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

How do you see the world & gather information?

S
Sensers
• 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

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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