

MYERS-BRIGGS Questionnaire

No	STATEMENT		Response	Type
	A	B		
1	expend energy, enjoy groups	conserve energy, enjoy one-on-one		
2	interpret literally	look for meaning and possibilities		
3	logical, thinking, questioning	empathetic, feeling, accommodating		
4	organized, orderly	flexible, adaptable		
5	more outgoing, think out loud	more reserved, think to yourself		
6	practical, realistic, experiential	imaginative, innovative, theoretical		
7	candid, straight forward, frank	tactful, kind, encouraging		
8	plan, schedule	unplanned, spontaneous		
9	seek many tasks, public activities, interaction with others	seek private, solitary activities with quiet to concentrate		
10	standard, usual, conventional	different, novel, unique		
11	firm, tend to criticize, hold the line	gentle, tend to appreciate, conciliate		
12	regulated, structured	easygoing, "live" and "let live"		
13	external, communicative, express yourself	internal, reticent, keep to yourself		
14	focus on here-and-now	look to the future, global perspective, "big picture"		
15	tough-minded, just	tender-hearted, merciful		
16	preparation, plan ahead	go with the flow, adapt as you go		
17	active, initiate	reflective, deliberate		
18	facts, things, "what is"	ideas, dreams, "what could be," philosophical		
19	matter of fact, issue-oriented	sensitive, people-oriented, compassionate		
20	control, govern	latitude, freedom		

ENERGY : Introverted or Extroverted

INFORMATION : Sensing or Intuitive

DECISION : Thinking or Feeling

LIFE STYLE : Judging or Perceptive

ENERGY		INFORMATION		DECISION		LIFE STYLE	
E	I	S	N	T	F	J	P

My type: _____

CHECKING KEY:

NO	A	B
1	E	I
2	S	N
3	T	F
4	J	P
5	E	I
6	S	N
7	T	F
8	J	P
9	E	I
10	S	N
11	T	F
12	J	P
13	E	I
14	S	N
15	T	F
16	J	P
17	E	I
18	S	N
19	T	F
20	J	P

EXAMPLE: USING MBTI

MYERS-BRIGGS Questionnaire

No	STATEMENT		Response	Type
	A	B		
1	expend energy, enjoy groups	conserve energy, enjoy one-on-one	B	I
2	interpret literally	look for meaning and possibilities	B	N
3	logical, thinking, questioning	empathetic, feeling, accommodating	A	T
4	organized, orderly	flexible, adaptable	B	P
5	more outgoing, think out loud	more reserved, think to yourself	A	E
6	practical, realistic, experiential	imaginative, innovative, theoretical	B	N
7	candid, straight forward, frank	tactful, kind, encouraging	A	T
8	plan, schedule	unplanned, spontaneous	B	P
9	seek many tasks, public activities, interaction with others	seek private, solitary activities with quiet to concentrate	B	I
10	standard, usual, conventional	different, novel, unique	B	N
11	firm, tend to criticize, hold the line	gentle, tend to appreciate, conciliate	A	T
12	regulated, structured	easygoing, "live" and "let live"	B	P
13	external, communicative, express yourself	internal, reticent, keep to yourself	A	E
14	focus on here-and-now	look to the future, global perspective, "big picture"	A	S
15	tough-minded, just	tender-hearted, merciful	B	F
16	preparation, plan ahead	go with the flow, adapt as you go	B	P
17	active, initiate	reflective, deliberate	A	E
18	facts, things, "what is"	ideas, dreams, "what could be," philosophical	B	N
19	matter of fact, issue-oriented	sensitive, people-oriented, compassionate	A	T
20	control, govern	latitude, freedom	B	P

ENERGY : Introverted or Extroverted

INFORMATION : Sensing or Intuitive

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ENERGY		INFORMATION		DECISION		LIFE STYLE	
E	I	S	N	T	F	J	P
3	2	1	4	4	1	0	5
E			N		T		P

Note: the total of each column must be 5.

My type: ENTP