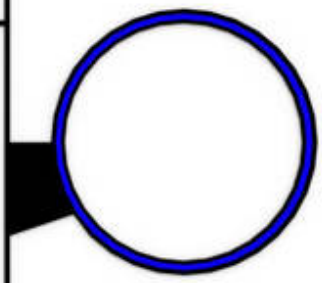
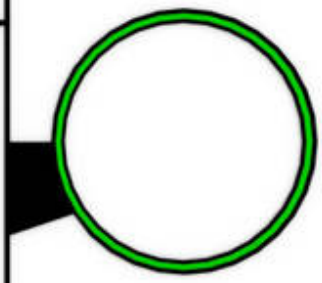
MBTI Worksheet

One letter in each large circle. E/I, S/N, T/F, J/P.

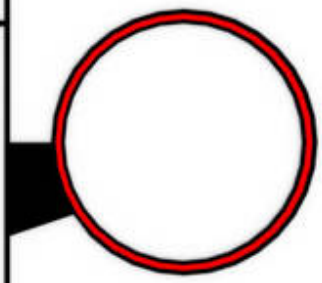
Extrovert (E)	Introvert (I)
◇- Group activities are enjoyable. ◇- You love social events. ◇- You seek group approval ◇- You love people. ◇- Public speaking comes more easily to you ◇- Time alone is depressing.	◇- Group activities drain you. ◇- You avoid social events. ◇- Group approval does not matter much to you. ◇- You are wary of people. ◇- Public speaking is difficult. ◇- Time alone is rejuvenating



Sensor (S)	Intuitive (N)
◇- Your five senses guide you. ◇- The present is important. ◇- You see the world as made of many individual details. ◇- You are a details person. ◇- You examine the world. ◇- You may indulge yourself.	◇- Your principles are your guide. ◇- You think towards the future. ◇- You see common concepts at work in the world. ◇- You are a big-picture person. ◇- You theorize possibilities. ◇- You may neglect yourself.



Thinker (T)	Feeler (F)
◇- You are rational. ◇- You are resolute. ◇- Decisions are data-based. ◇- You suppress emotion. ◇- You may be too direct. ◇- Your head, not your heart, is most important.	◇- You are emotional. ◇- You are empathetic. ◇- Decisions are emotion-based. ◇- You embrace emotion. ◇- You may be too sensitive. ◇- Your heart is, above all, most important.



Judger (J)	Perceiver (P)
◇- You make plans. ◇- New is unsettling. ◇- You are a little uptight. ◇- You love certainty. ◇- Deliberation is important. ◇- You are predictable. ◇- You judge people and things.	◇- You 'go with the flow'. ◇- New is wonderful or exciting. ◇- You are a little too relaxed. ◇- You love surprise. ◇- Instinct is important. ◇- You are unpredictable. ◇- You don't follow the rules.

