

Self exploration essay



When I found out that this paper had to do with self directed questionnaires related to personality and learning style, I was very intrigued. I have always found pleasure in doing these sorts of questionnaires, while trying to figure out some of my personal characteristics. I started off by doing the HumanMetrics test. I had done this test a couple years ago, but I know that I have changed over the past few years. I felt like some of the answers I could have responded with "sometimes" instead of a solid "yes or no". I will go through majority of the questions and explore how they relate to me. I am the type of person where if you were to see me you would think I was very quiet but once I get comfortable with you, I open up and then I can be an open book.

I do find it hard to speak loudly but that may also be due to the fact that I am soft spoken. I lend out a helping hand without asking anything in return and I love the feeling that I get when I do so. Although, I will admit there have been times when I do feel that I have gone above and beyond and have felt I deserved something in return yet not received it. I am very sensitive so I have tried to deal with situations like these where it does not get me upset. Saying that, it is easy for me to sympathize with people and empathize with the concerns of others. Punctuality has always been a problem for me, no matter even if I try and leave 5 minutes early, something always comes up to make me right on time or a couple minutes late.

I am usually on time for my shifts at work but when it comes to appointments or meeting friends I am usually tardy. When it comes to deadlines though, I work best under pressure. I do enjoy having a wide range of acquaintances but I feel when it comes down to it my closest friends are

the ones that matter most. When it comes to my spare time I do not enjoy being alone but spending it with friends or family, not always going out and socializing but enjoying eachothers company. When I do an abundance of socializing though, I do feel the need to take a time out and put aside to myself. I look forward to my weekends and I get excited when certain events or parties are about to happen. People tend to tell me I am excitable.

I do not enjoy being the centre of attention, so I usually put myself to the side of the room rather than in the middle when it comes to social gatherings. As I mentioned before I am sensitive and sometimes I act on my emotions rather than on reason. This is something I am trying to learn to deal with better. I can sometimes be impulsive on my decisions because I get caught up in the moment.

At times, this had lead to good decisions and other times, bad decisions. I find myself acting in impulsive ways when I feel insecure about something. Having this type of attribute in some ways contradicts how I am a planner and I carefully plan out my days and weeks, I don't really rely on improvisation because I like the feeling of security, so when I am in this mode its hard for me to roll off my path. I do have a thirst for adventure though and my imagination is very creative.

I analyze a lot of situations and I like to take time thinking about how things can be improved. Although I may be quiet, I do enjoy working in fast paced environments. I find they make me open up more. I used to be a cocktail server for years and this was very fast paced. I was sort of forced to be more open. The results from this test showed that I am a slightly expressed

extravert, I have a moderately sensing personality, I have a moderately expressed feeling personality and I have a slightly expressed judging personality. The description of D. Keirsey says I am a “ Provider” which I believe to be quite accurate.

The qualities of a provider that best suit me are that they are highly cooperative, enjoys teamwork and takes it upon themselves to ensure health and welfare of those in their care. I am very friendly and outgoing and a great host. As I mentioned earlier I am sensitive and sensitive to what others think of me. I am extremely loving and affectionate and need that in return. After the HumanMetrics test I then decided to do the Color Quiz. This as well seemed pretty accurate. My “ existing situation” mentioned I am in a situation that is not quite going my way, but I am persistent to do things my way.

This situation that they may be referring to could have to do with where I am in life right now. I am 27 years old and going back to school for my second degree in Psychiatric Nursing. It is not ideal, that if I get into the program I will be finished in my 30’s but that is the way I played the cards. I finally figured out what I want to do with my life so now I have to deal with the way it is laid out. Realistically, I wish I was already a Psychiatric Nurse at the age of 27. The “ stress sources” mention I am looking to stand out in a crowd, but can’t find anyone who values the same high standards as I do and that I want to give into my carnal urges but do not want to seem weak. I feel it is easy for me to get discouraged so I give up instead of trying harder the second time.

Becoming a Psychiatric Nurse is what I really want to do. Throughout the process of getting there I have felt discouraged and have searched for other ways out. I have managed to stick through the tough times and have made it this far, so I am not turning back.

If I am not accepted into the program it will be a bridge I will have to cross when the time comes and there is no point on worrying about it now. I do seek approval from everyone and I believe I do this to convince myself that the decisions I am making are the right ones. Also, I feel encouraged when I get approval.

This ties in with my “desired objective” because I do want to be seen as someone who has accomplished a lot in her life and has worked hard for it. As it mentioned I am emotional, sensitive and romantic. The “restrained characteristics” mention that I am emotionally distant from those close to me and that I apply tough standards on my potential partner. I do have tough standards for my boyfriend at the moment but that could be because I will tolerate nothing less than absolute respect from him.

If I feel I am ever being disrespected he will not hear the end of it. I will not put up with any condescending behaviour or arrogance, so if I ever feel I am being mistreated I stand up for myself. I wouldn't say I am emotionally distant from those close to me; just lately I have kept a lot to myself.

I feel that in the past, I have been an open book about situations in my life and it hasn't been the best idea. The “actual problems” mention that I am disappointed and let down. I wouldn't say this is entirely true but I do tend to get let down a lot, but that could also be because I am sensitive. I make sure

my relationships are with people that bring out the best in me and I try to rid of the people who bring me down. It mentions I fantasize about a world where things would always go my way and my desires are easier to reach.

This is true, I do think about how my life would be if things would always go the way I wanted, but then life would be easy. Life isn't meant to be easy, there are many forks in the road that we need to deal with along the way. Do you really think if everyone got there way all the time, everything would be perfect? I don't think so at all. In conclusion, this assignment really helped me self explore. It made me think deeper into the type of person I am and where I would like to be. Self analysis is very important and its something everyone should take the time to do once and awhile.

You may find out something about yourself you never knew!