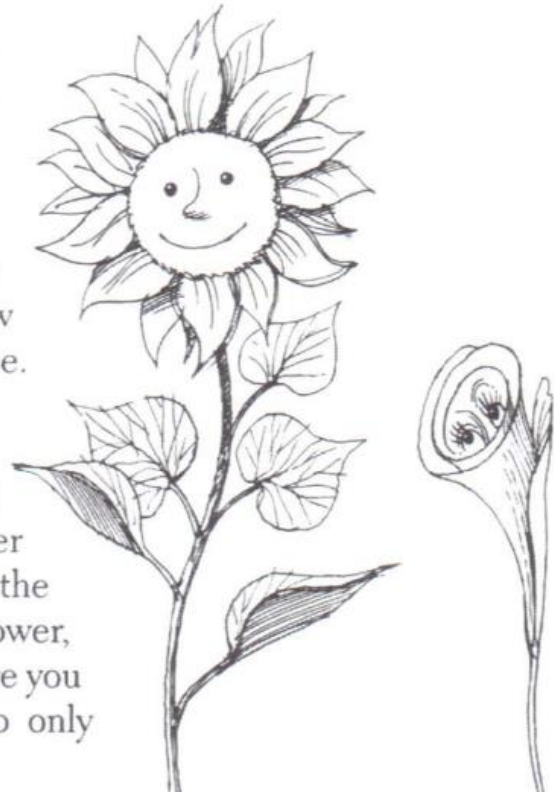


WHAT TYPE ARE YOU?

Suppose you attend a party where there are several people you know well. The hosts have a new party game. They ask everyone to take five minutes and compare each person to a flower. Which flower would you choose for each person? For that matter, which flower would you choose for yourself? Are you the kind of person who resembles a sunflower, open to the world most of the time? Or are you more like a four o'clock, someone who only opens up at special moments?



suppose = imagine

You attend a party where there are several people you know well.

where there are several people you know well => an adjective clause modifying the noun phrase "a party"

You attend a party where there are several people you know well.

(whom) you know well => an adjective clause modifying the noun phrase "several people"

(whom) you know well => an embedded adjective inside another adjective clause

resemble (v.) = look like

Are you the kind of person who resembles a sunflower?

who resembles a sunflower => an adjective clause modifying the noun phrase "the kind of person"

Are you more like someone who only opens up at special moments?

who only opens up at special moments => an adjective clause modifying the noun "someone"



four-o'clock = a kind of flower = گل لاله عباسی

This may sound like just a fun activity, something which is suitable only for get-togethers or for amusing yourself. But there is actually a science of identifying personality types. Personality identification grew out of the work of Swiss psychologist Carl Jung and the studies of two American women, Katharine Briggs and her daughter, Isabel Briggs Myers. After considerable study of Jung's work, Briggs and her daughter developed a system in which they formulated four personality dimensions and sixteen different personality types. This test, which has been refined many times over the decades, has been validated by the millions of people who have taken it. What follows is a brief description of what has come

sound = seem, look

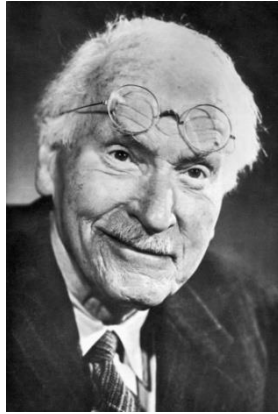
This may sound like just a fun activity, something which is suitable only for get-togethers or amusing yourself.

which is suitable only for get-togethers or amusing yourself => an adjective clause modifying the noun "something"

identify = recognize

identification = recognition

grow out of = originate from



Carl Jung

Swiss = from Switzerland



formulate = turn into a formula; define

dimension = side, aspect = جنبه

refine = improve

validate = approve of

They developed a system in which they formulated four personality dimensions and sixteen different personality types.

in which they formulated four personality dimension and sixteen different personality types => an adjective clause modifying the noun phrase “a system”

What follows is a brief description of what has come to be known as the Myers-Briggs test. Take a look at it. As you're reading about these categories, try to place yourself into one or more of them.° You may learn something about your friends, co-workers, and loved ones, and yourself.

Personality Dimensions

1	Extrovert / Introvert
2	Sensor / Intuitive
3	Thinker / Feeler
4	Judger / Perceiver

Personality Types

1	Extrovert	Sensor	Thinker	Judger
2	Extrovert	Sensor	Thinker	Perceiver
3	Extrovert	Sensor	Feeler	Judger
4	Extrovert	Sensor	Feeler	Perceiver
5	Extrovert	Intuitive	Thinker	Judger
6	Extrovert	Intuitive	Thinker	Perceiver
7	Extrovert	Intuitive	Feeler	Judger
8	Extrovert	Intuitive	Feeler	Perceiver
9	Introvert	Sensor	Thinker	Judger
10	Introvert	Sensor	Thinker	Perceiver
11	Introvert	Sensor	Feeler	Judger
12	Introvert	Sensor	Feeler	Perceiver
13	Introvert	Intuitive	Thinker	Judger
14	Introvert	Intuitive	Thinker	Perceiver
15	Introvert	Intuitive	Feeler	Judger
16	Introvert	Intuitive	Feeler	Perceiver

The first dimension is a familiar one: extrovert or introvert.

This category has to do with the way in which people direct their energy. An extrovert is basically a person whose energies are activated by being with others. An introvert is basically a person whose energies are activated by being alone. Mary is a good example of an extrovert. She's the kind of person whom others consider shy, but there's no correlation between shyness and either introversion or extroversion. At a party, once Mary meets some people she feels comfortable with, she starts to open up and get energized. Her friend Bill is the opposite. Bill isn't shy at all, but after he's been at a party for a while, he's weary and ready to go home. He finds the conversation interesting enough but is just as likely to be imagining a time when he was hiking alone in the mountains.

The second dimension of personality is sensor or intuitive.

This category has to do with the kind of information we notice and remember easily. Sensors are practical people who notice what is going on around them. They rely on past experiences to make determinations. Intuitives are more interested in relationships between things or people. They tend to be imaginative and to focus on what could be. Jack and Barbara, who have been married for years, are good examples of these types. At a party, Jack, whose parents own a sofa company, notices immediately that their

extrovert (n.) # introvert

extroverted (adj.) # introverted

extroversion (n.) = being extroverted # introversion

Don't Say: I am extrovert / introvert.

Say: I am **an** extrovert / **an** introvert.

Say: I am extroverted / introverted.

have to do with sth = be related to sth

basically = mainly

correlation = link, relationship

weary = tired

determination = decision

hosts have bought a new sofa and asks the hosts where they bought it. Barbara is much less interested in the sofa and more interested in the strained way their hosts are talking with each other. Did they have a fight? Jack is the sensor and Barbara the intuitive here.

The third personality dimension is thinker or feeler. This category has to do with the way in which we come to conclusions. Thinkers are those who tend to make decisions objectively and impersonally on the basis of what makes sense and what is logical. Feelers make decisions based on their own personal values and how they feel about choices. Helen and Gary are good examples. They've just gone to a bank to apply for a loan. The loan officer tells them that they owe too much on their credit cards and that they'll have to pay off their debt before they can borrow money. This makes perfect sense to Helen, which leads us to classify her as a thinker. Gary's reaction is quite different. The loan officer, by whom Gary feels criticized, is only trying to do his job. Gary takes his comments personally, which is why he is to be considered a feeler.

strained = showing signs of nervous tension or tiredness

objective # subjective

objective = (of a person or their judgement) not influenced by personal feelings or opinions in considering and representing facts

objective = impartial; unbiased

subjective = based on or influenced by personal feelings, tastes, or opinions

make sense = be logical or reasonable

apply for = ask for

owe = be in debt

debt = the money that you have to pay back

The fourth category is judger or perceiver. This dimension has to do with the kind of environment that makes us feel most comfortable. Judgers are people who prefer a structured and predictable environment. They like to make decisions and have things settled. Perceivers are more interested in keeping their options open, preferring to experience as much of the world as possible. Tim and Samantha are good examples of these types. Tim, who always has a plan for everything, gets impatient with Samantha when he calls and asks her for a date. Tim wants things to be nailed down; Samantha wants to keep her options open and flexible.

So now we're left with this question: What good is the ability to pigeonhole people, or ourselves, for that matter? It certainly doesn't give us any magic powers or tools for dealing with people. But it can give us insight. It can help us understand others better, and perhaps minimize or at least reduce conflict. Best of all, it can help us to understand ourselves.

Source: Adapted from "What's Your Personality Type?" New Woman. August 1998, pp. 68–71, by Barbara Barron-Tieger and Paul D. Tieger, authors of Do What You Are, Nurture by Nature, and The Art of SpeedReading People.

Websites Offering Myers Briggs Test:

[Free Personality Test | 16Personalities](#)

[Personality Test of Myers & Briggs' 16 Types | TypeFinder® \(truity.com\)](#)

nail down = agree upon
flexible # inflexible

pigeonhole = classify, categorize
insight = deep knowledge or understanding

Main Ideas:

Carl Jung, the Swiss psychologist, is the pioneer of personality identification.

The studies of Katherine Briggs and her daughter have also contributed to this amusing field.

Myers-Briggs test puts forward four personality dimensions and 16 personality types.

The First Dimension => Introvert / Extrovert

- ✚ Introversion or extroversion is related to the way we direct our energy.
- ✚ An extrovert is a person who receives his energies from other people.
- ✚ An introvert is a person whose energies come from within.
- ✚ There is no correlation between shyness and introversion. Even an extrovert can be shy.

The Second Dimension => Sensor / Intuitive

- ✚ Sensors are practical people who notice what is going on around them.
- ✚ Intuitives are imaginative people who are interested in the relationships between people or things.

The Third Dimension => Thinker / Feeler

- ✚ Thinkers make decisions objectively and impersonally and logically.
- ✚ Feelers make decisions subjectively and based on their personal values.

The Fourth Dimension => Judger / Perceiver

- ✚ Judgers prefer a structured and predictable environment and they have a plan for everything.
- ✚ Perceivers would like to keep their options open and don't have a definite plan for whatever they do.