

# THE MYERS-BRIGGS PREFERENCE QUESTIONNAIRE (Personality Test)

- This is a 20 question questionnaire designed to help see who you are.
- Self-evaluating is not foolproof.
- Even when test-takers answer honestly, there are reasons why the score is different from their true type.
- Taking this questionnaire is one step to determine your personality type.
- Consider the results with objectivity and caution.

# MYERS-BRIGGS Directions:

- For each of the following 20 prompts choose a. or b.
- Record your answers on the score sheet directly below question
- The score sheet runs horizontally along the row before going down
- Choose the answer that you think most accurately describes you
- Even if you agree with both answers, check one you agree with more.
- Answer as you really are, not you want to be.
- Make choices for the majority of your life situations.
- Having strong interests should not be used to cloud the results.
- Think of situations in which you are free to be yourself.
- There are no right or wrong answers.
- Answer honestly.

# MYERS-BRIGGS Questionnaire

1. **a.** expend energy, enjoy groups or **b.** conserve energy, enjoy one-on-one
2. **a.** interpret literally or **b.** look for meaning and possibilities
3. **a.** logical, thinking, questioning or **b.** empathetic, feeling, accommodating
4. **a.** organized, orderly or **b.** flexible, adaptable
5. **a.** more outgoing, think out loud or **b.** more reserved, think to yourself
6. **a.** practical, realistic, experiential or **b.** imaginative, innovative, theoretical
7. **a.** candid, straight forward, frank or **b.** tactful, kind, encouraging
8. **a.** plan, schedule or **b.** unplanned, spontaneous
9. **a.** seek many tasks, public activities, interaction with others  
**b.** seek private, solitary activities with quiet to concentrate
10. **a.** standard, usual, conventional or **b.** different, novel, unique
11. **a.** firm, tend to criticize, hold the line or **b.** gentle, tend to appreciate, conciliate
12. **a.** regulated, structured or **b.** easygoing, “live” and “let live”
13. **a.** external, communicative, express yourself or **b.** internal, reticent, keep to yourself
14. **a.** focus on here-and-now or **b.** look to the future, global perspective, “big picture”
15. **a.** tough-minded, just or **b.** tender-hearted, merciful
16. **a.** preparation, plan ahead or **b.** go with the flow, adapt as you go
17. **a.** active, initiate or **b.** reflective, deliberate
18. **a.** facts, things, “what is” or **b.** ideas, dreams, “what could be,” philosophical
19. **a.** matter of fact, issue-oriented or **b.** sensitive, people-oriented, compassionate
20. **a.** control, govern or **b.** latitude, freedom

# Example: MYERS-BRIGGS Questionnaire

	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		12.	x	
• 13.	x		14.	x		15.		x	16.	x	
• 17.		x	18.		x	19.	x		20.	x	
Total	4	1	Total	2	3	Total	4	1	Total	4	1
•	E	I		S	N		T	F		J	P

# MYERS-BRIGGS Score Sheet

	a.	b.		a.	b.		a.	b.		a.	b.
•											
•	1.		2.			3.			4.		
•	5.		6.			7.			8.		
•	9.		10.			11.			12.		
•	13.		14.			15.			16.		
•	17.		18.			19.			20.		
•	Total		Total			Total			Total		
•	E	I	S	N		T	F		J	P	

# MYERS-BRIGGS Explanation

- The original ideas of the Myers-Briggs Type Indicator (MBTI) were created by Carl Gustav Jung in 1921.
- The actual test was officially published in 1962. The test was created to help determine which careers would be best for women as they entered the workforce for the first time during WWII.
- It is a psychological analysis examination that determines a person's psychological makeup and how they perceive and make decisions.

The test is made of four different dichotomies or personality descriptions. One can either be:

1. Introverted or Extroverted
2. Sensing or Intuitive
3. Thinking or Feeling
4. Judging or Perceptive

# MYERS-BRIGGS Meaning

## **Extravert**

Initiating  
Expressive  
Gregarious  
Active  
Enthusiastic

## **Introvert**

Receiving  
Contained  
Intimate  
Reflective  
Quiet

## **Sensing**

Concrete  
Realistic  
Practical  
Experiential  
Traditional

## **Intuitive**

Abstract  
Imaginative  
Conceptual  
Theoretical  
Original

## **Thinking**

Logical  
Reasonable  
Questioning  
Critical  
Tough

## **Feeling**

Empathetic  
Compassionate  
Accommodating  
Accepting  
Tender

## **Judging**

Systematic  
Planning  
Early Starting  
Scheduled  
Methodical

## **Perceiving**

Casual  
Open-ended  
Prompted  
Spontaneous  
Emergent

# Careers for Personality Type

## Protector (SJ) Career Matches

### ESTJ - Overseer

- Accountant
- Auditor
- Banker
- Administrator
- Business Analyst
- Computer Specialist
- Detective
- Economist
- Editor
- Engineer
- Financial Officer
- Government Worker
- Insurance Agent
- Judge
- Lecturer
- Librarian
- Manager
- Marketer
- Military Leader
- Police
- Researcher
- Sales
- Scientist
- Senior Manager
- Teacher
- Teacher/Professor
- Technical Specialist
- Underwriter
- Writer

### ESFJ - Supporter

- Accountant
- Administrative Assistant
- Administrator
- Bookkeeper
- Child Care
- Church Worker
- Counselor
- Dental Assistant
- Family Doctor
- Homemaker
- Human Resources
- Marketer
- Nurse
- Office Manager
- Organization Leader
- Radiologist
- Receptionist
- Researcher
- Social Worker
- Speech Therapist
- Teacher
- Trainer



# Careers for Personality Type

## Protector (SJ) Career Matches

### ISTJ - Examiner

- Accountant
- Administrator
- Auditor
- Computer Programmer/Software Developer
- Computer Specialist
- Dentist
- Detective
- Doctor
- Electrician
- Executive
- Financial Officer
- Judge
- Lawyer/Attorney
- Librarian
- Manager
- Marketer
- Math Teacher
- Mechanical Engineer
- Military Leader
- Police
- Scientist
- Steelworker
- Systems Analyst
- Technical Specialist
- Technician

### ISFJ - Defender

- Accountant
- Actor
- Administrative Assistant
- Administrator
- Artist
- Auditor
- Banker
- Bookkeeper
- Business Analyst
- Career Counselor
- Child Care
- Church Worker
- Clerical Supervisor
- Counselor
- Designer
- Doctor
- Early Childhood Development
- Economist
- Editor
- Entrepreneur
- Gardener
- Health Service
- Homemaker
- Human Resources
- Interior Decorator
- Librarian
- Marketer
- Medical Technologist
- Military
- Nurse
- Office Manager
- Paralegal
- Police
- Psychologist/Counselor
- Researcher
- Scientist
- Shopkeeper
- Social Worker
- Writer

# Careers for Personality Type

## Creator (SP) Career Matches

### ESTP - Persuader

- Agent
- Auditor
- Carpenter
- Comedian
- Computer Tech Support
- Computer Technician
- Craftsman
- Detective
- Driver
- Engineer
- Entrepreneur
- Farmer
- Firefighter
- Laborer
- Marketer
- Military
- Network Specialist
- Paramedic/EMT
- Police
- Project Manager
- Sales

### ESFP - Entertainer

- Actor
- Administrative Assistant
- Artist
- Child Care
- Church Worker
- Coach
- Comedian
- Entrepreneur
- Fashion Designer
- Human Resources
- Interior Decorator
- Lawyer/Attorney
- Marketer
- Musician
- Painter
- Photographer
- Psychologist/Counselor
- Receptionist
- Recreation Worker
- Sales Scientist
- Social Worker
- Supervisor
- Systems Analyst
- Technical Specialist
- Trainer

# Careers for Personality Type

## Creator (SP) Career Matches

### ISTP - Craftsman

- Athlete
- Business Analyst
- Carpenter
- Computer Programmer
- Computer Specialist
- Construction Worker
- Dental Hygienist
- Detective
- Driver
- Electrical Engineer
- Engineer
- Entrepreneur
- Farmer
- Firefighter
- Forensic Pathologist
- Human Resources
- Marketer
- Mechanic
- Military
- Motorcyclist
- Paramedic/EMT
- Pilot
- Police
- Probation Officer
- Project Manager
- Sales Representative
- Scientist
- Steelworker
- Systems Analyst
- Technical Specialist
- Transportation Operative

### ISFP - Artist

- Administrative Assistant
- Artist
- Carpenter
- Chef
- Child Care
- Church Worker
- Clerical Supervisor
- Composer
- Counselor
- Dental Staff
- Designer
- Early Childhood Development
- Editor
- Forest Ranger
- Homemaker
- Librarian
- Mechanic
- Medical Staff
- Musician
- Naturalist
- Nurse
- Pediatrician
- Personal Service
- Physical Therapist
- Psychologist
- Social Worker
- Teacher
- Technical Specialist
- Trainer
- Veterinarian
- Waiter/Waitress
- Writer
- X-Ray Technician

# Careers for Personality Type

## Intellectual (NT) Career Matches

### ENTJ - Chief

- Business Administrator
- Computer Consultant
- Corporate Executive Officer
- Entrepreneur
- Judge
- Lawyer/Attorney
- Manager
- Mortgage Banker
- Politician
- Scientist
- Systems Analyst
- Teacher/Professor

### ENTP - Originator

- Actor
- Artist
- Comedian
- Computer Analyst
- Computer Programmer
- Consultant
- Designer
- Engineer
- Entrepreneur
- Inventor
- Journalist
- Lawyer/Attorney
- Marketer
- Musician
- Photographer
- Politician
- Psychiatrist
- Psychologist
- Sales Representative
- Scientist
- Systems Analyst
- Writer

# Careers for Personality Type

## Intellectual (NT) Career Matches

### INTJ - Strategist

- Business Administrator
- Computer Consultant
- Corporate Executive Officer
- Entrepreneur
- Judge
- Lawyer/Attorney
- Manager
- Mortgage Banker
- Politician
- Scientist
- Systems Analyst
- Teacher/Professor

### INTP - Engineer

- Actor
- Agent
- Archaeologist
- Architect
- Artist
- Computer Animator
- Computer Programmer
- Computer Specialist
- Consultant
- Economist
- Engineer
- Financial Planner
- Forestry/Park Ranger
- Historian
- Human Resources Manager
- Interpreter/Translator
- Inventor
- Investigator
- Investment Banker
- Judge
- Lawyer/Attorney
- Legal Mediator
- Logician
- Marketer
- Mathematician
- Musician
- Network Specialist
- Philosopher
- Photographer
- Project Manager
- Psychiatrist
- Psychologist
- Researcher
- Scientist
- Strategic Planner
- Systems Analyst
- Teacher/Professor
- Technical Writer

# Careers for Personality Type

## Visionary (NF) Career Matches

### ENFJ - Mentor

- Accountant/Auditor
- Actor
- Administrative Assistant
- Administrator
- Artist
- Banker/Economist
- Career Counselor
- Church Worker
- Computer Specialist
- Consultant
- Designer
- Diplomat
- Editor
- Engineer
- Events Coordinator
- Facilitator
- Homemaker
- Human Resources
- Librarian
- Musician
- Nurse
- Occupational Therapist
- Politician
- Project Manager
- Psychiatrist
- Psychologist/Counselor
- Sales Representative
- Scientist
- Senior Manager
- Social Worker
- Teacher/Professor
- Technical Specialist
- Trainer
- Writer

### ENFP - Advocate

- Accountant/Auditor
- Actor
- Art Director
- Artist
- Banker/Economist
- Career Counselor
- Church Worker
- Conference Planner
- Designer
- Dietitian/Nutritionist
- Diplomat
- Editor
- Engineer
- Entrepreneur
- Homemaker
- Human Resources
- Journalist
- Lawyer/Attorney
- Marketer
- Massage Therapist
- Merchandise Planner
- Musician
- Newscaster
- Nurse
- Occupational Therapist
- Painter
- Politician
- Project Manager
- Psychologist/Counselor
- Public Relations
- Researcher
- Scientist
- Senior Manager
- Social Scientist
- Social Worker
- Speech Pathologist
- Teacher/Professor
- Technical Specialist
- Trainer
- Writer

# Careers for Personality Type

## Visionary (NF) Career Matches

### INFJ - Confidant

- Actor
- Alternative Medicine
- Artist
- Child Care Worker
- Child Development
- Chiropractor
- Church Worker
- Clergy
- Consultant
- Dentist
- Designer
- Doctor
- Educational Consultant
- Entrepreneur
- Human Resources
- Librarian
- Marketer
- Missionary
- Musician
- Photographer
- Psychiatrist
- Psychologist/Counselor
- Social Worker
- Systems Analyst
- Teacher/Professor
- Trainer
- Writer

### INFP - Dreamer

- Activist
- Actor
- Architect
- Artist
- Church Worker
- Counselor
- Editor
- Educational Consultant
- Employee
- Development Specialist
- Fashion Designer
- Filmmaker
- Graphic/Web Designer
- Holistic Health Practitioner
- Human Resources
- Journalist
- Legal Mediator
- Librarian
- Massage Therapist
- Minister
- Missionary
- Musician
- Photographer
- Physical Therapist
- Psychologist/Counselor
- Researcher
- Social Scientist
- Social Worker
- Speech Pathologist
- Teacher/Professor
- Translator/Interpreter
- Video Editor
- Writer

# References

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