

ThinkingFeelingBeing

The most fascinating and misunderstood person in the world is YOU.

Source

<https://thinkingfeelingbeing.com/2023/01/08/the-most-fascinating-and-misunderstood-person-in-the-world-is-you/>

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The most fascinating and misunderstood person in the world is YOU.

“The unexamined life is not worth living” is a famous dictum supposedly uttered by Socrates. This is a republic of something I made available as part of “client resources” and is partly inspired by the recent discovery of the HEXACO model of personality structure, which includes Honesty-Humility.

There are lots of Personality Assessments available. There are many complex, professional and branded tools and many professionals who for a fee will offer you insights and opinion

Here are some summaries and some links to FREE tools find out more and try a self-assessment.

MYERS BRIGGS MBTI

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The best know is Myers Briggs MBTI

The Myers–Briggs Type Indicator is an introspective self-report questionnaire indicating differing psychological preferences in how people perceive the world and make decisions. The test attempts to assign four categories: introversion or extraversion, sensing or intuition, thinking or feeling, judging or perceiving.

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	SENSING		INTUITION	
INTROVERT	ISTJ 11.6%	ISFJ 13.8%	INFJ 1.5%	INTJ 2.1%
	ISTP 5.4%	ISFP 8.8%	INFP 4.4%	INTP 3.3%
EXTROVERT	ESTP 4.3%	ESFP 8.5%	ENFP 8.1%	ENTP 3.2%
	ESTJ 8.7%	ESFJ 12.3%	ENFJ 2.5%	ENTJ 1.8%

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The MBTI instrument has four sets of letters:

1. E and I stand for Extraversion and Introversion—indicating whether you get energy from being around people or from time spent alone.
2. S and N stand for Sensing and Intuition—indicating whether you become aware of specific facts and concrete details or prefer to focus on hunches and the big picture.
3. T and F stand for Thinking and Feeling—indicating whether you tend to make decisions based on logical analysis and the principles involved or prefer to decide by considering your values and promoting harmony for the people involved.
4. J and P stand for Judging and Perceiving—indicating whether you prefer your life to be planned and like it when things are decided or prefer to go with the flow and like keeping your options open.

There are broadly 16 personality types.

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1. Analysts Architect INTJ-A / INTJ-T Imaginative and strategic thinkers, with a plan for everything.
2. Logician INTP-A / INTP-T Innovative inventors with an unquenchable thirst for knowledge.
3. Commander ENTJ-A / ENTJ-T Bold, imaginative and strong-willed leaders, always finding a way – or making one.
4. Debater ENTP-A / ENTP-T Smart and curious thinkers who cannot resist an intellectual challenge.
5. Diplomats Advocate INFJ-A / INFJ-T Quiet and mystical, yet very inspiring and tireless idealists.
6. Mediator INFP-A / INFP-T Poetic, kind and altruistic people, always eager to help a good cause.
7. Protagonist ENFJ-A / ENFJ-T Charismatic and inspiring leaders, able to mesmerize their listeners.
8. Campaigner ENFP-A / ENFP-T Enthusiastic, creative and sociable free spirits, who can always find a reason to smile.
9. Sentinels Logician ISTJ-A / ISTJ-T Practical and fact-minded individuals, whose reliability cannot be doubted.
10. Defender ISFJ-A / ISFJ-T Very dedicated and warm protectors, always ready to defend their loved ones.
11. Executive ESTJ-A / ESTJ-T Excellent administrators, unsurpassed at managing things – or people.
12. Consul ESFJ-A / ESFJ-T Extraordinarily caring, social and popular people, always eager to help.
13. Explorers Virtuoso ISTP-A / ISTP-T Bold and practical experimenters, masters of all kinds of tools.
14. Adventurer ISFP-A / ISFP-T Flexible and charming artists, always ready to explore and experience something new.
15. Entrepreneur ESTP-A / ESTP-T Smart, energetic and very perceptive people, who truly enjoy living on the edge.
16. Entertainer ESFP-A / ESFP-T Spontaneous, energetic and enthusiastic people – life is never boring around them.

***Take a self assessment test here**

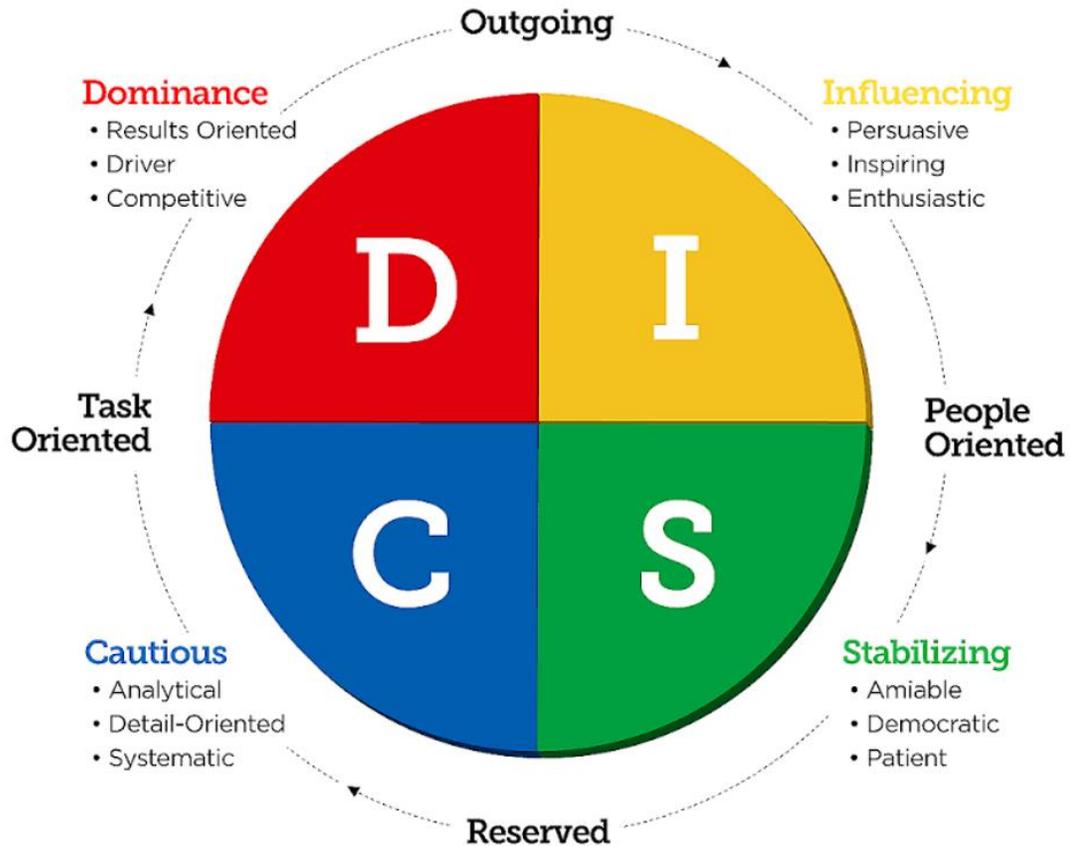
<https://www.16personalities.com/>

DISC

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DISC is simpler (and therefore more popular) summarising people as follows.



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1. D- Direct Demanding Decisive Determined Doer NT TASK OUTGOIN
2. I – Influencing Impressionable Interactive Impressive NF PEOPLE OUTGOING
3. S- Supportive Stable Steady Sweet SF, PEOPLE, RESERVED
4. C- Calculating Competent Conscientious Contemplative ST, TASK, RESERVED

Note the links to MBTI using the letters N, T, S and F to note preferences

***Take a self assessment test here**

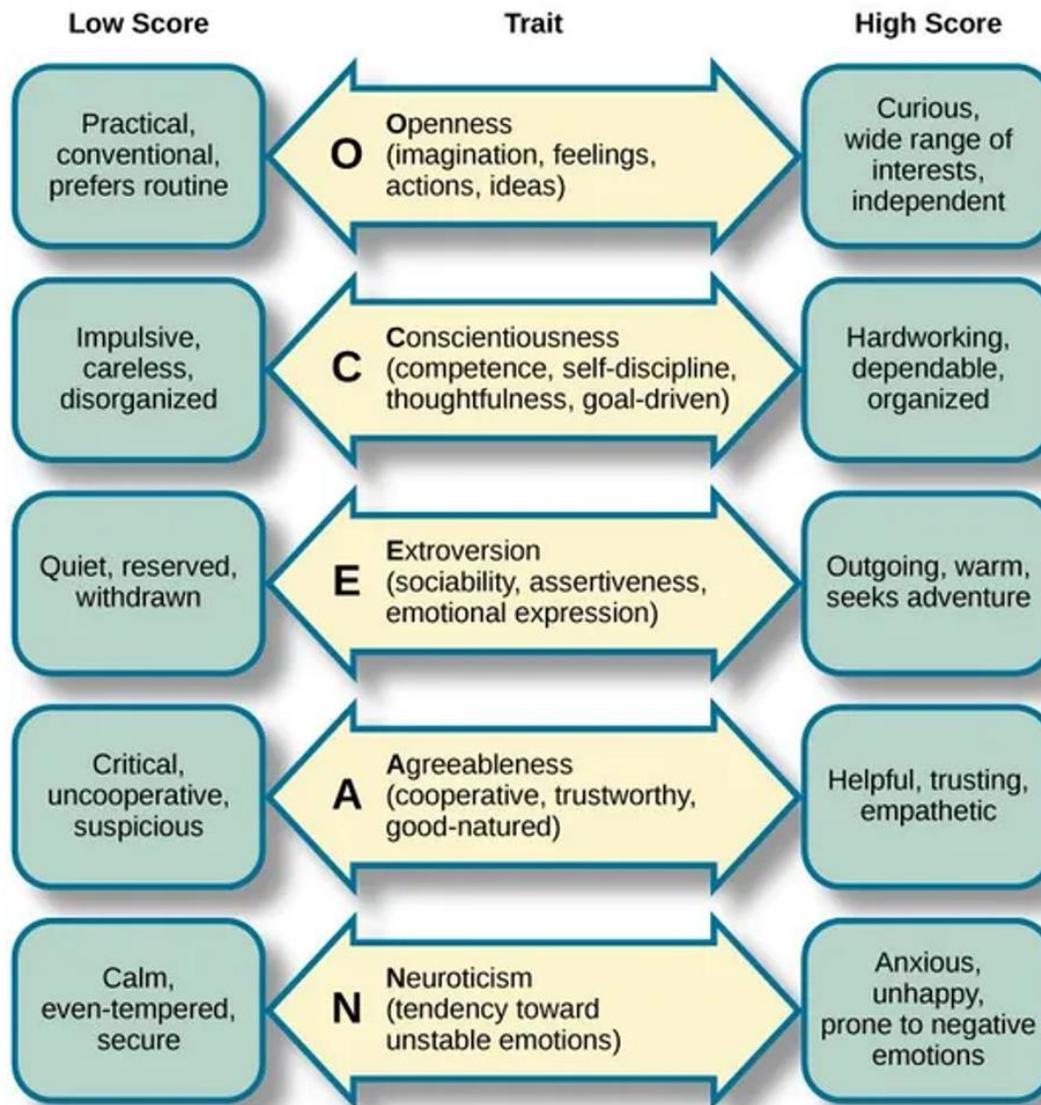
<https://discpersonalitytesting.com/free-disc-test/>

OCEAN – BIG FIVE PERSONALITY

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The Big Five personality traits is a suggested taxonomy, or grouping, for personality traits



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The theory identifies five factors OCEAN:

1. openness to experience (inventive/curious vs. consistent/cautious)
2. conscientiousness (efficient/organized vs. extravagant/careless)
3. extraversion (outgoing/energetic vs. solitary/reserved)
4. agreeableness (friendly/compassionate vs. critical/rational)
5. neuroticism (sensitive/nervous vs. resilient/confident)

***Take a self assessment test here**

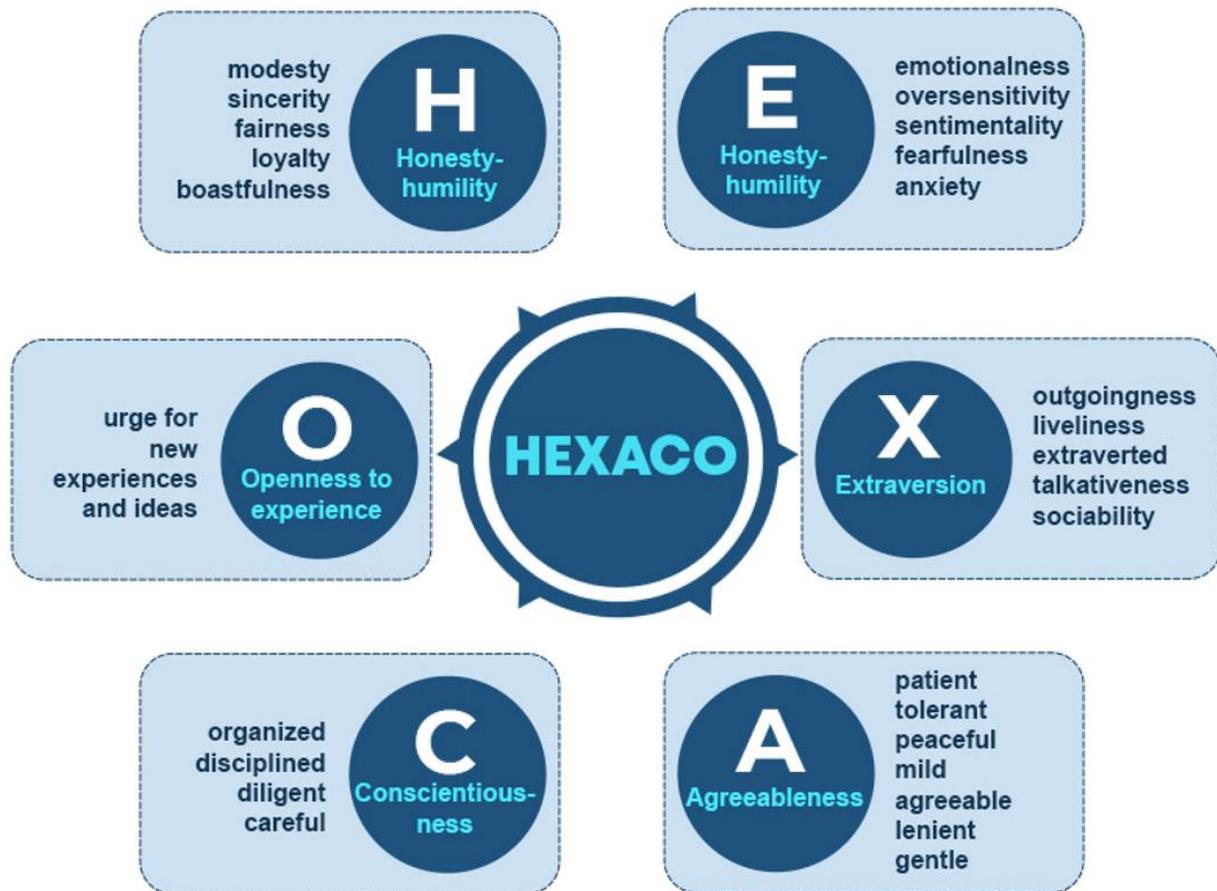
<https://openpsychometrics.org/tests/IPIP-BFFM/>

THE HEXACO PERSONALITY INVENTORY

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MIND  HELP



MINDJOURNAL

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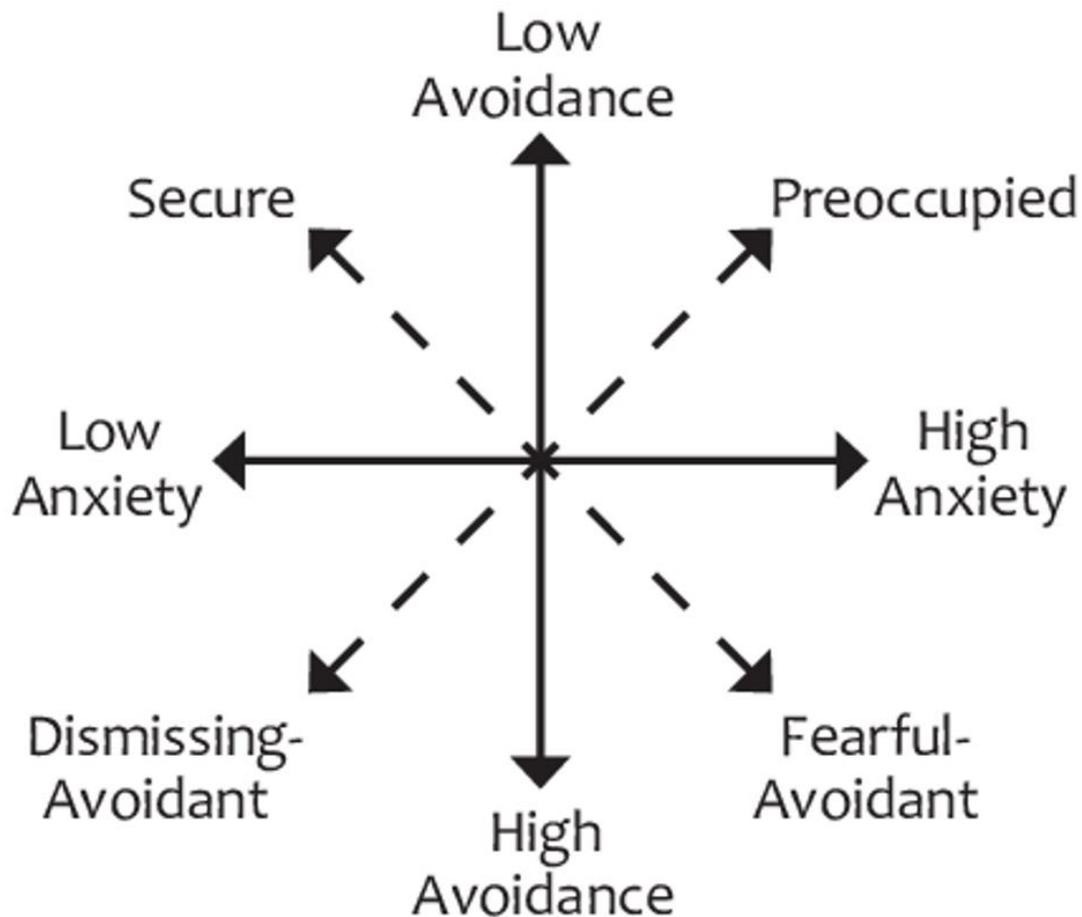
An interesting alternate to OCEAN. The HEXACO-PI-R assesses the six personality dimensions of the HEXACO model of personality structure, namely Honesty-Humility, Emotionality, Extraversion, Agreeableness, Conscientiousness, and Openness to Experience

***Take a self assessment test here**
<https://hexaco.org/hexaco-online>

ATTACHMENT THEORY
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If you look at the biographies and histories of any of great leaders it is clear that family, culture and community are big factors in their nature and nurture which have shaped their attitude and leadership.

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Attachment can be defined as a deep and enduring emotional bond between people in which each seeks closeness and feels more secure when in the presence of the attachment figure.

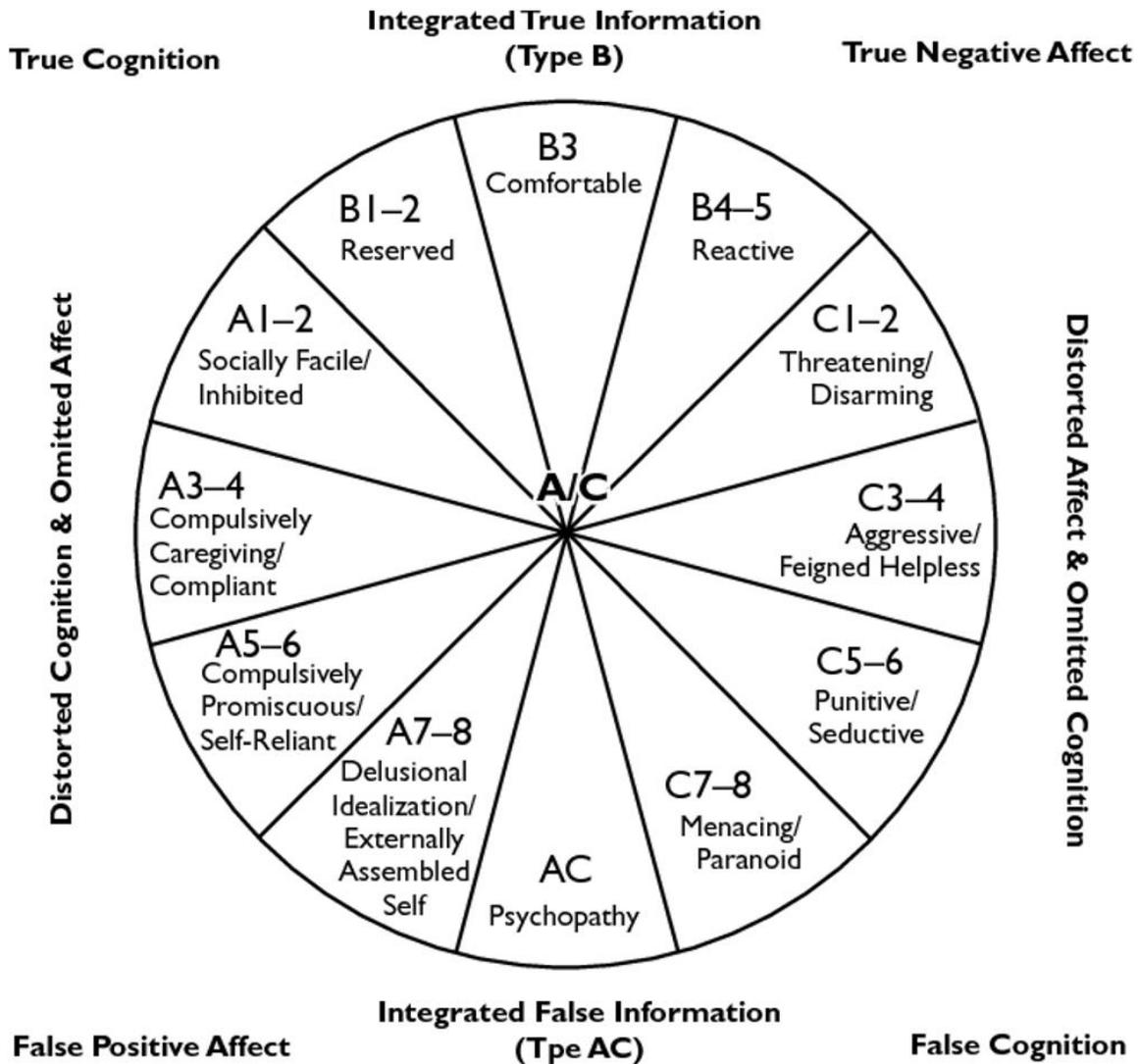
I believe attachment theory; maternal deprivation and social isolation; mental representations and working models; patterns of attachment; romantic partners; and resilience all gave an effect on your personality, management and leadership style.

***Take a self assessment test here**

<https://www.attachmentproject.com/attachment-style-quiz/>

The Adult Attachment Interview AAI is a semi-structured interview, and it is used to categorize adults' state of mind with respect to attachments. These classifications are secure-autonomous (F), dismissing (D), preoccupied (E), and disoriented/ disorganized (U/d).

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Resources...

<https://www.psychonetnetworker.org/blog/details/17/the-adult-attachment-interview-how-it-changed-attachment>

http://www.psychology.sunysb.edu/attachment/measures/content/aa_i_interview.pdf

http://www.cmap.polytechnique.fr/~jingrebeccali/research/AAI_Scoring.pdf

It seems to me that the AAI help understand how we relate to others, to groups, to situations, based on the models and experiences we develop in our formative past.

CURIOSITY PROFILE

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This diagnostic will help you to articulate your own 'curiosity profile'. A report will be shared with you within 12 hours.

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***Take a self assessment test here**

<https://www.globalcuriosityinstitute.com/survey>

CONCLUSION

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This page offers little in terms of introduction or explanation. The above are simple lists to remind the informed. I would encourage anyone to read, self-assess, and be curious about themselves. Tests are never "correct" but they can be thought provoking and that reflection can be revelatory or at least be a starting point for a conversation.

ABOUT THE AUTHOR

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I have more than 30 years' experience delivering projects, programme and change and have gathered many tools, templates and tips for every type and scale of project. I love drinking coffee and exchanging ideas, so if you need anything please feel free to message me.

Follow me on a journey exploring new ideas and opportunities @timhjrogers #timhjrogers

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Helping people and organisations achieve their goals: We facilitate and support the thinking, feeling and action needed to resolve and move forward.