



Place for Achieving Total Health

304 Park Avenue South, 6th Floor, New York, NY 10010

Test of Psychological Type Preferences

Name: _____ Date: _____

Please Note: This personality type indicator coincides with the Myers-Briggs Type Indicator (MBTI), which was based on Dr. Carl Jung's psychological theories, and is designed to increase our understanding of an individual's beliefs and behaviors.

Completing this personality indicator will allow for:

- self awareness
- improved understanding of the similarities and differences between ourselves and others
- couples counseling
- career counseling
- team building and organization development
- spiritual guidance
- developing the skills associated with other personality types.

The holistic approach to health includes the belief that the whole person needs to be understood in order to select the appropriate treatment. This means understanding the individual's personality, beliefs, ways of dealing with others, etc. Psychological testing is therefore a part of the total health care of a patient as well as dealing with the psychological aspects of medical illness.

Please circle the appropriate number based on your response to the question.

Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
1	2	3	4	5	6

1. I am less talkative than most of my friends.

1	2	3	4	5	6
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2. I love to read about new discoveries and inventions.

1	2	3	4	5	6
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3. It is better to be too compassionate than not compassionate enough.

1	2	3	4	5	6
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Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
1	2	3	4	5	6

4. I am rarely disappointed if I arrive at a favorite restaurant and find it is closed because I see it as an opportunity to try a new place.

1	2	3	4	5	6
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5. I prefer to wear bright colors to subdued clothing styles.

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6. I rely more on my common sense than my imagination to get ahead.

1	2	3	4	5	6
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7. I am more likely to get stirred up and passionate when people around me behave poorly toward me than shrug it off.

1	2	3	4	5	6
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8. I prefer to make a checklist and mark things off as I complete them.

1	2	3	4	5	6
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9. I openly express my opinions on nearly any topic.

1	2	3	4	5	6
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10. I am a practically minded person.

1	2	3	4	5	6
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11. I almost always struggle when I should say "no" to someone asking for help.

1	2	3	4	5	6
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12. I am very good at planning and organizing, so others typically look to me for help when things need organizing.

1	2	3	4	5	6
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13. I can easily name a dozen friends, who are not my relatives, who work in completely different fields.

1	2	3	4	5	6
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14. I feel most comfortable learning something through hands-on experience.

1	2	3	4	5	6
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15. I never try to "sugar coat" the truth, even if the truth hurts.

1	2	3	4	5	6
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16. Following a schedule is my favorite way to get everything done.

1	2	3	4	5	6
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Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
1	2	3	4	5	6	
17. Being around too many people is often stressful; I need time to be by myself.	1	2	3	4	5	6
18. I would prefer to design something rather than build it.	1	2	3	4	5	6
19. I stay detached and unemotional if someone attempts to start an argument with me.	1	2	3	4	5	6
20. When driving, I am more conscientious than the average driver about obeying traffic laws and speed limits.	1	2	3	4	5	6
21. I nearly always ask questions and voice my concerns when something is unclear to me.	1	2	3	4	5	6
22. I prefer to spend my free time thinking about the future and what possibilities lie ahead than day to day events.	1	2	3	4	5	6
23. When someone is annoying me, I tell him or her immediately so we can rectify the situation.	1	2	3	4	5	6
24. My living area is frequently in a state of chaos.	1	2	3	4	5	6
25. When meeting someone for the first time I prefer to get the conversation started.	1	2	3	4	5	6
26. I would rather listen to someone who spoke plainly than to someone who used a large vocabulary.	1	2	3	4	5	6
27. All matter in life can best be handled with reason and logic.	1	2	3	4	5	6
28. If I am expected to do my best, I insist on working in a neat and orderly environment.	1	2	3	4	5	6
29. I like meeting people and making new friends.	1	2	3	4	5	6

Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
1	2	3	4	5	6	
30. I prefer finding unusual and unorthodox ways to get things done. I am likely to experiment with replacing tried-and true procedures.	1	2	3	4	5	6
31. I would rather have a reputation for being tough minded than tender hearted.	1	2	3	4	5	6
32. I do my best work when I am up against a deadline and feel really pressured for time.	1	2	3	4	5	6
33. I prefer a job that permits me to have a lot of interaction with people.	1	2	3	4	5	6
34. I arrive at decisions by carefully thinking things through rather than trusting my instincts.	1	2	3	4	5	6
35. I trust the reasoning of people who take a scientific approach to problem solving.	1	2	3	4	5	6
36. When I take a vacation, I plan out all the packing, how much money I will be taking, my eating arrangements, my travel schedule, etc	1	2	3	4	5	6
37. Some people might say my laugh is a little loud.	1	2	3	4	5	6
38. When I see a movie I get so caught up in it that if someone was swimming underwater I might hold my breath.	1	2	3	4	5	6
39. I prefer to agree with someone for the sake of avoiding an argument, even when I know they are wrong.	1	2	3	4	5	6
40. I try to put a set amount of money into savings on a regular basis.	1	2	3	4	5	6
41. I would rather take a walk in a pristine forest than go to a Hollywood party and meet some famous celebrities.	1	2	3	4	5	6

Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree	
1	2	3	4	5	6	
42. If I had to send a greeting card to a friend, I would prefer to send one with a safe, traditional message.	1	2	3	4	5	6
43. I am highly skeptical about things, even about beliefs that most people accept as true.	1	2	3	4	5	6
44. I believe thrifty can be another word for boring.	1	2	3	4	5	6
45. If asked to give a speech I would be reluctant to do it.	1	2	3	4	5	6
46. I rely on my intuition to tell me there is a problem with something.	1	2	3	4	5	6
47. While both qualities can be important, I am more inclined to be competitive than nurturing.	1	2	3	4	5	6
48. Finishing a project always seems to take me three times as long as I planned it would.	1	2	3	4	5	6
49. I prefer to read about a subject rather than talk about it.	1	2	3	4	5	6
50. I find the ideas of great thinkers who can revolutionize our concepts of the universe very inspiring.	1	2	3	4	5	6
51. I have difficulty concentration on my work when people around me are too high-strung.	1	2	3	4	5	6
52. I like to make my holiday and vacation plans well in advance.	1	2	3	4	5	6
53. When I have too much to do, I can easily enlist others to chip in.	1	2	3	4	5	6
54. I get annoyed with people who jump from subject to subject.	1	2	3	4	5	6

Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
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55. If I were a supervisor or a team leader, I would pay more attention to treating everyone fairly, than praising the behavior of those who need or deserve it.

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56. When putting together a new purchase requiring assembly, I first read all the directions, and then follow them step-by-step.

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57. In most conversations I usually think of the clever thing to say later, after I have had time to think about it.

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58. It is more important for me to stand out from the crowd than to fit in.

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59. I prefer to deal with technical problems rather than people.

1	2	3	4	5	6
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60. I hate being late for appointments, so I always make an extra effort to get an early start.

1	2	3	4	5	6
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References:

1. Johnson, Don. Sun River Consulting. 2000.
2. Consulting Psychologist Press, Inc. Myers-Briggs Type Indicator. 1977.