

## **Personality & Identity:** Who am I really? Can I accept that?

### **Learning Objectives:**

1. Know your 4 letter personality type results based on the temperament sorter
2. Be equipped to further investigate personality types

### **Notes: E & I | S & N | T & F | J & P**

1. **Extraversion – Introversion:** Where a person gets their energy. **Extravert's:** source and direction of energy expression is mainly in the external world, **introvert's** source of energy mainly in their own internal world. (I.E. Recharged by spending time alone)
2. **Sensing – Intuition:** How a person perceives information. **Sensing** in general the person mainly trusts information they receive directly from their external world (using their 5 senses). **Intuition** means a person trusts mainly information he or she receives from their internal or imaginative world.
3. **Thinking – Feeling:** How a person processes information. **Thinking:** the person makes decisions mainly through data & logic (based on the data I plan to do...) **Feeling:** the person makes decisions based on their emotion (I feel like I should do...)
4. **Judging – Perceiving:** How a person uses the information he or she has processed. **Judging:** the person organizes all their life events and sticks to their plans. **Perceiving:** the person is more inclined to improvise and explore alternative options.

### **Application / Activation Exercises:**

1. **Prayer:** Keep asking “God, show me who I am”
2. **Go learn about your personality type:**
  - a. <http://www.humanmetrics.com/>
  - b. <https://www.16personalities.com/>
  - c. <http://www.humanmetrics.com/personality/type>