

PERSONALITY INSTRUMENT FOR TEENS



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This PERSONALITY INSTRUMENT

is a tool to help you begin to identify your **Personality Style Lineup** for the purpose of gaining self-awareness and increasing empathy for others.



Your Personality Style Lineup can be thought of as an **INTERNAL COMPASS**. It produces a strong urge or drive that pulls you in different directions, towards or away from certain aspects of life experiences.

You may feel “lost” when not following your true nature.

Everyone possesses all of the Mental Mechanisms described here and the free will to apply them to different life circumstances. Some of us have come to clearly favor one mechanism over its opposite, either by way of a natural-born inner disposition or as an adaptation to outer circumstances.

When circumstances are in alignment with our core values and we are expressing our natural traits - we feel energized, alive, and on path. When external events go against our core values and we are unable to express our natural traits – we may feel drained, sluggish, and unmotivated.

This self-assessment starts you on a path towards greater self-knowledge and equips you with information that may help you navigate life with less conflict and more energy.

It is common to feel discomfort when taking a personality quiz for the first time. This is because you are being asked questions you haven't thought about before. For now, don't put a lot of weight on your initial assessment results - just use this experience to study the personality patterns. Then, come back and take the assessment a second time later on after you have had a chance to see the personality styles in action in your life.

You will develop greater certainty of the order of the styles in your lineup after some experience recognizing the personality patterns in yourself and others in the context of real-life situations.

Instructions: Proceed quickly. Avoid overthinking each response. It is highly probable that you can think of circumstances where you exhibit each of the observable qualities presented here. Select the response that best describes your natural tendency rather than learned behaviors that were trained into you by your environment.

GENERAL ORIENTATION (Extraversion – Introversion)

1. Study Environment

- a. prefer to study in a group - discussing the material
- b. prefer to study alone - away from distractions if possible

2. How Thoughts Form

- a. process thoughts out loud - through conversations with others
- b. process thoughts silently - inside my head

3. Speaking Style

- a. fast pace, expressive tones, and large gestures
- b. moderate pace, quiet voice, minimal gesturing

4. Relationship with Silence

- a. uncomfortable with long silences - especially around others
- b. appreciate silence - even around others

5. Energy Drainers and Gainers

- a. Most often find interacting with groups of people to be energizing
- b. Most often find interacting with groups of people to be draining

If you enjoy interacting with others in moderate amounts, select both answers to Question #5.

MODES OF OPERATION (Planned – Spontaneous)

6. Packing for a Trip

- a. pack in advance for a trip, at least the night before
- b. pack the very last minute for a trip

7. Closure vs. Leaving Options Open

- a. prefer to have decisions made
- b. prefer to keep options open as long as possible

8. Relationship with Schedules

- a. find schedules and routines comforting
- b. find schedules and routines restricting

9. Natural Tendency

- a. crave consistency and enjoy being prepared
- b. crave variety and enjoy improvising

10. Work Style

- a. “work before play”
- b. “play along the way”

INFORMATION GATHERING (Hands-On – Theoretical)

11. Strengths

- a. good at building, maintaining, and operating things
- b. good at developing insights into creative designs

12. Ways of Perceiving

- a. trust only what I can see, hear, touch, taste, or smell
- b. comfortable using imagination and following hunches

13. Integration

- a. put pieces together one step at a time
- b. put pieces together from all directions at once

14. Interpretation

- a. the way things appear is the way they really are
- b. read between the lines to discover hidden meaning

15. Outlook

- a. prefer to experience life here and now
- b. enjoy contemplating patterns and future possibilities

DECISION-MAKING (Objectively-Subjectively)

16. Decisions

- a. use logic to make decisions and seek clarity
- b. use feelings to make decisions and seek harmony

17. Needs

- a. sincere need to evaluate and improve
- b. sincere need to know that others care how you feel

18. Perspective

- a. tend to debate and defend point of view
- b. tend to sympathize and accept other people's opinions

19. Movie-Watching

- a. mistakes in a movie significantly lessen enjoyment
- b. able to look past mistakes and enjoy a movie

20. Preferred Approach

- a. objective, direct, and investigative
- b. subjective, tactful, and appreciative

RESPONSE KEY

Draw a circle around the letter that corresponds with your response for each question. Count the marks for each column and fill-in the totals at the bottom of the table.

General Orientation		
1.	a	b
2.	a	b
3.	a	b
4.	a	b
5.	a	b
Total:		
	Extraversion	Introversion

Modes of Operation		
6.	a	b
7.	a	b
8.	a	b
9.	a	b
10.	a	b
Total:		
	Planned	Spontaneous

Information Gathering		
11.	a	b
12.	a	b
13.	a	b
14.	a	b
15.	a	b
Total:		
	Hands-On	Theoretical

Decision-Making		
16.	a	b
17.	a	b
18.	a	b
19.	a	b
20.	a	b
Totals:		
	Objective	Subjective

A relatively higher score in one of the two columns indicates a **Psychological Type Preference**.

Where the scores in both columns are close to each other, you may find that you naturally switch back and forth between each **Mental Mechanism** as the situation demands.

INSIGHTS INTO THE JUNGIAN MENTAL MECHANISMS

Enter the totals from the response key in each box, then mark a point on the line.

The diagram illustrates four personality dimensions, each represented by a horizontal double-headed arrow with a square box at each end. The dimensions are listed vertically on the left side of the diagram:

- Extraversion** (left) vs. **Introversion** (right)
- Planned** (left) vs. **Spontaneous** (right)
- Hands-On** (left) vs. **Theoretical** (right)
- Objective** (left) vs. **Subjective** (right)

General Orientation: Extraversion – Introversion

Extraverts tend to speak freely about whatever is on their mind. They develop their thoughts by talking through them with others. Extraverts gain energy from being around others.

Introverts are somewhat more territorial with their mental space and personal space. They need time to think and reflect before sharing their thoughts. Introverts gain energy from quiet time.

Modes of Operation: Planned – Spontaneous

Individuals who have a preference for operating in a planned manner find comfort in following routines and schedules. They like to make decisions as soon as possible and bring things to closure.

Individuals who have a preference for operating in a spontaneous manner find schedules and routines restricting. They like to keep options open. They crave variety and flexibility.

Information Gathering: Hands-On – Theoretical

Individuals who prefer hands-on gathering of information using their five senses focus on the present moment and proceed one step at a time. They appreciate clear objectives and tangible results.

Individuals who prefer theoretical gathering of information by means of insights focus on future possibilities and big picture. They appreciate opportunities to be creative and use their imagination.

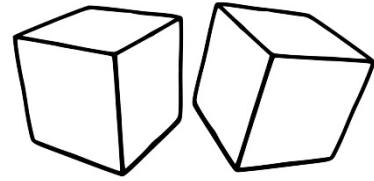
Decision-Making: Objective- Subjective

Individuals who prefer making decisions objectively seek clarity and have a sincere need to evaluate and improve. They make decisions based on logic and impersonal facts.

Individuals who prefer making decisions subjectively seek harmony and need to know that others care how they feel. They make decisions based on values and personal impact.

The **MENTAL MECHANISMS** are the **building blocks for the PERSONALITY STYLES**

Place your total scores for each mental mechanism into the box next to its name. Then add the two numbers in each column together to arrive at a total score for each personality style.



Hands-On + Spontaneous = **MOVER**

Hands-On	
Spontaneous	
MOVER	

Hands-On + Planned = **PLANNER**

Hands-On	
Planned	
PLANNER	

Theoretical + Subjective = **CONNECTOR**

Theoretical	
Subjective	
CONNECTOR	

Theoretical + Objective = **THINKER**

Theoretical	
Objective	
THINKER	

Movers and Planners both prefer hands-on gathering of information, but they differ in their mode of operation. Connectors and Thinkers both prefer theoretical gathering of information, but they differ in how they make decisions.

Your Personality Style Lineup

List the personality styles in order from the one that is most like you to the one that is least like you.

Top Style

2nd Style

3rd Style

Last/Least Style

An individual's preference for extraversion or introversion as well as their 2nd most dominant style significantly impacts how their overall personality is expressed. Introverts tend to keep their most dominant style on the inside and show their 2nd most dominant style to the outside world.

Indicate your preference for Extraversion or Introversion again here, it compliments your style lineup.



THE FOUR PERSONALITY STYLES

Mover (SP-Orange) Personality Style

Hands-On & Spontaneous

Core Value: **Freedom**

The Mover personality style is courageous, exploratory, and playful. Movers seek action and adventure. They crave variety and enjoy improvising. Movers are good at thinking on their feet. They automatically find the fastest way to do things and make them fun. They change course as often as is needed and aren't likely to let bumps in the road slow them down.

Connector (NF-Blue) Personality Style

Theoretical & Subjective

Core Value: **Relationship**

The Connector personality style is considerate, cooperative, and encouraging. Connectors are nourished by harmony and personal connection. They prefer to make decisions that feel good and are in alignment with their values. Connectors naturally interact with others and connect meaning to events. They excel at recognizing strengths in others and place a high importance on personal growth.

Thinker (NT-Green) Personality Style

Theoretical & Objective

Core Value: **Competency**

The Thinker personality style is curious, logical, and self-sufficient. Thinkers are fascinated by mysteries and finding solutions. Thinkers prefer to make calculated decisions. They can't help but explore an issue from every angle and suggest new ways of doing things. They need time to think before making decisions. They can be fiercely independent and value their privacy.

Planner (SJ-Gold) Personality Style

Hands-On & Planned

Core Value: **Responsibility**

The Planner personality style is organized, prepared, and dependable. Planners uphold order and fairness. Planners are naturally able to distinguish right from wrong. They crave consistency and having things in their place. They seek a sense of completion and enjoy crossing items off a list.