

Personality Type

Know your preferences, strengths, and weaknesses.

The MBTI® describes personalities along four dimensions of PREFERENCES.

EXTRAVERSION

Being energized through contact with other people or through engaging in activities (the outer world)

SENSING

Paying attention to what we perceive with our five senses: seeing, hearing, touching, smelling, and tasting. Living in the here and now.

THINKING

Reaching conclusions based on objective reasoning and impartial criteria, constant principles, truths, and logic.

JUDGING

Want to live an ordered life with goals and structure, with most things decided so you can plan and move on.

Our Energy

Gathering Input

Reaching Conclusions

Approach to Life

INTROVERSION

Being energized through ideas, quiet times, or solitude (the inner world).

INTUITION

Paying attention to the unseen world of meanings, ideas and possibilities. Living in the future.

FEELING

Reaching conclusions on value based, person-centered criteria. Seeking harmony.

PERCEIVING

Want to live a spontaneous life with flexibility, postponing decisions to stay open to new information and possibilities

My letters on humanmetrics.com Jungian Typology indicator:

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The numerical score was:

What does this mean about strengths that I can take advantage of and weaknesses that I need to watch out for?

Questions I still have about this include:

