

Reading Guide due Class Period 6: Self-Awareness (personality)

Directions: In preparation for the class discussions, please complete the following before the 6th class.

Personality: 3: the complex of characteristics that distinguishes an individual
 Chapter 3 in the Thomson book cf. Persona: the personality a person projects in public.

1. Look through chapter 3. What will you learn about in this chapter?

Personality types according to Myers-Briggs (MBTI) Indicators.

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Read pages 17-20

1. What does the Myers Briggs type attempt to explain about people?

That each of us has an innate preference on four separate dimensions of personality. All possible combinations of INTP/ESFJ, in fact.

2. Contrast extrovert and introvert

Extros are energized (motivated) by being with other people - vis-a-vis, Intro's recharge their energies by withdrawing into their inner world.

3. *Do you have a stronger preference for extroversion or introversion? Give an example from your life that supports your preference.

Dude! As an extravert, I just don't know what I'd do with myself if I didn't resent mediocrity and think I had an innate responsibility (in accord with Awareness + Responsibility = Performance) to prod others toward self-awareness + responsibility too.

Good reflection on your type

4. *What types of difficulties might you have in communicating with someone who is the opposite type as you are? (in other words, if you have a preference for extroversion, what type of communication hurdles might you experience with someone who prefers introversion? OR if you have a preference for extroversion, what type of communication hurdles might you experience with someone who prefers extroversion?)

Difficulties?! Games are dichotomous. Extraverts give Introverts something Extra ☺ to think about. It would be a difficult communication if there was no purpose to the communication. As long as there's purpose, apparent 'difficulties' are merely a 'game' wherein knowing your opponent permits a strategy.

Read pages 20-21

1. Contrast sensing and intuition.

S prefers Precise and Accurate Details, vis-a-vis N gets board with details and instead prefer Patterns in the Big Picture - exploring Possibilities.

2. *Do you have a stronger preference for sensing or intuition? Give an example from your life that supports your preference.

I grow terribly board with details - except in how they fit into the Big Picture. A Creator/Innovator (Extrovert) is aiming to disrupt status quo - its what we do ☺

Until a professor puts him on quiet (LOL)
 Logically - % Tressler can be Managed to not disrupt the class

3. *What types of difficulties might you have in communicating with someone who is the opposite type as you are?

S's prefer the banality of conformity, so N's innovative drives must patiently merge new patterns of change by gradient, for the S's consideration. Too much 'originality' is too unfamiliar to S's.

Read pages 21-22

1. Contrast thinking and feeling. Thinking = Logic (Reason). T reasons by applying objective criteria (Criterion-G to judge, decide), vis-a-vis F work with feelings and base decisions on their (and others) values (subjective).

2. *Do you have a stronger preference for thinking or feeling? Give an example from your life that supports your preference.

Subjective viewpoints of F's are easily remolded by sympathetic demagogues - aren't they? Ergo... my calloused scars have developed a criteria T for understanding the bigger picture N which I can communicate to stupid robots of conformity... I think

3. *What types of difficulties might you have in communicating with someone who is the opposite type as you are?

Crucifixion, Imprisonment. F's are a dangerous lot! Another danger between T and F's is that F's may admire T and become disciples - such as demagogues prefer.

this is not in line with the theory - different types are not bad

Read pages 22-24

1. Contrast judging and perceiving. J's operate in a planned and orderly way. They may even create contingency plans in case things don't work out with their original plan. P's on the other hand prefer to keep options open and go with the flow, as it were. They're motivated by pressures.

2. *Do you have a stronger preference for judging or perceiving? Give an example from your life that supports your preference.

The criteria of T's allude to J's! P's are the cog's in org's who do what they must - to go along with the flow. Managers are well aware of managing status quo. J's tend to prod to ward the bigger picture.

3. *What types of difficulties might you have in communicating with someone who is the opposite type as you are?

P's are comfortable in going with the flow. Difficulties arise when the innovative flows are over their head, so to speak. The flows of change which energize P's best are accomplished by gradient degrees

this should be about you

Read pages 24-25

1. Put your 4 preferences together to identify your potential 4 letter Myers Briggs personality type. Write the code below.

E N T J

obviously.

2. *How might knowing your Myers Briggs type assist you in increasing aspects of your emotional intelligence from figure 2.1 (p. 10 of the Thomson book)?

The four dimensions of the MBTI are useful both in Understanding and managing myself and others. Communication is the Key of Understanding. Knowing these indicators are valuable tools in communicating optimally. Awareness + Responsibility = Performance.

Supplement #13

1. Follow the directions on page 35 of the supplemental reading materials. According to the results, what is your 4 letter Myers Briggs personality type? 37

Extrovert
iNtuitive

E N T J

Thinking
Judging

2. *Do you think the results of this survey are correct? Explain. As expressed here by my answers, I'd say MBTI's are absolutely correct. Extroversion focus Intuits connections between facts — logically Judging as-is.

3. *How might your Myers Briggs code influence the way in which you help others? I understand my indicators — as well as the opposite indicators which may produce "difficulties" in co-operation with others. Awareness = Responsibility

*Do not leave this blank. If you understand everything you read, you should still have questions you are wondering about as it relates to the reading. What 1-2 questions do you have for clarification or extension of the reading you completed in this reading guide, which covered Myers-Briggs personality type? If you do not have any questions, feel free to make comments about your thoughts or opinions regarding the reading and how it applies to your life.

In a perfect world, the rudimentary MBTI would be taught in elementary school — in the formative years — I'd say. Instead, at least it is being taught in this re-form school — sadly, as a college course.

*****Part 3 supplemental materials 1st third of semester*****

**Supplement #13:
Myers-Briggs Survey**

Retrieved from http://northernlightscdc.org/wp-content/uploads/2015/10/Fund_-Module-10_Personaility-types-test.pdf

Directions: Please complete questions 1-70 on the following pages. After answering the questions, complete the scoring for the survey.

Several hints about how to best complete the survey:

- There are no right answers to any of these questions.
- Answer the questions quickly, do not over-analyze them. Some seem worded poorly. Go with what feels best.
- Answer the questions as “the way you are”, not “the way you’d like to be seen by others”
- Do not look at the scoring sheet until you have completed all the questions.

1. **At a party or in a large gathering, do you:**
 - a. Interact with many, including strangers
 - b. Interact with a few, known to you
2. **Are you more:**
 - a. Realistic than speculative
 - b. Speculative than realistic
3. **Is it worse to:**
 - a. Have your "head in the clouds"
 - b. Be "in a rut"
4. **Are you more impressed by:**
 - a. Principles
 - b. Emotions
5. **Are more drawn toward the:**
 - a. Convincing
 - b. Touching
6. **Do you prefer to work:**
 - a. To deadlines
 - b. Just "whenever"
7. **Do you tend to choose:**
 - a. Rather carefully
 - b. Somewhat impulsively
8. **At parties or in large gatherings do you:**
 - a. Stay late, with increasing energy
 - b. Leave early with decreased energy
9. **Are you more attracted to:**
 - a. Sensible people
 - b. Imaginative people
10. **Are you more interested in:**
 - a. What is actual
 - b. What is possible
11. **In judging others are you more swayed by:**
 - a. Laws than circumstances
 - b. Circumstances than laws
12. **In approaching others is your inclination to be**
 - somewhat:
 - a. Objective
 - b. Personal
13. **Are you more:**
 - a. Punctual
 - b. Leisurely
14. **Does it bother you more having things:**
 - a. Incomplete
 - b. Completed
15. **In your social groups do you:**
 - a. Keep abreast of other's happenings
 - b. Get behind on the news
16. **In doing ordinary things are you more likely to:**
 - a. Do it the usual way
 - b. Do it your own way
17. **Writers should:**
 - a. "Say what they mean and mean what they say"
 - b. Express things more by use of analogy
18. **Which appeals to you more:**
 - a. Consistency of thought
 - b. Harmonious human relationships
19. **Are you more comfortable in making:**
 - a. Logical judgments
 - b. Value judgments
20. **Do you want things:**
 - a. Settled and decided
 - b. Unsettled and undecided
21. **Would you say you are more:**
 - a. Serious and determined
 - b. Easy-going
22. **When making a phone call do you:**
 - a. Rarely question that it will all be said
 - b. Rehearse what you'll say
23. **Facts:**
 - a. "Speak for themselves"
 - b. Illustrate principles

24. **Are visionaries:**
 a. somewhat annoying people
 b. rather fascinating people
25. **Are you more often:**
 a. a cool-headed person
 b. a warm-hearted person
26. **Is it worse to be:**
 a. Unjust
 b. Merciless
27. **Should one usually let events occur:**
 a. by careful selection and choice
 b. randomly and by chance
28. **Do you feel better about:**
 a. having purchased something
 b. having the option to buy
29. **In the company of people do you:**
 a. initiate conversation
 b. wait to be approached
30. **Common sense is:**
 a. rarely questionable
 b. frequently questionable
31. **Children often do not:**
 a. make themselves useful enough
 b. exercise their fantasy enough
32. **In making decisions do you feel more comfortable with:**
 a. standards
 b. feelings
33. **Are you more:**
 a. firm than gentle
 b. gentle than firm
34. **Which is more admirable:**
 a. the ability to organize and be methodical
 b. the ability to adapt and make do
35. **Do you put more value on:**
 a. infinite
 b. open-minded
36. **Does new and non-routine interaction with others:**
 a. stimulate and energize you
 b. tax your reserves
37. **Are you more frequently:**
 a. a practical sort of person
 b. a fanciful sort of person
38. **Are you more likely to:**
 a. see how others are useful
 b. see how others see
39. **Which is more satisfying:**
 a. to discuss an issue thoroughly
 b. to arrive at agreement on an issue
40. **Which rules you more:**
 a. your head
 b. your heart
41. **Are you more comfortable with work that is:**
 a. contracted
 b. done on a casual basis
42. **Do you tend to look for:**
 a. the orderly
 b. whatever turns up
43. **Do you prefer:**
 a. many friends with brief contact
 b. a few friends with more lengthy contact
44. **Do you go more by:**
 a. facts
 b. principles
45. **Are you more interested in:**
 a. production and distribution
 b. design and research
46. **Which is more of a compliment:**
 a. "There is a very logical person."
 b. "There is a very sentimental person."
47. **Do you value in yourself more that you are:**
 a. unwavering
 b. devoted
48. **Do you more often prefer the**
 a. final and unalterable statement
 b. tentative and preliminary statement
49. **Are you more comfortable:**
 a. after a decision
 b. before a decision
50. **Do you:**
 a. speak easily and at length with strangers
 b. find little to say to strangers

51. Are you more likely to trust your:

- a. experience
- b. hunch

52. Do you feel:

- a. more practical than ingenious
- b. more ingenious than practical

53. Which person is more to be complimented:

- a. A person with clear reason
- b. A person with strong feeling

54. Are you inclined more to be:

- a. fair-minded
- b. sympathetic

55. Is it preferable mostly to:

- a. make sure things are arranged
- b. just let things happen

56. In relationships should most things be:

- a. re-negotiable
- b. random and circumstantial

57. When the phone rings do you:

- a. hasten to get to it first
- b. hope someone else will answer

58. Do you prize more in yourself:

- a. a strong sense of reality
- b. a vivid imagination

59. Are you drawn more to:

- a. fundamentals
- b. overtones

60. Which seems the greater error:

- a. to be too passionate
- b. to be too objective

61. Do you see yourself as basically:

- a. hard-headed
- b. soft-hearted

62. Which situation appeals to you more:

- a. the structured and scheduled
- b. the unstructured and unscheduled

63. Are you a person that is more:

- a. routinized than whimsical
- b. whimsical than routinized

64. Are you more inclined to be:

- a. easy to approach
- b. somewhat reserved

65. In writings do you prefer:

- a. the more literal
- b. the more figurative

66. Is it harder for you to:

- a. identify with others
- b. utilize others

67. Which do you wish more for yourself:

- a. clarity of reason
- b. strength of compassion

68. Which is the greater fault:

- a. being indiscriminate
- b. being critical

69. Do you prefer the:

- a. planned event
- b. unplanned event

70. Do you tend to be more:

- a. deliberate than spontaneous
- b. spontaneous than deliberate

Scoring directions:

1. 1st carefully copy your answers from the previous pages (38-40) to this answer key located on the following page (p. 42).
2. Then count the number of checks in each of the A and B columns. Total these at the bottom of each column (1-7).
3. For Column 1, whichever is higher is your E or I score.
4. To calculate your S and N scores, add the A's & B's from column 2 & 3. Put the totals under column 3.
5. To determine your T and F scores, add the A's and B's from column 5.
6. To calculate your J and P scores, add the A's and B's from column 6 & 7. Put the totals under column 7.
7. Circle the letters that are the highest scores. This is your 4 letter Myers-Briggs type.

	Col 1			Col 2			Col 3			Col 4			Col 5			Col 6			Col 7	
	A	B		A	B		A	B		A	B		A	B		A	B		A	B
1	X		2		X	3		X	4	X		5	X		6		X	7	X	
8	X		9		X	10		X	11		X		X		13	X		14	X	
15		X	16		X	17		X	18	X		19	X		20		X	21	X	
22	X		23		X	24		X	25		X		X		27		X	28		X
29	X		30		X	31		X	32	X		33	X		34		X	35	X	
36	X		37		X	38		X	39	X		40	X		41		X	42	X	
43		X	44	X		45		X	46	X		47	X		48		X	49	X	
50	X		51	X		52		X	53	X		54	X		55	X		56	X	
57	X		58	X		59		X	60		X		X		62	X		63		X
64	X		65		X	66		X	67		X		X		69	X		70	X	
	8	2		3	7		0	10		6	4		9	1		7	3		8	2
Copy to							Copy to							Copy to						

	8				10			9				8	
	E	I			S	N		T	F			J	P

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