



HEALTH and **SAFETY**
management college

Personalities as a barrier to communication

(and an opportunity to communicate better)

The world takes all kinds, and there are no bad personality types.

- Please spend 15 minutes or less taking the attached personality test. It is a scientific and quite reliable test.
- When you finish there is a bit of arithmetic to do. Pay attention to the + and 1 signs.
- Write down the four-letter code for your personality type.

Great websites on personality type for your personal study.

<http://www.16personalities.com/free-personality-test>

http://www.mohave.edu/documents/human_resources/training/True_Colors.pdf

<http://www.truity.com/view/types>

<http://thatmediagirl.wordpress.com/2012/09/11/true-colors-vs-myers-briggs/>

<http://www.myersbriggs.org/>

<http://www.sellingpower.com/content/article/?a=3818/how-to-sell-to-different-personality-types>

<https://www.youtube.com/watch?v=fPQYldlzfWE&noredirect=1>

<http://www.businessknowhow.com/marketing/personalities.htm>

Open Extended Jungian Type Scales 1.2

By Eric Jorgenson
personality-testing.info
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Introduction

This is a personality test that will give you a result equivalent to the Myers-Briggs Type Indicator, although this test is not the MBTI and has no affiliation with it.

Instructions

On the next page are 32 pairs of personality descriptions connected by a five point scale. For each pair, you must choose where on the scale between them you think you are. For example, if the pair is “angry” versus “calm”, you should circle a 1 if you are always angry and never calm, a 3 if you are half and half, etc. On the page after that there are scoring instructions.

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Q1	makes lists	1	2	3	4	5	relies on memory
Q2	sceptical	1	2	3	4	5	wants to believe
Q3	bored by time alone	1	2	3	4	5	needs time alone
Q4	accepts things as they are	1	2	3	4	5	unsatisfied with the ways things are
Q5	keeps a clean room	1	2	3	4	5	just puts stuff where ever
Q6	thinks "robotic" is an insult	1	2	3	4	5	strives to have a mechanical mind
Q7	energetic	1	2	3	4	5	mellow
Q8	prefer to take multiple choice test	1	2	3	4	5	prefer essay answers
Q9	chaotic	1	2	3	4	5	organized
Q10	easily hurt	1	2	3	4	5	thick-skinned
Q11	works best in groups	1	2	3	4	5	works best alone
Q12	focused on the present	1	2	3	4	5	focused on the future
Q13	plans far ahead	1	2	3	4	5	plans at the last minute
Q14	wants people's respect	1	2	3	4	5	wants their love
Q15	gets worn out by parties	1	2	3	4	5	gets fired up by parties
Q16	fits in	1	2	3	4	5	stands out
Q17	keeps options open	1	2	3	4	5	commits
Q18	wants to be good at fixing things	1	2	3	4	5	wants to be good at fixing people
Q19	talks more	1	2	3	4	5	listens more
Q20	when describing an event, will tell people what happened	1	2	3	4	5	when describing an event, will tell people what it meant
Q21	gets work done right away	1	2	3	4	5	procrastinates
Q22	follows the heart	1	2	3	4	5	follows the head
Q23	stays at home	1	2	3	4	5	goes out on the town
Q24	wants the big picture	1	2	3	4	5	wants the details
Q25	improvises	1	2	3	4	5	prepares
Q26	bases morality on justice	1	2	3	4	5	bases morality on compassion
Q27	finds it difficult to yell very loudly	1	2	3	4	5	yelling to others when they are far away comes naturally
Q28	theoretical	1	2	3	4	5	empirical
Q29	works hard	1	2	3	4	5	plays hard
Q30	uncomfortable with emotions	1	2	3	4	5	values emotions
Q31	likes to perform in front of other people	1	2	3	4	5	avoids public speaking
Q32	likes to know "who?", "what?", "when?"	1	2	3	4	5	likes to know "why?"

Fill in the below equations using the values (1-5) you gave on the previous page.

$$IE = 30 - \frac{\quad}{(Q3)} - \frac{\quad}{(Q7)} - \frac{\quad}{(Q11)} + \frac{\quad}{(Q15)} - \frac{\quad}{(Q19)} + \frac{\quad}{(Q23)} + \frac{\quad}{(Q27)} - \frac{\quad}{(Q31)} = \underline{\quad}$$

$$SN = 12 + \frac{\quad}{(Q4)} + \frac{\quad}{(Q8)} + \frac{\quad}{(Q12)} + \frac{\quad}{(Q16)} + \frac{\quad}{(Q20)} - \frac{\quad}{(Q24)} - \frac{\quad}{(Q28)} + \frac{\quad}{(Q32)} = \underline{\quad}$$

$$FT = 30 - \frac{\quad}{(Q2)} + \frac{\quad}{(Q6)} + \frac{\quad}{(Q10)} - \frac{\quad}{(Q14)} - \frac{\quad}{(Q18)} + \frac{\quad}{(Q22)} - \frac{\quad}{(Q26)} - \frac{\quad}{(Q30)} = \underline{\quad}$$

$$JP = 18 + \frac{\quad}{(Q1)} + \frac{\quad}{(Q5)} - \frac{\quad}{(Q9)} + \frac{\quad}{(Q13)} - \frac{\quad}{(Q17)} + \frac{\quad}{(Q21)} - \frac{\quad}{(Q25)} + \frac{\quad}{(Q29)} = \underline{\quad}$$

If IE is more than 24, you are extroverted (E), otherwise you are introverted (I).

If SN is more than 24, you are intuitive (N), otherwise you are sensing (S).

If FT is more than 24, you are thinking (T), otherwise you are feeling (F).

If JP is more than 24, you are perceiving (P), otherwise you are judging (J).

Combine the four letters to get your personality type (e.g. I, S, F, P => ISFP).