

Personlities

Psychology



Theories of Personality Theories of Personality The Myers-Briggs Type Indicator (MBTI) is one of the common tests that the globe relies on in analyzing different personalities. The MBTI was developed to enhance the understanding of psychological types that had been by Jung. According to the MBTI, there are 16 personalities in the globe developed by combining the four critical aspects considered by the MBTI tests. This paper will examine the personality types of Martin Luther and Opra Winfrey and offer a comparison of their personality traits to that of the self.

According to the illustrated biographies developed by Suzane Cloninger, in her book titled “ Theories of Personality-Understanding persons,” it appears that Martin Luther is an introvert. In accordance with the MBTA personality types, Luther’s personality type is represented by the four letters, INFJ. The first letter implies that Luther was an introvert. Usually withdrawing to himself when he wanted to rejuvenate. Moreover, Martin Luther had a strong sense of intuition hence has been described as someone who believed in his feelings. Because of his evident concern for the needs of others, especially the suffering of black Americans and his struggle to eradicate the segregation faced by African Americans illustrates that he was a “ feeler.” The fourth letter implies that Luther was the person who indulged in extensive planning. When he had strategies, he worked towards achieving the goals defined by the strategies (Cloninger, 2012). Luther had an intriguing personality that was evident in his actions on the right of the African Americans.

On the other hand, Oprah Winfrey an influential media personality has often been described as an extrovert. Although she chooses not to expose certain aspects of her private life into the public, she an extrovert and rejuvenates

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when she spends time with people. In other aspects, she is intuitive and a feeler a factor that is evident from the way she connects to people's needs on her show (Cloninger, 2012). Finally, she prefers to judge by creating a bigger picture of things and planning on how to achieve them.

Martin Luther's personality type seems to be close to a closer combination of my own personality. This is because of my introverted nature as well as the ability to connect to people's needs. Moreover, when making decisions, I prefer to have an effective plan in place, a factor that ascertains that I prefer judging. On the other hand, my personality type is close to Oprah Winfrey's except for the fact that she is an extrovert while I am an introvert.

Description of the MBTI Four Letters

Extraversion/ Introversion

According to Jung, these two psychological preferences denote where an individual directs his/her energy. If an individual prefers to direct energy to people and things, he is considered an extrovert (E). On the other hand, people who prefer their inner world and rejuvenate by spending time alone or indulging in solitary activities are described as introverts (I).

Sensing / Intuition

Sensing denotes a preference to regard information obtained through the different senses highly. On the other hand, others prefer to accord their attention to the patterns evident in the received information.

Thinking/ Feeling

This pair denotes the act of either thinking or feeling involved in decision making. Thinkers make their decisions governed by existing principles and facts without the personal preferences. On the other hand, feelers exhibit personal concerns and consider the relationships existing between them and

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people before they make a decision (Cloninger, 2012).

Judging/ Perceiving

The fourth letter denotes the preferences of people's lifestyles. Judging denotes a preference for an orderly and well planned out lifestyle. On the other hand, perceivers exhibit a preference for an adaptable lifestyle. The four pairs of letters used in the MBTI test are significant when determining my personality type. A close analysis reveals that I am an INFJ personality type (Ryckman, 2008).

I- I am an introvert because I prefer to rejuvenate in solitary places and spent time alone meditating.

N- I am intuitive because I see patterns in the kind of information I receive.

F- I am a feeler because I give consideration to personal concerns and make decisions which are affected by the type of relationships I have with people.

J- I prefer judging to perceiving because I am more comfortable living an orderly lifestyle.

The Sand Play Course

The Sand Play course focuses on the sand play therapy, which serves as an effective technique helping an individual reveal their internal symbolic world. Using sand, water and miniature objects, and this form of therapy helps an individual construct the imaginary world. From the symbols the individual makes, then the therapist can help him or her undergo different experiences. The basis of this technique is that an individual has a natural healing psyche (Ryckman, 2008).

Alfred Adler Video of Psych of Personality

After watching this video on YouTube, it emerges that Alfred Adler discusses different aspects of personality. According to Alfred, understanding ones

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personality is a critical step towards self-acceptance. He then ventures on explaining the different theories that govern the understanding of personalities. He discusses the psychological processes that govern an individual in different stages of life. This assignment has proved to be of critical significance in helping me understand my personality type as well as theories that explain the development of different personalities. Throughout this course, I understand multiple aspects regarding my personality, things that I was un-aware before.

References

Cloninger, S. C. (2012). *Theories of personality: Understanding persons*. S. I.: Prentice Hall.

Ryckman, R. M. (2008). *Theories of personality*. Belmont, CA: Thomson/Wadsworth.