the basis of logic and objective considerations, it is called Thinking [T]. If it is on the basis of personal values (the people involved), it is called Feeling [F]. Compare the following and choose what describes you best.

Thinking		Feeling
Analyzing	⇔	Sympathizing
Objective	⇔	Subjective
Decisions from the head	⇔	Decisions from the heart
Onlooker	⇔	Participant
Long term view	⇔	Immediate view
Find the flaw	⇔	Find the positive
Ideas for data	⇔	Ideas for people
Logical	⇔	Personal
Thinking [T]_____		Feeling [F]_____

Judging or Perceiving

How do you prefer to organize your life? If it is in a structured way, making decisions and knowing where you stand, it is called Judging [J]. If it is in a flexible way, discovering life as you go along, it is called perceiving [P]. Compare the following and choose what describes you best.

Judging		Perceiving
Organized	⇔	Flexible
Control	⇔	Spontaneity
Plan ahead	⇔	Last minute is OK
Finishing	⇔	Starting
Work before play	⇔	Work and play
Scheduled	⇔	Spur of the moment
Decisive	⇔	Explorer
Efficient	⇔	Multitask
Judging [J]_____		Perceiving [P]_____