

How Personality Impacts Our Daily Lives

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Personality describes the unique patterns of thoughts, feelings, and behaviours that distinguish a person from others. A product of both biology and environment, it remains fairly consistent throughout life.

Examples of personality can be found in how we describe other people's traits. For instance, "She is generous, caring, and a bit of a perfectionist," or "They are loyal and protective of their friends."

The word "personality" stems from the Latin word *persona*, which refers to a theatrical mask worn by performers to play roles or disguise their identities.

Although there are many definitions of personality, most focus on the pattern of behaviours and characteristics that can help predict and explain a person's behaviour.

Explanations for personality can focus on a variety of influences, ranging from genetic effects to the role of the environment and experience in shaping an individual's personality.

Personality Characteristics

What exactly makes up a personality? Traits and patterns of thought and emotion play important roles, and so do these fundamental characteristics of personality:

Consistency: There is generally a recognizable order and regularity to behaviours. Essentially, people act in the same way or in similar ways in a variety of situations.

Both psychological and physiological: Personality is a psychological construct, but research suggests that it is also influenced by biological processes and needs.

Affects behaviours and actions: Personality not only influences how we move and respond in our environment, but it also causes us to act in certain ways.

Multiple expressions: Personality is displayed in more than just behaviour. It can also be seen in our thoughts, feelings, close relationships, and other social interactions.

How Personality Develops

There are a number of theories about personality, and different schools of thought in psychology influence many of these theories. Some theories describe how personalities are expressed, and others focus more on how personality develops.

Personality Types

Type theories suggest that there are a limited number of personality types that are related to biological influences.

One theory suggests there are four types of personality. They are:

Type A: Perfectionist, impatient, competitive, work-obsessed, achievement-oriented, aggressive, stressed

Type B: Low stress, even-tempered, flexible, creative, adaptable to change, patient, tendency to procrastinate

Type C: Highly conscientious, perfectionist, struggles to reveal emotions (positive and negative)

Type D: Worrying, sad, irritable, pessimistic, negative self-talk, avoidance of social situations, lack of self-confidence, fear of rejection, appears gloomy, hopeless

How the Myers-Briggs Type Indicator Works

There are other popular theories of personality types such as the *Myers-Briggs theory*. The Myers-Briggs Personality Type Indicator identifies a personality based on where someone is on four continuums: introversion-extraversion, sensing-intuition, thinking-feeling, and judging-perceiving.



Have you ever heard someone describe themselves as an INTJ or an ESTP and wondered what those cryptic-sounding letters could mean? What these people are referring to is their personality type based on the Myers-Briggs Type Indicator (MBTI).

The Myers-Briggs Personality Type Indicator is a self-report inventory designed to identify a person's personality type, strengths, and preferences. The questionnaire was developed by Isabel Myers and her mother Katherine Briggs based on their work with Carl Jung's theory of personality types. Today, the MBTI inventory is one of the world's most widely used psychological instruments.

This article discusses how the Myers-Briggs types were created, what the 16 different MBTI types are, and how this personality typing system works.

The Development of the Myers-Briggs Test

Both Myers and Briggs were fascinated by Jung's theory of psychological types and recognized that the theory could have real-world applications. During World War II, they began researching and developing an indicator that could be utilized to help understand individual differences.

By helping people understand themselves, Myers and Briggs believed that they could help people select occupations that were best suited to their personality types and lead healthier, happier lives.

Myers created the first pen-and-pencil version of the inventory during the 1940s, and the two women began testing the assessment on friends and family. They continued to fully develop the instrument over the next two decades.

An Overview of the Test

Based on the answers to the questions on the inventory, people are identified as having one of 16 personality types. The goal of the MBTI is to allow respondents to further explore and understand their own personalities including their likes, dislikes, strengths, weaknesses, possible career preferences, and compatibility with other people.

No one personality type is "best" or "better" than another. It isn't a tool designed to look for dysfunction or abnormality. Instead, its goal is simply to help you learn more about yourself. The questionnaire itself is made up of four different scales.

Extraversion (E) – Introversion (I)

The extraversion-introversion dichotomy was first explored by Jung in his theory of personality types as a way to describe how people respond and interact with the world around them. While these terms are familiar to most people, the way in which they are used in the MBTI differs somewhat from their popular usage.

Extraverts (also often spelled extroverts) are "outward-turning" and tend to be action-oriented, enjoy more frequent social interaction, and feel energized after spending time with other people. Introverts are "inward-turning" and tend to be thought-oriented, enjoy deep and meaningful social interactions, and feel recharged after spending time alone.

We all exhibit extraversion and introversion to some degree, but most of us tend to have an overall preference for one or the other.

Sensing (S) – Intuition (N)

This scale involves looking at how people gather information from the world around them. Just like with extraversion and introversion, all people spend some time sensing and intuiting depending on the situation. According to the MBTI, people tend to be dominant in one area or the other.

People who prefer sensing tend to pay a great deal of attention to reality, particularly to what they can learn from their own senses. They tend to focus on facts and details and enjoy getting hands-on experience. Those who prefer intuition pay more attention to things like patterns and impressions. They enjoy thinking about possibilities, imagining the future, and abstract theories.

Thinking (T) – Feeling (F)

This scale focuses on how people make decisions based on the information that they gathered from their sensing or intuition functions. People who prefer thinking place a greater emphasis on facts and objective data.

They tend to be consistent, logical, and impersonal when weighing a decision. Those who prefer feeling are more likely to consider people and emotions when arriving at a conclusion.

Judging (J) – Perceiving (P)

The final scale involves how people tend to deal with the outside world. Those who lean toward judging prefer structure and firm decisions. People who lean toward perceiving are more open, flexible, and adaptable. These two tendencies interact with the other scales.

Remember, all people at least spend some time engaged in extraverted activities. The judging-perceiving scale helps describe whether you behave like an extravert when you are taking in new information (sensing and intuiting) or when you are making decisions (thinking and feeling).

The Myers Briggs Types

Each type is then listed by its four-letter code:

ISTJ - The Inspector: Reserved and practical, they tend to be loyal, orderly, and traditional.

ISTP - The Crafter: Highly independent, they enjoy new experiences that provide first-hand learning.

ISFJ - The Protector: Warm-hearted and dedicated, they are always ready to protect the people they care about.

ISFP - The Artist: Easy-going and flexible, they tend to be reserved and artistic.

INFJ - The Advocate: Creative and analytical.

INFP - The Mediator: Idealistic with high values, they strive to make the world a better place.

INTJ - The Architect: High logical, they are both very creative and analytical.

INTP - The Thinker: Quiet and introverted, they are known for having a rich inner world.

ESTP - The Persuader: Out-going and dramatic, they enjoy spending time with others and focusing on the here-and-now.

ESTJ - The Director: Assertive and rule-oriented, they have high principles and a tendency to take charge.

ESFP - The Performer: Outgoing and spontaneous, they enjoy taking centre stage.

ESFJ - The Caregiver: Soft-hearted and outgoing, they tend to believe the best about other people.

ENFP - The Champion: Charismatic and energetic, they enjoy situations where they can put their creativity to work.

ENFJ - The Giver: Loyal and sensitive, they are known for being understanding and generous.

ENTP - The Debater: Highly inventive, they love being surrounded by ideas and tend to start many projects (but may struggle to finish them).

ENTJ - The Commander: Outspoken and confident, they are great at making plans and organizing projects.

Taking the Myers-Briggs Type Indicator can provide a lot of insight into your personality, which is probably why the instrument has become so popular. Even without taking the formal questionnaire, you can probably immediately recognize some of these tendencies in yourself.

According to the Myers & Briggs Foundation, it is important to remember that all types are equal and that every type has value.

When working in group situations in school or at work, for example, recognizing your own strengths and understanding the strengths of others can be very helpful. When you are working toward completing a project with other members of a group, you might realize that certain members of the group are skilled and talented at performing particular actions. By recognizing these differences, the group can better assign tasks and work together on achieving their goals.



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Why don't you try the test?

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

"This Is Me"

By Keala Settle (from "The Greatest Showman" soundtrack)

I'm not a to the dark
Hide away, they say
'Cause we don't want your broken
I've learned to be of all my
scars
..... away, they say
No one will love you as you

But I won't let them break me down to
.....
I know that there's a place for us
For we are

When the words wanna cut me
down
I'm gonna send a flood, gonna drown them out
I am, I am bruised
I am who I'm meant to be, this is me
Look out 'cause here I come
And I'm marching on to the beat I drum
I'm not to be seen
I make no, this is me

Another round of bullets hits my
Well, fire away 'cause today, I won't let the
..... sink in
We are bursting through the barricades
And reaching for the sun (we are
.....)
Yeah, that's what we've

Won't let them break me down to
.....
I know that there's a place for us
For we are

When the words wanna cut me
down
Gonna send a flood, gonna drown them out
I am, I am bruised
I am who I'm meant to be, this is me
Look out 'cause here I come
And I'm marching on to the beat I drum
I'm not to be seen
I make no, this is me

...This is me

And I that I deserve your love
There's nothing I'm not of
When the words wanna cut me
down
I'm gonna send a flood, gonna drown them out
This is, this is bruised
This is who I'm meant to be, this is me

Look out 'cause here I come (look out 'cause
here I come)
And I'm marching on to the beat I drum
(marching on, marching, marching on)
I'm not to be seen
I make no, this is me

(Whenever the words wanna cut me down
I'll send the flood to drown them out)
I'm gonna send the flood, gonna drown them
out

This is me