

# MBTI Personality Test

The following test is designed to measure your MBTI Personality type. Completing the test should only take 15 minutes or so. Write your answers on a separate sheet of paper or print out this document and use it to complete the test. Once you complete the test, use the instructions at the bottom to score your answers.

Several hints about how to best complete this survey:

- There are no right answers to any of these questions.
- Answer the questions quickly, do not over-analyze them. Some seem worded poorly. Go with what feels best.
- Answer the questions as “the way you are”, not “the way you’d like to be seen by others”
- Do not look at the scoring sheet until you have completed all the questions.

Thank you for choosing our premarital preparation course!

Sincerely,

Justin D’Arienzo, Psy.D., ABPP  
Board Certified Clinical Psychologist

# MBTI Personality Type Test

1. **At a party do you:**
  - a. Interact with many, including strangers
  - b. Interact with a few, known to you
2. **Are you more:**
  - a. Realistic than speculative
  - b. Speculative than realistic
3. **Is it worse to:**
  - a. Have your “head in the clouds”
  - b. Be “in a rut”
4. **Are you more impressed by:**
  - a. Principles
  - b. Emotions
5. **Are more drawn toward the:**
  - a. Convincing
  - b. Touching
6. **Do you prefer to work:**
  - a. To deadlines
  - b. Just “whenever”
7. **Do you tend to choose:**
  - a. Rather carefully
  - b. Somewhat impulsively
8. **At parties do you:**
  - a. Stay late, with increasing energy
  - b. Leave early with decreased energy
9. **Are you more attracted to:**
  - a. Sensible people
  - b. Imaginative people
10. **Are you more interested in:**
  - a. What is actual
  - b. What is possible
11. **In judging others are you more swayed by:**
  - a. Laws than circumstances
  - b. Circumstances than laws
12. **In approaching others is your inclination to be somewhat:**
  - a. Objective
  - b. Personal
13. **Are you more:**
  - a. Punctual
  - b. Leisurely
14. **Does it bother you more having things:**
  - a. Incomplete
  - b. Completed
15. **In your social groups do you:**
  - a. Keep abreast of other’s happenings
  - b. Get behind on the news
16. **In doing ordinary things are you more likely to:**
  - a. Do it the usual way
  - b. Do it your own way
17. **Writers should:**
  - a. “Say what they mean and mean what they say”
  - b. Express things more by use of analogy
18. **Which appeals to you more:**
  - a. Consistency of thought
  - b. Harmonious human relationships

- 19. Are you more comfortable in making:**  
a. Logical judgments  
b. Value judgments
- 20. Do you want things:**  
a. Settled and decided  
b. Unsettled and undecided
- 21. Would you say you are more:**  
a. Serious and determined  
b. Easy-going
- 22. In phoning do you:**  
a. Rarely question that it will all be said  
b. Rehearse what you'll say
- 23. Facts:**  
a. "Speak for themselves"  
b. Illustrate principles
- 24. Are visionaries:**  
a. somewhat annoying  
b. rather fascinating
- 25. Are you more often:**  
a. a cool-headed person  
b. a warm-hearted person
- 26. Is it worse to be:**  
a. unjust  
b. merciless
- 27. Should one usually let events occur:**  
a. by careful selection and choice  
b. randomly and by chance
- 28. Do you feel better about:**  
a. having purchased  
b. having the option to buy **29. In company do you:**  
a. initiate conversation  
b. wait to be approached
- 30. Common sense is:**  
a. rarely questionable  
b. frequently questionable
- 31. Children often do not:**  
a. make themselves useful enough  
b. exercise their fantasy enough
- 32. In making decisions do you feel more comfortable with:** a. standards  
b. feelings
- 33. Are you more:**  
a. firm than gentle  
b. gentle than firm
- 34. Which is more admirable:**  
a. the ability to organize and be methodical  
b. the ability to adapt and make do
- 35. Do you put more value on:**  
a. infinite  
b. open-minded
- 36. Does new and non-routine interaction with others:**  
a. stimulate and energize you  
b. tax your reserves
- 37. Are you more frequently:**  
a. a practical sort of person  
b. a fanciful sort of person
- 38. Are you more likely to:**  
a. see how others are useful  
b. see how others see
- 39. Which is more satisfying:**  
a. to discuss an issue thoroughly  
b. to arrive at agreement on an issue
- 40. Which rules you more:**  
a. your head  
b. your heart
- 41. Are you more comfortable with work that is:**  
a. contracted  
b. done on a casual basis
- 42. Do you tend to look for:**  
a. the orderly  
b. whatever turns up
- 43. Do you prefer:**  
a. many friends with brief contact  
b. a few friends with more lengthy contact

- 44. Do you go more by:**  
a. facts  
b. principles
- 45. Are you more interested in:**  
a. production and distribution  
b. design and research
- 46. Which is more of a compliment:**  
a. "There is a very logical person."  
b. "There is a very sentimental person."
- 47. Do you value in yourself more that you are:**  
a. unwavering  
b. devoted
- 48. Do you more often prefer the**  
a. final and unalterable statement  
b. tentative and preliminary statement
- 49. Are you more comfortable:**  
a. after a decision  
b. before a decision
- 50. Do you:**  
a. speak easily and at length with strangers  
b. find little to say to strangers
- 51. Are you more likely to trust your:**  
a. experience  
b. hunch
- 52. Do you feel:**  
a. more practical than ingenious  
b. more ingenious than practical
- 53. Which person is more to be complimented – one of:**  
a. clear reason  
b. strong feeling
- 54. Are you inclined more to be:**  
a. fair-minded  
b. sympathetic
- 55. Is it preferable mostly to:**  
a. make sure things are arranged  
b. just let things happen
- 56. In relationships should most things be:**  
a. re-negotiable  
b. random and circumstantial
- 57. When the phone rings do you:**  
a. hasten to get to it first  
b. hope someone else will answer
- 58. Do you prize more in yourself:**  
a. a strong sense of reality  
b. a vivid imagination
- 59. Are you drawn more to:**  
a. fundamentals  
b. overtones
- 60. Which seems the greater error:**  
a. to be too passionate  
b. to be too objective
- 61. Do you see yourself as basically:**  
a. hard-headed  
b. soft-hearted
- 62. Which situation appeals to you more:**  
a. the structured and scheduled  
b. the unstructured and unscheduled
- 63. Are you a person that is more:**  
a. routinized than whimsical  
b. whimsical than routinized
- 64. Are you more inclined to be:**  
a. easy to approach  
b. somewhat reserved
- 65. In writings do you prefer:**  
a. the more literal  
b. the more figurative
- 66. Is it harder for you to:**  
a. identify with others  
b. utilize others
- 67. Which do you wish more for yourself:**  
a. clarity of reason  
b. strength of compassion
- 68. Which is the greater fault:**  
a. being indiscriminate  
b. being critical

**69. Do you prefer the:**

- a. planned event
- b. unplanned event

**70. Do you tend to be more:**

- a. deliberate than spontaneous
- b. spontaneous than deliberate

## Scoring

Col 1		Col 2		Col 3		Col 4		Col 5		Col 6		Col 7	
A	B	A	B	A	B	A	B	A	B	A	B	A	B
1		2		3		4		5		6		7	
8		9		10		11		12		13		14	
15		16		17		18		19		20		21	
22		23		24		25		26		27		28	
29		30		31		32		33		34		35	
36		37		38		39		40		41		42	
43		44		45		46		47		48		49	
50		51		52		53		54		55		56	
57		58		59		60		61		62		63	
64		65		66		67		68		69		70	
Copy to ↗				Copy to ↗				Copy to ↗					

E	I			S	N			T	F			J	P

1. Copy your answers to this answer key carefully.
2. Count the number of checks in each of the A and B columns, and total at the bottom.
3. Copy the totals for Column 2 to the spaces below the totals for Column 3. Do the same for Columns 4 and 6.
4. Add totals downwards to calculate your totals.
5. Circle the letter with this highest score. This is your type.

