

## Personality Assessment Questionnaire

- For each of the following 20 prompts choose a. or b.
- Record your answers on the score sheet below the 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 based on who 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

- |  |    |   |
|--|----|---|
| 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,<br>interaction with others | OR | b. seek private, solitary activities with quiet to<br>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<br>yourself                  | OR | b. internal, reticent, keep to yourself                           |
| 14. a. focus on here-and-now   | OR | b. look to the future, global perspective, "big<br>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,"<br>philosophical               |
| 19. a. matter of fact, issue-oriented                                | OR | b. sensitive, people-oriented, compassionate                      |
| 20. a. control, govern   | OR | b. latitude, freedom  |

### Record Your Answers Here:

1.		2.		3.		4.	
5.		6.		7.		8.	
9.		10.		11.		12.	
13.		14.		15.		16.	
17.		18.		19.		20.	

### Score Sheet: How to Find Out Your Type

- Transfer your answers from the previous sheet to the score card below
- Total the number of marks in each column (see the example if needed)
- Put the letter with the highest number in the bottom box for each pair (if you have a tie review the description of each dichotomy or the different types – ESFP vs ENFP, and self-select the best fit)

### Personality Type Score Card

	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.		
<b>Total</b>			<b>Total</b>			<b>Total</b>			<b>Total</b>		
	<b>E</b>	<b>I</b>		<b>S</b>	<b>N</b>		<b>T</b>	<b>F</b>		<b>J</b>	<b>P</b>

### Sample Score Card

	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
<b>Total</b>	4	1	<b>Total</b>	4	1	<b>Total</b>	2	3	<b>Total</b>	4	1
	<b>E</b>	<b>I</b>		<b>S</b>	<b>N</b>		<b>T</b>	<b>F</b>		<b>J</b>	<b>P</b>
E			S			F			P		