Psychodynamic Approach Survey

Instructions: For each of the following eight sentences, rate the degree to which you believe it describes you on a scale of 1 to 6, as described in the key. The sentences are paired in such a way that your ratings for each pair should add up to 7 (e.g., if you rate one sentence with a 3, then the other sentence in the pair should be rated a 4). For example, you might rate the first two sentences like this:

I am sociable, outgoing, gregarious, a people person, and talkative. 1 2 3 4 5 6
I am reflective, deep, internally focused, an idea person, and quiet. 1 2 3 4 5 6
So the total of the two ratings is 6 + 1 = 7.

When you have completed the questionnaire and scoring procedures for yourself, ask someone you know to rate herself or himself. This step is important because the questionnaire is intended to allow you to compare your personality type to that of another person.

Key: 6 = Always 5 = Often 4 = Usually 3 = Sometimes 2 = Rarely 1 = Never
true true true true true true

1. I am sociable, outgoing, gregarious, a people person, and talkative. 1 2 3 4 5 6
2. I am reflective, deep, internally focused, an idea person, and quiet. (Total ratings for items 1 + 2 = 7)
3. I am practical, realistic, and factual, and I like details. 1 2 3 4 5 6
4. I am conceptual, theoretical, future oriented, and a generalist. (Total ratings for items 3 + 4 = 7)
5. I am firm, just, clear, and detached in decision making. 1 2 3 4 5 6
6. I am humane, harmonious, and subjective, and I like multiple inputs. (Total ratings for items 5 + 6 = 7)
7. I am structured, scheduled, planned, and in control. 1 2 3 4 5 6
8. I am adaptable, flexible, spontaneous, and open. (Total ratings for items 7 + 8 = 7)

Scoring

Circle your ratings for each sentence on the following chart.

Sentence 1: Extravert (E) 1 2 3 4 5 6
Sentence 2: Introvert (I) 1 2 3 4 5 6
Scoring Interpretation

Your psychological type consists of four out of the eight paired preferences: E or I, S or N, T or F, and J or P. First look at whether your rating for E is higher than for I. If it is higher, then that is part of your type. Based on the scores in the chart above, pick one of the two letters in the following pairs:

Sentences 1 and 2: E I
Sentences 3 and 4: S N
Sentences 5 and 6: T F
Sentences 7 and 8: J P

In some of the pairs your ratings probably will be very different. For example, your rating for S might be 6, which makes your score for N 1. That is a strong indication that you prefer the sensor function. In other cases your ratings might be much closer together. For example, you may have given the thinker sentence a rating of 4 and the feeler sentence a rating of 3. That is not a strong preference, so your type could include either T or F. That is fairly common, even in the MBTI (e.g., such a person might be both ENTJ and ENFJ, indicating that the thinker and feeler ratings were close to each other).

The psychological type method is interesting when you apply it to yourself, but is much more useful in comparing your own type with that of another person. Therefore, you should ask someone you know or work with to rate himself or herself on the questionnaire. After you have scored this person's ratings, you can compare his or her type with yours. Although this method is useful, the best way to get an assessment of your personality type is to take the MBTI test under the direction of a counselor or someone else who is qualified to give and interpret the test.