16 Personalities Assessment

How well do you know yourself? This might be a loaded question, considering it isn’t really possible to encapsulate or completely understand yourself and your personality, but introspection can be a very useful exercise for anyone. If you’re interested in learning more about your inner psyche, consider taking the Myers Briggs Type Indicator, also known as the 16 Personalities Assessment (click on the box below).

The assessment evaluates you on five scales:

1. **Mind: how we interact with our surroundings**
   - Introverted v Extroverted

2. **Energy: how we see the world and process information**
   - Observant v Intuitive

3. **Nature: how we make decisions and cope with emotions**
   - Thinking v Feeling

4. **Tactics: how we approach work, planning, and decision-making**
   - Judging v Prospecting

5. **Identity: how confident we are in our abilities**
   - Assertive v Turbulent
Every question presents you with a statement, and you have to decide how much you think that statement applies to you. Be careful, though: it can be easy to answer the questions as who you want yourself to be, rather than who you really are. While no one can be strictly unbiased about themselves, try to be as honest as possible. Once you finish the test, it will give a five letter code, each letter representing which side of each aforementioned scale you fall on. From there, you can read descriptions of your personality type, how you might handle relationships, and what jobs might be suited for your personality type.

Personally, I am an ISFJ, also known as “the defender”. Among other things, people with this type are known for being responsible, steady, and warm.

Now you might be wondering, how can your personality be determined so definitively by a 10-minute test? This is a natural (and fair) criticism most people have for personality tests such as the 16 Personalities. The answer is that it doesn’t completely define you at all! It may not be perfect, but it can be an amazing insight into your personality and the way you perceive yourself. I see personality tests as an opportunity to explore yourself in ways you haven’t thought of previously. Ultimately, you should take from a personality test whatever you think is important. My only hope is that you can discover something new about yourself and explore your personality on a deeper level by taking this test. Have fun, and don’t forget to be as honest as possible!

Your personality type is: Defender
ISFJ-A

Written by Andy Eller: a third year in the College, majoring in Law, Letters, and Society who enjoys imagining his room is the Regenstein Library and thinking about all of the Shinju Sushi he will eat once he gets back to campus.