

Quiz 1

HOW COMPATIBLE ARE YOU AND YOUR DATE? Personality Quiz

For each question check one of the two choices. Please note: you may feel you want to check both but please try to pick your *first* reaction (without analyzing it). Even if it is hard, to choose try to pick an answer for each question. There are no right or wrong answers, only personality differences.

SECTION #1

When I've had a stressful day I prefer

A. Quietly unwinding

B. Being with friends

When I'm upset the first thing I want to do is

A. Think it through

B. Vent to several people

SECTION #2

If I'm trying to find out about something, I concentrate my efforts on

A. Making sense of all the pieces

B. Reviewing the facts

I tend to look at

A. The big picture

B. The details

SECTION #3

When I'm deciding how to handle an issue I think it is most important to consider

A. How it will affect others

B. How logical it is

Which would my friends be more likely to call me?

A. Emotional

B. Intellectual

SECTION #4

When there is a job to do I usually

A. Have a specific way I like to do it

B. Do it however I reasonably can

People would probably call me

___A. Organized/planner

___B. Relaxed/spontaneous

Scoring: Add up the number of “A” choices or “B” choices for each SECTION.

SECTION #1

2 A's=Private Personality

2 B's = Outgoing Personality

(1 A & 1B = inconclusive)

SECTION #2

2 A's = Instinctive Personality

2 B's = Detailed Personality

(1 A & 1 B = inconclusive)

SECTION #3

2 A's = Heart Personality

2 B's = Head Personality

(1 A & 1 B = inconclusive)

SECTION #4

2 A's = Planner Personality

2 B's = Adapter Personality

(1 A and 1 B = inconclusive)

List your four personality traits; then read below to see what they mean.

INTERPRETATION:

I. Your personality:

SECTION #1 measures where you get your **energy**:

Private people tend to get refreshed by being alone (example a walk in the woods)

Outgoing people tend to be re-energized by being with others

SECTION #2 Measures how you gather information:

Instinctive people pay close attention to what is *not* said, to tone of voice and other clues.

They may seem “psychic” because they sense what they can't explain. They tend to be interested in ideas and concepts. They “see the forest.”

Detail people pay more attention to what they can see, hear, touch, smell, taste and feel.

If something cannot be measured, counted, etc. and observed with the senses, it may seem less real. They “see the trees.”

SECTION #3: Reflects how we make decisions:

Heart people pay more attention to their feelings and the feelings of others.

Head people pay more attention to what seems reasonable, logical and smart.

SECTION #4. Reflects how you use time.

Planners have high standards for how things “should” be done and they like to know what they are doing when. If they are going to a restaurant they want a reservation.

Adapters like to keep all their options open and see what they feel like doing when the time comes. And they may change plans on the spur of the moment if “better offer” comes along.

Once you have figured out your own personality, ask your date to fill out the questionnaire, too. Or, fill it out as best you can, based on what you know about them and refer to the above description to understand how they react to their world.

II. How Your Differences Can Affect Your Relationship.

SECTION #1. Where your differences may clash:

The **Private** person may be annoyed that the **Outgoing** person is always pressuring them to go out or have friends over. The **Outgoing** person may complain that the **Private** person is no fun or, worse, feel rejected when he/she wants to be alone.

But they are good for each other, too. Because a **Private** person can help the **Outgoing** person relax and get in touch with themselves; and the **Outgoing** person can help the **Private** person be more sociable.

SECTION #2. Where your differences may clash:

An **Instinctive** person can drive a **Detailed** person crazy because Instinctives may seem absent minded or like dreamers.

A **Detailed** person may annoy an **Instinctive** person because the detailed person can get lost in the details and seem too literal and not creative.

But they are good for each other, too. **Instinctive** people often notice important nuances that the detailed miss. And the **Detailed** person is often much more practical and helps life run smoother by remembering to put gas in the car, for instance.

SECTION #3. Where your differences may clash:

Heart people may accuse **Head** people of being “heartless” or insensitive.”

Head people may accuse **Heart** people of being too sentimental and weak.

They can also be good for each other because some decisions are usually best made from looking at the facts, example finances; whereas others, such as family relationships, usually need more concern for feelings.

SECTION #4. Where your differences may clash:

Planners are often annoyed with an Adapter because Adapters do not do things “right” or thoroughly and because they “never plan ahead.”

Adapters often feel criticized and accused of being lazy and unorganized.

They can be good for each other too. **Planners** can help life run smoother and **Adapters** can help planners be spontaneous and have more fun.

None of these personality types are right or wrong. But if you are totally different on more than two of these four personality areas you may want to be cautious about marrying this person.

This is just a very quick introduction to personality differences based on the Myers/Briggs personality inventory. It is not meant to be definitive.