



PersonalityPathways

exploring personality type & its applications

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Myers Briggs Test * What is your Myers-Briggs Personality Type?



So what do all those cryptic MBTI code letters mean?

Before taking our informal online - free - **Myers Briggs Personality Test** ("click here" to take our **Cognitive Style Inventory**) to assist in verifying your **Myers Briggs** personality type score . . . know that the best way to understand your personality or psychological type is to take an official **MBTI**® (**Myers Briggs Type Indicator**) instrument from a professional who has met the standards necessary to be "qualified" to administer the "test." An excellent resource for "qualified" persons is the **Association for Psychological Type**. Through their web site at www.apinternational.org you can learn about APT chapters and members in your area.

Background of the MBTI ®

Over the sixty five plus years since its inception in 1943, the MBTI or Myers-Briggs Type Indicator ® has evolved and been perfected through continual test research and development of ever more accurate questions. Many, many millions of people have taken the test (actually the Indicator is an inventory or psychological instrument rather than a test - as a test suggests right and wrong answers. **All** answer choices in the MBTI are equally desired). The MBTI research data base is huge. The subtle enhancements to recently released "M" edition of the inventory were the product of a landmark normative study involving thousands of people and over two years of work by a team of experts in the field of psychometrics (psychological testing).



Since it is considered a breach of professional ethics to administer an MBTI ® without person-to-person follow-up verification by a qualified practitioner, **none** of the free personality tests purporting to determine your MBTI or Myers Briggs Personality Type on the Web are the "real thing." The Web is replete with "inventories" that purport to measure personality types, psychological type or the 16 Myers Briggs personality types (like the David Keirsey type-temperament indicator)! Besides only being approximations of the "real thing," I

am aware of none that have met commonly accepted psychometric standards for reliability and validity. Bottom-line. While every inventory has room for improvement, the genuine MBTI ® is the "gold standard."

Recently, the instrument publisher, CPP, Inc. (formerly Consulting Psychologists Press), has developed an online system for administering and interpreting the MBTI ® called "MBTI ® Complete." This new system allows individuals to take the inventory online and get a professional interpretation. It also can be used by Qualified MBTI practitioners who use the online administration process as a supplement to their counseling or coaching practice. One source of practitioners trained and certified to use the MBTI, including official online versions, is the MBTI Master Practitioner Referral Network.

® MBTI, Myers-Briggs, Meyers Briggs, and Myers-Briggs Type Indicator are registered trademarks or trademarks of the Myers-Briggs Type Indicator Trust in the United States and other countries (aka meyers briggs, briggs meyers or myer briggs).

* While sometimes referred to as the Myers-Briggs Personality Test, the Briggs Myers personality test, Myers Briggs Test or the MBTI test, the MBTI

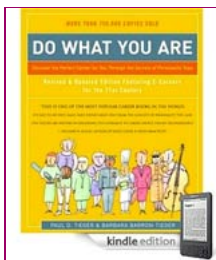
® is not a personality test but a personality inventory or instrument in which there are no right or wrong answers.

BRAIN TRAINING GAMES

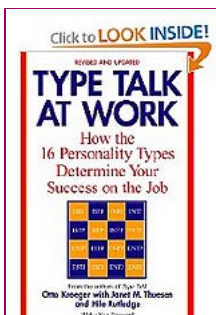
Memory	Spatial Reasoning
Attention	Problem Solving
Focus	Fluid Intelligence
Speed	Stress
Language	Reaction Time
Visual Perception	General Health

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Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type



Introduction to the Cognitive Style Inventory

This modest self-scoring inventory is **Not** a substitute for taking an MBTI ®. It is simply an introduction to *personality type* or *psychological type*. We hope it whets your appetite for learning more about the Myers and Briggs model of personality development and its message of increased human understanding.

The Style Inventory will allow you to *approximate* what are your MBTI Type preferences. After determining your 4 Type letters, you can jump to a number of links we have provided to help you get acquainted with the characteristics and indicators of the 16 types and verify if your type, as determined by this "unscientific" survey, seems to "fit" or not.

- [Links to Resources to Learn More about the MBTI ® and Personality Type](#)

-- *Ross Reinhold, INTJ*

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 Ross Reinhold - ross@personalitypathways.com

The Cognitive Style Inventory is NOT the (MBTI) Myers-Briggs Type Indicator. The exclusive publisher of the MBTI is CPP, Inc., a publishing conglomerate who authorizes and certifies professionals in the use of this instrument. The MBTI is not a Personality Test; it is an assessment instrument. Information on its use can be obtained at the website of the Myers & Briggs Foundation. Myers-Briggs Type Indicator, Myers Briggs, MBTI, the MBTI logo, Step I, Step II and Step III are trademarks or registered trademarks of the MBTI Trust, Inc.

Cognitive Style Inventory©
 most recent revision 12/12/06 - *Ross Reinhold, INTJ*

- [Myers Briggs Article Index for Educators Students](#)
- [About the MBTI - an Introduction to MBTI Myers Briggs Personality Types](#)
- [Myers Briggs Test - is Your Personality?](#)
- [Verifying MBTI Myers Briggs Personality Type](#)
- [Organizing the 16 Myers Briggs Personality Types into similar families](#)
- [Understanding the 4 Letter MBTI Code of Myers Briggs Personality Types](#)
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- [Master Index of Articles Personality Type and Jung's model of Psychological Type](#)
- [While commonly referred as the Myers Briggs Test MBTI test, the MBTI is not a personality test but a personality inventory or instrument in which there are no right or wrong answers.](#)

Kindle edition

Most Popular Kindle eBooks on Personality Type

www.PersonalityPathways.com

Determining one's natural Myers Briggs Personality Type is frequently complicated by our life-long learning experiences. The classic question is: "Am I this way because I learned it or is this just the way I am?"

In reviewing the comparisons in our inventory, you may find yourself drawn equally to opposing personality preference choices. In such cases I suggest you try to think back to **how you were** before the age of 12 or even younger if you can recall. The rationale for this suggestion is the fact that by the time we are 3 years old, the core of our cognitive organization is well-fixed. . . although the brain continues to allow some plasticity until puberty.

After the onset of puberty, our adult learning begins to overlay our core personality - which is when the blending of **nature** and **nurture** becomes more evident. For some people, this "learning" serves to strengthen what is already there, but with others it produces multiple faces to personality. Discovering or rediscovering this innate core of yourself is part of the journey of using personality types to enrich your life.

Each of the four questions of the CSI inventory has two parts. The first part is a general description of the preference choices. The second part is a list of paired statements. Use **both** parts to form your opinion on your more dominant preference.

Q1. Which is your most natural energy orientation?

Every person has two faces. One is directed towards the **OUTER** world of activities, excitements, people, and things. The other is directed inward to the **INNER** world of thoughts, interests, ideas, and imagination.

While these are two different but complementary sides of our nature, most people have an innate preference towards **energy** from either the OUTER or the INNER world. Thus one of their faces, either the **Extraverted** (E) or **Introverted** (I), takes the lead in their personality development and plays a more **dominant role** in their behavior.

Extraverted Characteristics

- Act first, think/reflect later
- Feel deprived when cutoff from interaction with the outside world
- Usually open to and motivated by outside world of people and things
- Enjoy wide variety and change in people relationships

Introverted Characteristics

- Think/reflect first, then Act
- Regularly require an amount of "private time" to recharge batteries
- Motivated internally, mind is sometimes so active it is "closed" to outside world
- Prefer one-to-one communication and relationships

▶ Choose which best fits: Extraversion (E) Introversion (I)

Q2. Which way of Perceiving or understanding is most "automatic" or natural?

The **Sensing** (S) side of our brain notices the sights, sounds, smells and all the sensory details of the **PRESENT**. It categorizes, organizes, records and stores the specifics from the here and now. It is **REALITY** based, dealing with "what is." It also provides the specific details of memory & recollections from **PAST** events.

The **Intuitive** (N) side of our brain seeks to understand, interpret and form **OVERALL** patterns of all the information that is collected and records these patterns and relationships. It speculates on **POSSIBILITIES**, including looking into and forecasting the **FUTURE**. It is imaginative and conceptual.

While both kinds of perceiving are necessary and used by all people, each of us instinctively tends to favor one over the other.

Sensing Characteristics

- Mentally live in the Now, attending to present opportunities
- Using common sense and creating practical solutions is automatic-instinctual
- Memory recall is rich in detail of facts and past events
- Best improvise from past experience
- Like clear and concrete information; dislike guessing when facts are "fuzzy"

Intuitive Characteristics

- Mentally live in the Future, attending to future possibilities
- Using imagination and creating/inventing new possibilities is automatic-instinctual
- Memory recall emphasizes patterns, contexts, and connections
- Best improvise from theoretical understanding
- Comfortable with ambiguous, fuzzy data and with guessing its meaning.

▶ Choose which best fits: Sensing (S) iNtuition (N)

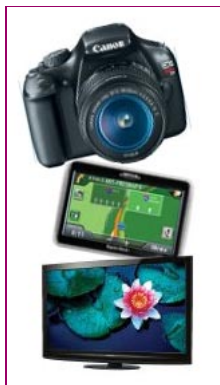
Q3. Which way of forming Judgments and making choices is most natural?

The **Thinking** (T) side of our brain analyzes information in a **DETACHED**, objective fashion. It operates from factual principles, deduces and forms conclusions systematically. It is our logical nature.

The **Feeling** (F) side of our brain forms conclusions in an **ATTACHED** and somewhat global manner, based on



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More Articles on the ME and Personality Type

Type Dynamics: Interpreting the MBTI® Personality Type Code
Ross Reinhold, INTJ

Emotional Intelligence Personality Type
Ross Reinhold, INTJ

About the MBTI®
By Peter Geyer, INTP

Career Choice and Care Development: Using the MBTI® and Personality Type
Ross Reinhold, INTJ



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Differing: Understanding

likes/dislikes, impact on others, and human and aesthetic values. It is our subjective nature.

While everyone uses both means of forming conclusions, each person has a natural bias towards one over the other so that when they give us conflicting directions - one side is the natural trump card or tiebreaker.

<p>Thinking Characteristics</p> <ul style="list-style-type: none"> • Instinctively search for facts and logic in a decision situation. • Naturally notices tasks and work to be accomplished. • Easily able to provide an objective and critical analysis. • Accept conflict as a natural, normal part of relationships with people. 	<p>Feeling Characteristics</p> <ul style="list-style-type: none"> • Instinctively employ personal feelings and impact on people in decision situations • Naturally sensitive to people needs and reactions. • Naturally seek consensus and popular opinions. • Unsettled by conflict; have almost a toxic reaction to disharmony.
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▶ Choose which best fits: Thinking (T) Feeling (F)

Q4. What is your "action orientation" towards the outside world?

All people use both **judging** (thinking and feeling) and **perceiving** (sensing and intuition) processes to store information, organize our thoughts, make decisions, take actions and manage our lives. Yet **one** of these processes (Judging **or** Perceiving) tends to **take the lead** in our relationship with the **outside world** . . . while the other governs our inner world.

A **Judging** (J) style approaches the outside world **WITH A PLAN** and is oriented towards organizing one's surroundings, being prepared, making decisions and reaching closure and completion.

A **Perceiving** (P) style takes the outside world **AS IT COMES** and is adopting and adapting, flexible, open-ended and receptive to new opportunities and changing game plans.

<p>Judging Characteristics</p> <ul style="list-style-type: none"> • Plan many of the details in advance before moving into action. • Focus on task-related action; complete meaningful segments before moving on. • Work best and avoid stress when able to keep ahead of deadlines. • Naturally use targets, dates and standard routines to manage life. 	<p>Perceiving Characteristics</p> <ul style="list-style-type: none"> • Comfortable moving into action without a plan; plan on-the-go. • Like to multitask, have variety, mix work and play. • Naturally tolerant of time pressure; work best close to the deadlines. • Instinctively avoid commitments which interfere with flexibility, freedom and variety
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▶ Choose which best fits: Judging (J) Perceiving (P)

Your 4 Personality Type Letters

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▶ **More resources to help you test or verify your Personality Type**

- [Guide to Verifying your MBTI or Personality Type Score](#)
- [Profiles of the 16 Myers Briggs Personality Types](#)
- [Understanding the 4 mental functions of the MBTI Personality Type Code](#)

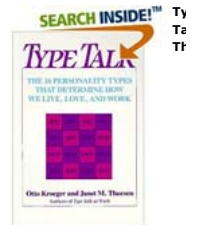
Reminder: The most accurate MBTI personality type score will be from an official Myers-Briggs Type Indicator (the **MBTI**® inventory) administered by a professional who has met the standards necessary to be "qualified" to use the inventory.

List of Resources to learn more about Myers Briggs, the MBTI & Personality Types

- ▶ [Recommended Articles for Educators & Students on the Myers Briggs & MBTI](#)®
- ▶ [A Basic Introduction to the MBTI & Myers Briggs](#)®
- ▶ [More Introduction to the Myers-Briggs MBTI Model of Personality Type](#)
- ▶ [Your best fit - Profiles and Characteristics of the 16 Myers Briggs Personality Types](#)
- ▶ [Your best fit - Understanding the Mental Functions & the 16 Personality Types](#)
- ▶ [Type Dynamics: Interpreting the MBTI](#)® Personality Type Code

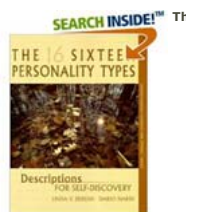
Personality Type. Isabel Mye

The original book that explains Myers & Briggs typology and celebrates the diversity of persc type. While other books and bo are possibly a better intro for t "newbie" to personality types, I on this book as a required refer on Myers Briggs Personality Typ as it was completed near the er Isabel's life and thus contains tl summation of a lifetime explori personality type differences. [M Info Here]



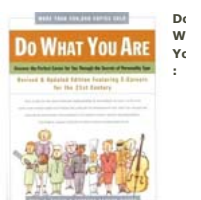
Personality Types That Determine How We Live, Love, and Work
Otto Kroeger

Otto and Janet's classic remains important introductory and read friendly book on personality typ Kroeger is one of the most influ communicators and interpreters Myers work. [More Info Here]



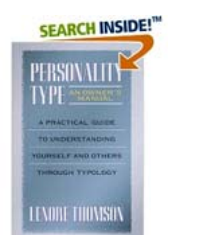
Personality Types, Descriptions for Self-Discovery.

I like this booklet by Nardi and Berens. About 50 pages, reasor price, and an easy read for the wishing to better understand hi her personality type . . . and th overall concepts surrounding Personality Types. [More Info



Discover the Perfect Career: You Through the Secrets of Personality Type--Revised and Updated Edition Featuring E careers for the 21st Century

Very popular and durable caree by Paul and Barbara Barron Tie has been updated for newly em careers. Useful for self-study or aid to career counseling profess [More Info Here]



"Personality Type: An Owner's Manual" by Lenore Thomson

A layman's guide to understand Personality Types and the theor Psychological Types originally proposed by C. G. Jung. Lenore