

PERSONALITY TRAIT QUESTIONNAIRE

A personality trait is a set of characteristics that reflect the person we are at any point in time or life position. It is a pattern of thoughts, feelings, emotions and behaviours. Personality is a construction of a combination of learned experiences, conditioning, culture, religion and the socio-community in which we reside. Personality is formed from our natural being, and it is also nurtured. This personality trait questionnaire is an adaptation of the Briggs and Myers personality test and Jungian Therapy personality type works.

Personality Traits

<u>E or I</u>	<u>S or N</u>	<u>T or F</u>	<u>J or P</u>
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Extraversion (E)	Introversion (I)
Prefer a large group of people and need to have a large social network.	Prefer isolation and solitude, and have a small but close social network.
Enjoy being at the centre of attention.	Avoid being at the centre of attention.
Tend to think out loud, and speak before they think.	Think before they speak.
Love being in the company of a large group of people.	Prefer a close net one-to-one relationship.
Gain energy from people around them and in a crowd of people.	Prefer alone time to recharge and contemplate.
Thrive on teamwork and cooperation.	Prefer quietness and a peaceful working environment.
Makes a snap and quick decision.	Intensely focused and systematic thinking before making a decision.
Outgoing, sociable, enthusiastic, and generally positive.	Reserved, have apprehension about socialising and may avoid meeting up.
Sensing (S)	Intuition (N)
Notice what is actual and present.	Notice specifics but move quickly to connect other information to recognise patterns or themes.
Taking information in through the senses: sight, hearing, smell, touch and taste.	Trust and give weight to pattern recognition and its association to other ideas.
Trust in facts. Give weights to practical and realistic data.	Trust in the instincts and intuition of body, feelings and mind.
Except concrete evidence as facts, and make a generalisation.	Readily generalised on sparse information and do not need all information.
Have a mass of accumulated information to make an informed decision.	Trust that the information received is based on pattern recognition and intuitive instinct.
Relies on facts and information from the senses.	Relies on instincts, gut feelings and hunches.
Thinking (T)	Feeling (F)
Instinctively searching for facts and concrete evidence to validate the experiences.	Instinctively searching for feeling about the evidence to validate the experience.
Logical and pragmatic (dealing with things sensibly and realistically in a way that is based on practical rather than theoretical considerations).	Naturally sensitive to other people's needs and reactions.
Task-orientated.	Feeling orientated.
Prefers goals settings and accomplishing tasks.	Prefers to seek consensus and popular ideas or opinions.
Able to provide objective and analytical views.	Make decisions based on feelings and consideration for other's responses and reaction.

Have a clear and constructive analytical mind.	Have a clear connection with feelings and relies on emotions.
Accepting of conflicts and feedbacks as a regular occurrence in relationships.	Dislike conflict and criticism in relationships but have great emphasis on other people's feelings. Prefer harmony.
Mind identified.	Feeling identified.
Objective	Subjective.
Take an impersonal approach to tasks and decision-making.	Take a personal approach to tasks and decision-making.
Primarily focus on justice and fairness.	Primarily focus on mercy.
Tends to be negative and critical, quick to point out wrong ideas.	Tends to be positive and optimistic, pointing out qualities and appreciation of ideas.
Can be defensive.	Tends to give value to things before considering their position.
Judging (J)	Perceiving (P)
Focused and structured in the one activity or task at hand.	Prefer a variety of tasks or activities and can multi-task.
Energised by focusing on attention to detail and not under pressure.	Energised by pressure.
Tends to be orderly, systematic, structured, and programmed responses.	Tends to be adaptable in a situation and can adjust to impromptu changes.
Must have contingency plans.	Prefer to have a guideline rather than strict rules or terms.
Prefer to create rules and standards but can easily follow standardised regulations or routines. Prefers schedule.	Dislike routines or rules and strive to break them or deviate from them. Value the freedom to choose what to do and when—dislike planning and schedule.
Methodical	Emergent
Enjoy implementing, planning and instigating projects according to schedule following a step-by-step programme.	Prefer ad-hoc planning, flexibility to schedules and having choices to change it.
Slow mover, and takes time to consider it.	Move quickly into action without any clear plan.
Dislikes risk and the unknown or unplanned.	Risk-taking.

Count up the selected boxes in each pair of the questionnaire. If most of your answers are in particular headings, take this as a marker of the personality trait.

Please note that your personality trait indicated after this questionnaire is not wholly reflective of the whole of you. It is merely an indicator of your personality right now, which may change as you explore and become more self-aware.

Talking therapy, counselling or psychotherapy are highly effective in helping you explore some of the underlying psychological causes of the problems that the personality trait does not explain. For more details about how I can help you, please complete the online contact form or give me a call.