

Name: _____

Date: _____

Period: _____

Myers-Briggs Personality

Introduction: The Myers-Briggs test attempts to measure psychological preferences in how people perceive the world and make decisions.

Directions: Take the personality test at [16personalities.com](https://www.16personalities.com). As you take the test, attempt to think of instances in your life where the situations apply. Some of them are rather abstract, so just answer to the best of your ability. Read through the “type” information on [16personalities.com](https://www.16personalities.com) for your type. Then answers the questions below.

1. What 4-letter “type” are you? What does each letter stand for? _____

2. What nickname has [16personalities.com](https://www.16personalities.com) given your type? _____

3. Do you agree that your personality matches the description given for your type? Explain.

4. Read through the information provided for your personality type with an eye for values. According to [16personalities.com](https://www.16personalities.com), what are some things that your personality values? In other words, what types of things are of special importance to your personality type? (i.e. loyalty, family, etc.)

5. Do you agree that the values you found in your personality type in question 4 are things that you actually value? Why or Why not? If not, make a short list of some things that you do value.

6. Choose one of things you value from either question 4 or 5. Explain how you developed this value. Then, describe how having this value has influenced your life.

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