

PERSONALITY DISCOVERY QUESTIONNAIRE

Author of:
Understanding Your Personality
With Myers-Briggs and more



Introduction

Most of us have times when we find ourselves puzzled by the reactions of those around us. We may meet or live with other people who think, act and feel in different ways to ourselves. This is both perplexing and frustrating. If we can bring some understanding to our relations with other people life can become considerably less unsettling.

This Questionnaire is designed to draw out your preferences and your strengths. There are no right and wrong answers as each response is positive. Try to answer without hesitating too much, giving the answer you would prefer, not the answer you feel you ought to prefer! Sometimes certain situations in life, our families or our surroundings pressure us to act in ways we are not naturally suited for, and this questionnaire will help you find your natural inclinations and abilities. It will also tell you about other peoples' strengths and preferences, which may well be an eye-opener for you!

You can print out the complete document and complete it like any pen-and-paper questionnaire. Or just print out the grid on Page 13 and do the questionnaire by looking at the questions on your computer screen and filling in the grid on paper.

Put a tick in either the a) or b) box on Page 13 for each question

- 1 Do you feel you are more inclined
 - a) to be sociable
 - b) to prefer your own company

- 2 Are you more drawn
 - a) to known facts
 - b) to possibilities beyond what is known

- 3 In carrying out ordinary tasks are you more likely to
 - a) do them in the usual way
 - b) do them in your own way

- 4 In judging a situation do you feel you are likely to be
 - a) more impartial
 - b) more compassionate

- 5 Is your behaviour more likely to be
 - a) governed by your head
 - b) governed by your heart

- 6 Are you happier when life is
 - a) well-planned
 - b) more open-ended

- 7 Are you someone who feels more comfortable
 - a) with a routine
 - b) without a routine

- 8 In your social life are you more likely
- a) to enquire about other peoples' affairs
 - b) to wait to be told about other peoples' affairs
- 9 Do you believe that judgment based on facts
- a) is seldom to be doubted
 - b) is sometimes to be doubted
- 10 When choosing a book are you more drawn to
- a) non-fiction
 - b) fiction
- 11 Are you inclined to
- a) stand firm on your viewpoint
 - b) be more compliant
- 12 Are you more attracted to
- a) the convincing account
 - b) the moving account
- 13 Are you more comfortable when events are
- a) settled and decided
 - b) less definite and open to change
- 14 Do you prefer
- a) to be in charge of your life
 - b) to let life happen

- 15 Are you inclined to be
- a) more outgoing
 - b) more reserved
- 16 Would it be worse for you to be called
- a) other-worldly
 - b) completely down-to-earth
- 17 Are you more likely
- a) to believe in your factual knowledge
 - b) to believe in your instinctive feelings
- 18 When making decisions are you more likely
- a) to use cool judgment
 - b) to be persuaded by emotion
- 19 When considering a person's qualities are you inclined to
- a) use your critical faculties
 - b) use your understanding faculties
- 20 Do you feel happier if your work
- a) is fixed by a formal contract
 - b) is open to change in an informal manner
- 21 When you have an appointment do you tend to
- a) be early or on time
 - b) arrive at your leisure, or at the last minute

22 Do you tend to have

- a) a large number of friends
- b) a more limited number of friends

23 Do you feel common sense

- a) can seldom be questioned
- b) can often be questioned

24 Do you tend

- a) to trust your past experience
- b) to trust your intuition

25 Are you inclined to

- a) be somewhat hard-hearted
- b) be more soft-hearted

26 Do you feel you are more likely to be

- a) someone who is logical
- b) someone who has depth of feeling

27 Do you prefer to

- a) work toward specific goals
- b) work with more open options

28 When working on a project are you more at ease if

- a) you make definite decisions at an early date
- b) you can put off decisions until you have gathered more information

- 29 Is it more natural for you to
- a) speak openly about your thoughts and feelings
 - b) tend to keep your thoughts and feelings to yourself
- 30 Are you more likely to be
- a) more realistic than inventive
 - b) more inventive than realistic
- 31 When approaching a situation are you more likely
- a) to notice the details
 - b) to notice the whole
- 32 In judging a set of circumstances are you inclined to
- a) to be just and firm
 - b) to be more humane
- 33 Do you see yourself as possessing
- a) an analytical mind
 - b) depth of emotion
- 34 Do you prefer to work
- a) to a deadline
 - b) whenever you feel like it
- 35 Do you tend to be better at
- a) arranging and planning
 - b) adapting and adjusting

- 36 When using the phone do you generally
- a) find you speak easily and at length to people
 - b) find conversation more difficult
- 37 Are you more attracted to
- a) what is actual
 - b) what might be possible
- 38 Are you someone who is more likely
- a) to acquire facts and retain them
 - b) to be hazy on facts and possibly forget them
- 39 Are you more inclined to be influenced by
- a) set laws
 - b) extenuating circumstances
- 40 In relating to others are you more likely to
- a) be objective and impersonal
 - b) be subjective and personal
- 41 Do you prefer
- a) a more organised pattern in things
 - b) going with the flow of whatever happens
- 42 Are you more at ease with
- a) planned events, which have specific dates and times
 - b) events which are unplanned, and happen spontaneously

- 43 At a party are you more likely
- a) to speak easily and at length to many people, including strangers
 - b) to talk to a few people, and find little to say to strangers
- 44 Which of these is stronger in you
- a) a sense of realism
 - b) the ability to exercise imagination
- 45 Are you more at ease when you can base choices and decisions
- a) on using past facts
 - b) on using new ideas
- 46 In forming your opinion are you inclined to use
- a) cool reasoning
 - b) an emotional response
- 47 Are you more likely to be
- a) steadfast to a principle
 - b) loyal to a person
- 48 Do you tend to be
- a) rather careful
 - b) somewhat impulsive
- 49 Would you say you were
- a) more earnest and resolute
 - b) more easy-going

- 50 When the phone rings do you generally
- a) try to get there first
 - b) wait, in the hope that someone else will answer it
- 51 Are you more drawn towards
- a) sensible people
 - b) imaginative people
- 52 Do you feel that you are more
- a) down-to-earth
 - b) creative
- 53 Do you feel you are likely to be
- a) more just
 - b) more compassionate
- 54 Do you find it more satisfying to
- a) discuss a topic in detail
 - b) come to agreement with less discussion
- 55 Are you more inclined to choose
- a) more carefully than spontaneously
 - b) more spontaneously than carefully
- 56 When planning things do you generally prefer
- a) to have a well-organised scheme
 - b) to let things happen so as not to commit yourself too soon

- 57 Are you more drawn towards
- a) external events
 - b) internal reactions
58. If faced with a job, do you tend to tackle it
- a) in a traditional manner
 - b) in an original manner
- 59 Do you find imaginative people
- a) a trifle annoying
 - b) somewhat captivating
- 60 In your friendships are you more comfortable
- a) being more objective
 - b) being more committed
- 61 Which is more important to you
- a) rational thinking
 - b) harmonious human relationships
- 62 Are you more worried by things which are
- a) unfinished
 - b) finished and cannot be changed
- 63 Do you tend to feel better about
- a) having bought something
 - b) having the option to buy something

64 Are you more inclined

- a) to use up emotional energy
- b) to conserve emotional energy

65 In selecting someone for a job would your choice be based on

- a) what they are, and what they had been in the past
- b) what they are, and what they might become in the future

66 Do you feel you are more

- a) a realistic person
- b) a person who is concerned with ideas

67 In dealing with others do you prefer

- a) a well-reasoned argument
- b) agreement for the sake of harmony

68 Are you more affected by

- a) principles
- b) emotions

69 When there is a decision to be made do you

- a) work on the problem immediately, making the decision as soon as you can
- b) defer decision so that you allow time to consider further possibilities

70 Which do you admire more

- a) the ability to organise and be methodical
- b) the ability to adapt and make do

The 16 Types

The four letters which make up your strengths and preferences give you a good guide to your Type. For example if you have I+N+F+P your type is INFP. This indicates Introversion, Intuition, Feeling and Perceiving. E+S+T=J indicates Extroversion, Sensing, Thinking and Judging. Look below for a very brief introductory explanation of these characteristics. There are 16 different Types, and each one has unique and specific qualities and abilities. You can read what these are in my book, **Understanding your Personality**, which is available through Amazon.

When you find which of the 16 Types is yours it is something to value and be proud of. You can recognise your talents, skills and preferences, and learn to develop and capitalize on these. It is also important to learn about what you are not, as this helps us to avoid situations we are not suited for and tells us where we may go wrong. Reading about our Type brings us assurance and confidence to go ahead and be ourselves

Here are the brief explanations of the characteristics which make up the 16 types:

Extroverts, for example, need interaction with other people and need to express their thoughts and feelings to others. Being on their own for too long depresses them. **Introverts** have less need to be with others, and keep much of their thoughts and feelings inside themselves, usually revealing them only to people they know well and trust. Being with other people too long can tire them out

Sensing types take in information from the world around them through their five senses of sight, hearing, smell, touch and taste. They are literal-minded, they live in the present, they notice specific details and usually tackle practical matters well. Abstract ideas and thoughts are more difficult for them to comprehend. **Intuitive** types are quite different: they use their five senses, but they have an overriding sixth sense which takes in information in a broader way, often missing out on facts and details. One thing links to another and imagination, creativity and planning for the future are usually foremost in their minds

Thinking types are logical and often detached. They make decisions rationally and are not necessarily swayed by emotion. They can stand outside a situation and give an unbiased opinion. **Feeling** types consider harmony in human relationships important. They can feel personally involved in others problems and are swayed by human needs. Consideration of those around them comes naturally to them

Judging types are well organised and like to know what is happening and when. They are reliable, and make plans and keep to them. Altering plans or not knowing what is happening is disrupting to them and can cause them to feel uneasy. **Perceiving** types are more easy-going. They are happy to leave decisions open and to make arrangements at the last minute. They go with whatever is happening, and altering plans does not upset them in the way it does Judging types

To buy Understanding Your Personality go to www.patriciahedges.com

