

Personality Trait test for 10th Grade

. **Read the information and do the activities bellow.**

Myers-Briggs Type Indicator (MBTI) **BASE ON THE THEORY OF** Carl Jung AND DEVELOPED BY **Katherine Briggs and her daughter Isabel Briggs Myers in the 1940s.**

1. **Extraversion (E) vs. Introversion (I):**

- Extraverts tend to be outgoing, sociable, and energized by social interactions.
- Introverts, on the other hand, are more reserved, prefer solitude, and often feel drained by excessive socializing.

2. **Sensing (S) vs. Intuition (N):**

- Sensing individuals focus on facts, details, and the present moment.
- Intuitive individuals tend to be imaginative, future-oriented, and focus on patterns and possibilities.

3. **Thinking (T) vs. Feeling (F):**

- Thinkers make decisions based on logic, objectivity, and rationality.
- Feelers, in contrast, prioritize emotions, empathy, and personal values when making decisions.

4. **Judging (J) vs. Perceiving (P):**

- Judging individuals prefer structure, organization, and planning.
- Perceiving individuals are more flexible, spontaneous, and adaptable.

Extraversion (E) vs. Introversion (I): This dimension assesses whether an individual tends to focus their energy and attention outwardly (extraversion) or inwardly (introversion). Extraverts are generally outgoing, sociable, and gain energy from interacting with others, while introverts are typically more reserved, introspective, and recharge by spending time alone.

Sensing (S) vs. Intuition (N): This dimension explores how individuals perceive and gather information. Sensors rely on their five senses and prefer concrete facts and details, focusing on the present and what is directly observable. Intuitives, on the other hand, are more inclined towards abstract thinking, patterns, and possibilities. They are future-oriented and tend to rely on their gut instincts and imagination.

Thinking (T) vs. Feeling (F): This dimension examines how individuals make decisions and judgments. Thinkers prioritize logic, objective analysis, and consistency. They value fairness and strive for impartiality. Feelers, on the other hand, prioritize personal values, emotions, and empathy in their decision-making. They consider the impact on others and seek harmony and understanding.

Judging (J) vs. Perceiving (P): This dimension relates to how individuals prefer to deal with the outside world. Judgers prefer structure, organization, and closure. They are decisive and enjoy planning, schedules, and routines. Perceivers, on the other hand, are more adaptable, spontaneous, and open-ended in their approach. They prefer flexibility, exploration, and keeping options open.

The Big Five Personality Traits, also known as the Five-Factor Model (FFM)

1. **Openness to experience:** This trait reflects a person's openness, curiosity, and preference for novelty and variety. Individuals high in openness tend to be imaginative, creative, and open-minded. They are willing to explore new ideas, enjoy art and aesthetics, and embrace unconventional beliefs and experiences. Those low in openness are more traditional, practical, and prefer routine and familiarity.
2. **Conscientiousness:** This trait refers to a person's degree of organization, responsibility, and dependability. Individuals high in conscientiousness are disciplined, reliable, and diligent. They are goal-oriented, self-disciplined, and pay attention to details. People low in conscientiousness tend to be more spontaneous, laid-back, and less focused on following rules or schedules.

3. **Extraversion:** This trait captures a person's level of sociability, assertiveness, and energetic engagement with the external world. Extraverts are outgoing, talkative, and gain energy from social interactions. They enjoy being in the company of others, are assertive, and often seek excitement and stimulation. Introverts, on the other hand, are more reserved, introspective, and prefer solitude or smaller social gatherings.
4. **Agreeableness:** This trait reflects a person's tendency to be cooperative, compassionate, and considerate towards others. Individuals high in agreeableness are empathetic, kind, and willing to compromise. They value harmony, are trusting, and generally have a positive view of others. People low in agreeableness are more competitive, skeptical, and may be more assertive or confrontational in their interactions.
5. **Neuroticism (sometimes reversed as Emotional Stability):** This trait refers to a person's emotional stability, resilience, and tendency to experience negative emotions such as anxiety, depression, and mood swings. Individuals high in neuroticism are more prone to experiencing negative emotions and tend to be anxious, worrisome, and moody. Those low in neuroticism are generally calmer, more emotionally stable, and better at handling stress.

Answer the following questions

1. Which of the two theories describes best your personality and why?

Theory 1. The MBIT

Theory 2: The FFMT

2. Speak the type of personality

- a. Extraversion
- b. Neuroticism
- c. Judging
- d. Feeling
- e. Agreeableness

3. Write a description of 3 members of your family with different personality traits. Use either one of the Theories.

4. What is personality?

5. Write the difference between the 2 Theories on Personality Traits.