**Jungian Psychology – Personality Types**

This activity is designed to provide a better understanding of both your own and other people’s behavioural preferences. It is based on the theories of Carl Jung, a well-recognized Swiss [psychiatrist](http://en.wikipedia.org/wiki/Psychiatry) and [psychotherapist](http://en.wikipedia.org/wiki/Psychotherapist) who founded [analytical psychology](http://en.wikipedia.org/wiki/Analytical_psychology). His work on personality types was expanded by Katherine Briggs and Isabel Briggs-Myers Myers and used to create an indicator (MBTI) that uses four scales to analyze personality types. Jung’s theory is based on the need to strengthen one’s preferred personality functions and develop one’s underused functions to become a healthy individuated individual.

The Humanmetrics website offers us a fairly reliable way to determine the same personality information provided by the MBTI. We will use the results we get to learn how to successfully interact with others and combine our strengths to enhance our collaboration skills.

 Activity –

1. Log on to the Humanmetrics website: [**http://www.humanmetrics.com/cgi-win/jtypes2.asp**](http://www.humanmetrics.com/cgi-win/jtypes2.asp) and complete the questionnaire.
2. Score your questionnaire and record the information in the top centre box.

This will provide you with four letters and percentages for each letter. It also gauges the relative strength of each of your preferences.

1. Select the Self Awareness & Personal Growth option and review the information describing your personality type.
2. If you are comfortable in doing so, share your insights with your peers.
3. Use the card stock provided and create a small placard indicating your preference letters (e.g. ENFP).