

Short Myers-Briggs Test

The **Myers-Briggs Type Indicator®**, or **MBTI®**, is one of the most widely-used personality "tests" in the world. It is based on Carl Jung's notion of psychological type and was developed by the mother-daughter team of Katharine Briggs and Isabel Myers.

According to the theory, there are sixteen personality types.

These are indicated by a four-letter code (e.g. - ENFP). You can find out your type by using the following chart.

For each question, ask yourself which letter best represents you **most of the time**.

Each person is a little bit of both but will usually tend to prefer one side over the other.

Another question you can ask yourself is:

Which one of these preferences comes more naturally to me and which one did I have to learn over time?

Choose the one that comes more naturally.

Once you have figured out your four letters, you can read a full description of [your personality type here](#)

How do you get your energy?

E

Extroverts

- are generally sociable
- are focused on the outer world
- get energy by spending time with others
- talk a lot & start conversations
- speak first, then think
- are quick to take action
- have many friends & many interests

Introverts

- are generally quiet
- are focused on their inner world
- get energy by spending time alone
- mostly listen & wait for others to talk first
- think first, then speak
- are slow to take action
- have a few deep friendships & refined interests

I

How do you see the world & gather information?

S

Sensors

- use their five senses
- pay attention to the details
- focus on what is real (in the present)
- think in concrete terms
- like practical things
- like to do (make)
- are accurate and observant
- prefer to do things the established way

iNtuitives

- use their "sixth sense"
- see the "big picture"
- focus on what is possible (in the future)
- think in abstract terms
- like theories
- like to dream (design)
- are creative and imaginative
- prefer to try out new ideas

N

How do you make your decisions?

T

Thinkers

- mostly use their head

- make decisions based on logic
- are more interested in things & ideas
- treat everybody the same

(emphasizing fairness)

- are more scientific in describing the world

Feelers

- mostly use their heart
- make decisions based on their values
- are more interested in people & emotions
- treat people according to their situation (emphasizing compassion)
- are more poetic in describing the world

F

How much do you like to plan ahead?

J

Judgers

- are organized and structured
- make plans in advance
- keep to the plan
- like to be in control of their life
- want to finalize decisions

Perceivers

- are casual and relaxed
- prefer to "go with the flow"
- are able to change and adapt quickly
- like to simply let life happen
- want to find more information

P

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