

Personality psychology and seventy question test essay

[Business](#), [Career](#)



There was no way a seventy question test where you can only select between the letters " A" and " B" could possibly tell me how I am, how I feel, and how I react to certain experiences. The test made me choose between two extremes. Therefore, allowing me to think I would receive one of the two extreme personalities. After obtaining the results, I was very surprised on how everything matched with me to a tee.

It was as if someone already knew my path of life from knowing my own personality and how I experience the world; I tested as ISFJ. The letter " I" stands for introverted; Characteristics of an introvert are being quiet, thinking before acting, and being self motivated. When it comes to social interaction I do tend to be very shy and keep to myself. I am always asked " why are you so quiet?" when I am out with a group of people or in a class. I, also, over think or analyze every detail before I do or say anything; especially, when it comes to school work.

Nothing drives me more nuts then having to do a school project because I make sure everything is okay or a least decent to be handed in. The next letter, " S", stands for Sensing which means someone who is practical, realistic, remembers tones of voices or facial expressions, respects facts, etc. I thought it was really interesting how the test results told me I remember greatly tones of voices or facial expressions because I have a hard time remembering someone's name but, if I were to see their face or hear their voice I can easily remember who that person is. I am very practical when it comes to work or to school. I do things for the matter of doing them because I have to and I never really question the reasoning or purpose behind it. The

letter “ F” stands for feelings. This means generally someone who is a people pleaser and is unsettled by conflict. I try my hardest to make everyone happy and positive, when I feel the slightest negativity coming from the person around me I tend to blame myself.

I have never liked fighting and loud bickering; Arguing makes me regress from the surrounding and makes me want to be myself. The last letter, “ J”, stands for Judging. Characteristics of judging are thinking ahead, using of standard routines to manage life, and work best without stress and ahead of deadlines.

I am the type of person that likes to play every possible scenario in my head and know what I might run into before I go and take action. I have the same characteristics as those described by each letter I received from the test results. I personally think I am very much like ISFJ, but I had to ask others to see if they thought the same way. I decided to ask my neighbor, Chris, who runs into me almost everyday. I gave Chris the packet containing the test results and he immediately agreed that I was a very quiet person and was always concerned about what other people thought or felt.

He also thought I was patient with detail and routine since he sees me run through a week doing the same exact tasks or motions. I, also, gave the packet to my best friend, Cynthia. The one person I spend most of my time with; She would definitely know how I act and perceive things. She agreed with all my weaknesses on how I try to do everything myself, bottle up my feelings, and try to always take on the rescuing role.

For example, she told me I only tell her when something is bothering me when I can not put up with it anymore. Not only do I agree with the personality test, but so does a few others that know me well. Personalities are partly developed by habits and actions picked up or observed by those around them. Parents are a huge influence on their children's personalities; I am who I am mostly because of how I was raised. I believe I am very quiet and anti-social because I moved around a lot. I never stayed in a place long enough to develop long-term friends, thus, socializing was always difficult for me. I am also very good at managing my time because my mother would set certain schedules during the week.

For example, every morning we'd have to take our vitamins and every Sunday was a cleaning day for everyone in our household. I have a strong work ethic because I always observed my mother's dedication to work and making sure she met her deadlines on time. I owe a lot to how I am to my mom. Taking this personality test allows you to know your strengths and weakness. This can be a great benefit for me because now I know how I can approach life situations that are given to me since I know how I'll react to them. For example, if I was to get involved in a friendship in which I am constantly being pushed around, then I would voice my feelings since I know I am prone to bottle my feelings up. I can, also, find a career in which I can utilize my strengths and be very successful. A few career choices I received that fit ISFJ are nursing, home health aid, and elementary school teacher.

When I first began college I always knew I wanted to pursue a nursing career, but I never knew if I had the ability to do it. Taking the personality

allows me to feel more secure in my choice in career since I know I can use my strengths to be successful. All in all, I was a little skeptical about the results I'd receive from the personality test. When I came to reading the results I was very surprised that it was very much who I was; I am ISFJ (Introverted Sensing with Extraverted Feeling).