

Bonus exercises for defining your type

Extrovert or Introvert

Take a pen and some paper and answer the following question:

“What is the work environment that you would be most efficient working in?”

(Brainstorm, write ideas as they come: anything you like, anything that would help you)

Time to finish: 2 minutes

Then turn the page ...

In general, introverts prefer a more quiet work environment. They want to have their own office and have a window to look out of, to contemplate and relax.

Extroverts prefer to interact with people, to participate in activities and a window to look out of to see what happens outside.

Look at what you wrote and choose which type you are: introvert or extrovert.

Sensing or Intuition

Look at the following image:



Write everything you want to about this apple.

Time to finish: 2 minutes

Then turn the page ...

Generally, people who count on senses will describe : what they see, feel, hear and touch. In other words, facts!

Intuitive people will quickly go beyond facts (they might write down a few) and will describe connections, facts and sensations in relation to the apple. They rarely stop at more than 2-3 characteristics of the apple.

At a training, a girl once wrote: "The apple is red and yellow. It's healthy, smells great and seems to taste good, too!" Senses!

An intuitive participant told the story of the apple's life: "It all began with a seed that was thrown on a field by a young man..." Another participant (intuitive) wrote a story about how he once threw an apple at his best friend.

Thinking or feeling

Take a pen and some paper and:

1. Tell me about a movie you've seen recently.
2. What is your opinion on talent shows? (e.g. "America's got talent")
3. Describe your high school.

Time to finish: 2 minutes

Then turn the page ...

People who count on feeling describe how they felt during high school, tell you about the thrill and the tension in the movie and will form opinions based on their feelings of the show.

Those who count on logic describe the high school (structure, location). They like action movies and offer rational arguments concerning the show.

Judgment or Perception

You will have to choose between two ways of thinking:

- A) I can play any time I want.
- B) I have to finish my work before I play.

Which one fits you better?

You go on a trip:

- A) I plan everything beforehand.
- B) I'll just go!

I like:

- A) Stability, safety
- B) Adventure, spontaneity

Then turn the page ...

See how many As you got and how many Bs.

A) People who count on perception adapt easily and do well in emergency situations. They relax and enjoy life. They wait to have all the information / know all possibilities.

B) People who count on judgment achieve their goals, thoroughly organize their time, relax when everything is under control and they can make quick decisions.

First of all, thank you for taking the time to go through the entire material.

The emails and feedback that I've received from the [Online Personality Tests](http://www.onlinepersonalitytests.org/) community motivates me to offer materials tailored after the community's needs.

If the MBTI test helped you discover yourself and understand those around you, please send the test link to 2 friends of yours. The correct link is:

<http://www.onlinepersonalitytests.org/>