

! This sample report is composed of randomly chosen texts and graphics from the descriptions of all possible Jung types. It is intended to demonstrate how much and what a full extended report covers.

JUNG PERSONALITY TEST REPORT

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Want to know how you deal with people, process information and make decisions? Are you an Extravert or Introvert psychological type? These questions and more are answered by the Jung Personality Test.



Introduction

Carl Gustav Jung was a Swiss psychiatrist, an influential thinker and the founder of analytical psychology. The **Jung typology** is the result of the work of Jung, from which the Jungian Psychology originated. This is one of the world's most established and well respected models on personality and behavior.

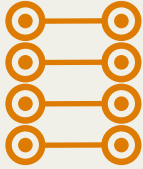
Tests using the Jung typology model are widely used by organizations for **assessment centers, team building, coaching and personal development**. The type indicator by Isabel Briggs Meyers is one example of this, although many versions, free and commercial, nowadays exist.

This report consists of thirteen chapters. These are:

1. **The Jung Typology**
2. **Your Jung Personality Score**
3. **Your Jung Personality Type: ESFP**
4. **Contributions to an Organisation**
5. **Your Leadership Style**
6. **Your Communication Style**
7. **Problem Solving Style**
8. **Stress Profile**
9. **Motivators**
10. **On a Team**
11. **Learning Style**
12. **Opportunities for Growth**
13. **Further suggestions**

Enjoy reading your personal Jung Personality Test Report!

1. The Jung Typology



There are four dichotomous dimensions within the Jung typology. Each person is best described by one of the two traits within a dimension.

Extravert

Extraverts are outgoing, energetic and action-oriented. They are enthusiastic and expressive.

E

I

Introverts tend to be reflective, reserved and private. They draw their energy from their own thoughts and the time they spend alone. Introverts do not need people around them all the time.

Introvert

iNtuitive

iNtuitives pay more attention to information that is imaginative and original. iNtuitives focus on the future.

N

S

Sensors live in the present. They rely on facts, handle practical matters well and like things to be concrete and measurable.

Sensing

Feeling

Feelers let their feelings and emotions play a leading role because of their concern for other people.

F

T

Thinkers make decisions using logic and impersonal analysis. They think with their heads rather than their hearts.

Thinking

Judicious

Judgers prefer a lifestyle that is decisive, planned and orderly. They like a life that is organized and controlled.

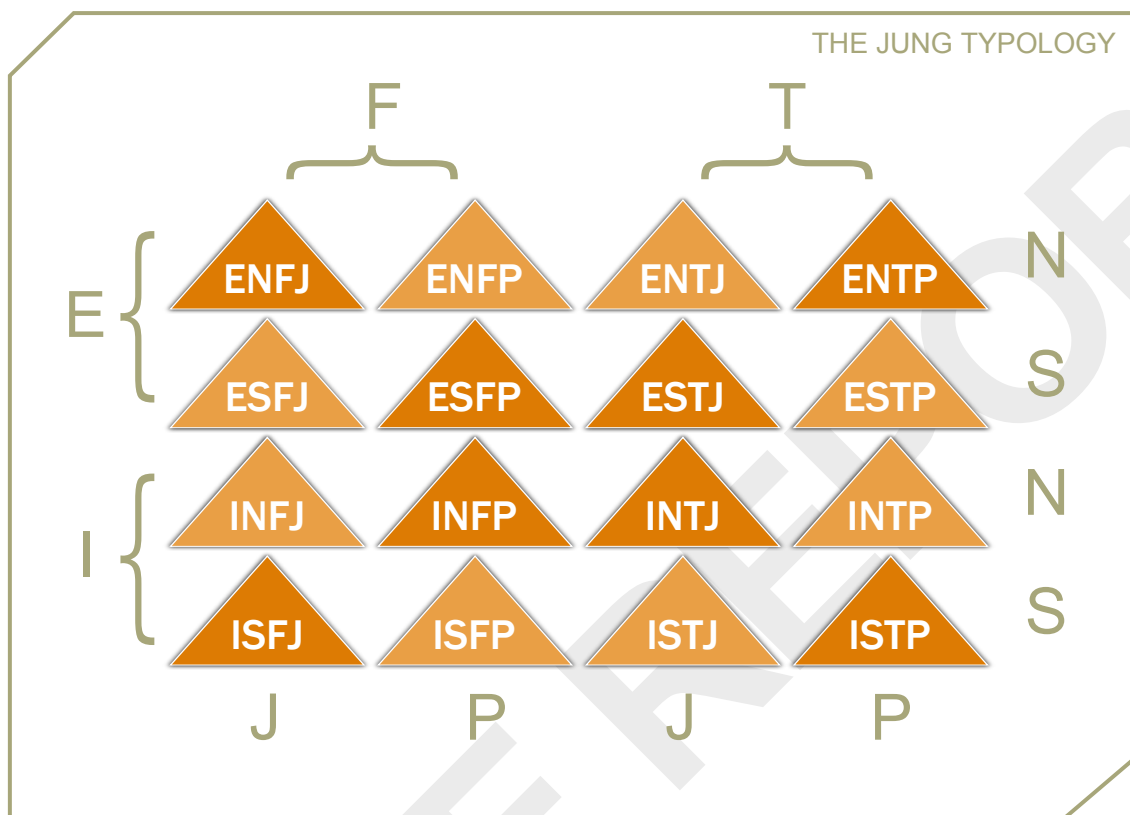
J

P

Perceivers prefer a lifestyle that is spontaneous, flexible and adaptable. They like an environment that is unstructured, and like to keep their options open.

Perceiving

Based on these dimensions, there are 16 identifiable types in the Jung Typology. In the diagram below a complete overview is presented.

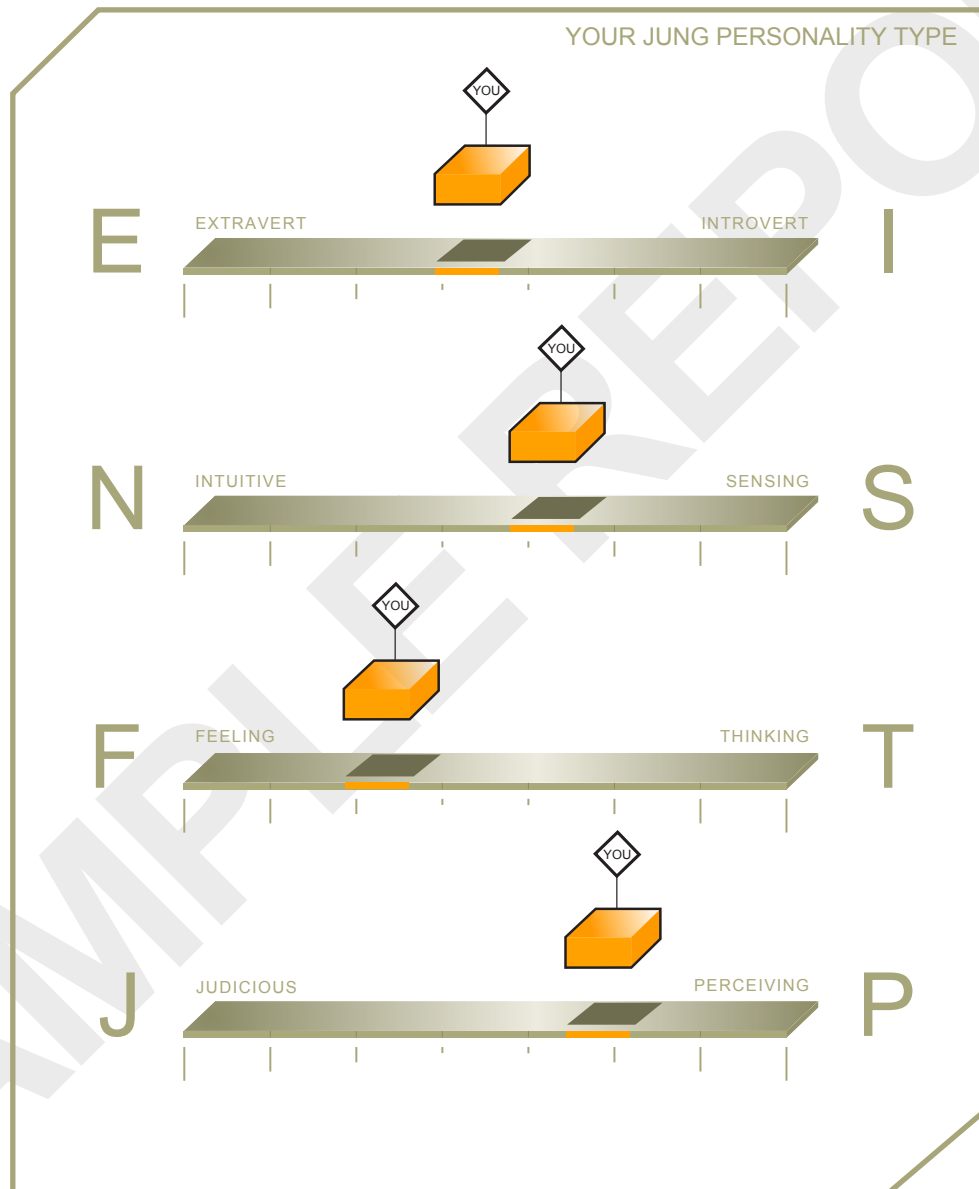


Every type has one or two nicknames, a title that best describes the specific Jung type:

- | | |
|---|--|
| <ul style="list-style-type: none"> : Field Marshall / Commandant : Inventor / Improviser : Caretaker / Provider : Entertainer / Performer : Administrator / Supervisor : Promoter : Mentor / Mobilizer : Messenger / Journalist | <ul style="list-style-type: none"> : Artist / Composer : Protector / Nourisher : Architect / Designer : Scientist / Strategist : Advocate / Campaigner : Developer / Author : Operator / Artisan : Trustee / Inspector |
|---|--|

2. Your Jung Personality Scores

Your specific distribution of scores on the Jung Personality Test produces a **Jung Personality Type**. In the graph below you can see your scores on each of the dimensions.



Scores at the far left or far right side of a dimension are your more distinct personality traits. Scores in the center area of a dimension are your less distinct traits.

3. Your Jung Personality Type: ESFP



The nickname for this Type is "Entertainer" or "Performer" and it is shared by approximately 13% of the population. Thus, 87% of those you meet perceive the world around them differently from the way you do.

“

As an ESFP, your motto could be "More fun per hour!"

”

You are good at **organizing people** to get things done and keeping everyone happy at the same time, since you are so attuned to the climate of feeling. However, you are not shy about making suggestions when there are decisions to be made. In the world of work, you find that you are well armed to deal with both variety and action. But since you are very sensitive to others, you tend to avoid reprimanding an employee until it is almost too late. It is also quite painful for you to fire someone, particularly if the employee's family situation is not taken into consideration. Overall, you find yourself lending a compassionate and sympathetic ear, praising accomplishments, avoiding criticism or being the bearer of bad news.

You continually live in the place of **possibilities**, invariably seeing the potential in every one and every situation. It's those potentials that keep you energized, and when you are engrossed in your latest project, your attention remains undivided. For others, your levels of activity and intensity are sometimes fatiguing to watch. As long as your interest in the project remains, you are unrelenting in the quest to reach your goal.

Living in a world of thoughts, you are keenly **analytical**. Logical analyses and dispassionate objective critiques are as natural to you as breathing air. It simply does not make sense to you to base discussions and decisions on empathy, emotion or passionate personal appeals. You enjoy long range planning and taking action. Your Intuition allows you to spot potential pitfalls far ahead, often beyond what is known and obvious. Your intellectual and curious



mind thrives on new ideas, theories and complex problems. With superior organizational skills you plan for all contingencies, leaving no stone unturned. Doing so requires logical, objective and critical thinking- strong points within your personality. The systematic style you use to map out the objectives of a project enables you to arrive at your goals on schedule.

You tackle an amazing variety of problems with ease; the breadth of your interests is your strong point. Being able to exercise this variety, flexibility and versatility in your nature is the primary key to happiness in your life.

You impress your friends as being a **no-nonsense person** - practical and conventional, sentimental and caring all in the best sense of the terms. Warm interactions where you are given heart-felt appreciation, approval and recognition keep you going and moving forward. Indifference and rejection can wound you deeply and easily.

You approach life **optimistically** and are a master at living joyfully and entertaining others. You see the world as it is, approach it with curiosity, observe it well, embrace it openly and adapt to whatever life may send your way. As you process an experience with your five senses, your flexible, spontaneous and practical nature becomes apparent.

As a **manager, director, executive or leader**, you are a natural. When such an opportunity presents itself, you dedicate yourself to the job at hand and reveal your abilities. You reign supreme in marshalling resources, placing the right people with the right resources at the right time. And the people you choose had better be up to the task, since confusing, ineffective and inefficient work annoys you. Since you have such a clear-cut view of what needs to be done, after one explanation and one warning, you begin to lose your patience with another's inability to grasp what is so apparent to you. In worst-case scenarios, reprimanding and employee or even firing them is an activity you can do without hesitation.

In your zest for living, you will always find time for fun and diversions regardless of financial circumstances. **Having and enjoying leisure time** and life's physical comforts is important to you. Life is meant to be relished and you have a natural talent for enjoying yourself no matter where you are.



It is no surprise then that people enjoy your company and genuinely like to be around you.

You are a person whose energy is drawn inward into a rich inner life of **thoughts and feelings**. You are also periodically stubborn, is easily bored by routine work and pays little attention to obstacles. If this sounds like you, you must be an INFJ. As a Judicious type, you make decisions easily and your friends and associates tend to perceive you as a self-confident and individualistic thinker. You draw your thoughts and inspiration about from within, from your "inner eye" - in other words, from your Intuition.

Creativity is your hallmark. You are a true perfectionist when it comes to your work. You see what you do as an extension of who you are and, therefore, you are almost driven to do your best at any task you undertake. You envision a perfect job, an ideal design, a perfect document, an excellent interaction and believe that your ideal is attainable.

Pay attention to careers that are both **creative, intellectually stimulating and challenging**. Finding a career populated by other Intuiting types is important so that you will feel less isolated and will have people around you who can understand you because they are similar to you. But remember, you also need co-workers of other Personality Types who will attend more to the concrete facts, figures, metrics and details you sometimes do not consider.

Watch out when circumstances find you working at a job that makes little use of your Intuiting qualities. Even worse, avoid occupations requiring you to only gather, count and manage facts, figures, widgets or gadgets - activities requiring you to use your lesser developed Sensing side. You would be better off turning your sights to tasks requiring you to view the big picture and bold concepts, not minutia.

Although you have an extraordinary capacity for **facts and details**, along with a realistic picture of what you are able, or not able, to accomplish, you probably don't think of yourself as very special. As a result, you tend to take your talents for granted and underestimate your contributions to an organization. This modesty does not serve you well, however. Your talents are far from ordinary, nor are they commonplace. In fact, many organizations need

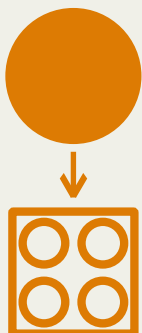


your abilities to bring stability, standardization and structure to their activities.

Your Type has the ability to achieve success in business and often does. The combination of your particular personality traits creates a person who excels at being able to respond in the moment and to opportunities as they occur. organizations find your flexibility and attention to detail increasingly valuable. Make the best of your personal strengths, your natural style of handling information, and your excellent decision making skills.

SAMPLE REPORT

4. Contributions to an Organisation



Each of the sixteen personality types has their own styles, strengths and blind spots. The following items are the more obvious skills and talents you bring to an organisation, group or relationship. These are your strengths. Strengths often can turn into weaknesses if over-used and over-relied upon. But used well, these strengths and talents can contribute to your success in career and relationships.

- Brings energy, warmth, enthusiasm, fun and co-operation to tasks.
- Seeks variety, challenge, diversity, novelty and ideas.
- Is a take-charge kind of person.
- Is confident, dynamic, energetic and sparkling to be around.
- Is a hard worker who seeks responsibility and is always accountable.
- Is courageous, creative and likes to be where the action is.
- Completes tasks accurately and on time; is a stickler for details.
- Likes a lively, exciting, energetic work setting; is action-oriented and likes to make things happen quickly.
- Is quietly forceful, personable and genuinely concerned for others.
- Is pledged to the growth and development of people surrounding him/her.
- Has faith in his/her own inner vision which, coupled with sheer willpower, moves mountains.
- Seeks to continually acquire new knowledge and competencies.
- Likes tackling projects with here-and-now benefits to people.
- Is optimistic in attitude and outlook; enjoys private space and the freedom to work.
- Holds logistics and getting material to the right place at the right time as his/her forte.
- Enjoys the experience of delivering something new and important.
- Enjoys the risks accompanying change.
- Is loyal to those who demonstrate competence and proven performance.

5. Your Leadership Style



Each personality type has its own leadership style, strengths and blind spots. The following highlights your approach to leadership, provides clues as to how you will act in a leader role, and pinpoints some of your leadership qualities.

- Is a facilitator, not an autocrat.
- Is enthusiastic and easily steps in when visionary leadership is required.
- Cannot not lead - leading is like breathing.
- Can readily become engrossed in a project that interests them.
- Leads others through personal persuasion, not analytical reasoning.
- Promotes and instigates action; is uncomfortable with ambiguity and uncertainty.
- Prefers to concentrate on the work, not the people conducting the work.
- Dramatically and readily takes charge in a crisis.
- Is quietly persistent and resolute on a long-range course of action.
- Accomplishes results in his/her own way, even if it means waiting out others.
- Expects to be followed, not questioned.
- Presents options for groups to make majority or consensus decisions.
- Plans in order to avoid crises.
- Uses personal loyalty, along with gentle persuasion, in order to motivate others.
- Craves stability; respects tradition and stated hierarchies; reacts to change as a disruption to steady work.
- Bases power and authority on competence, not rank.
- Likes autonomy and to call the shots.

6. Your Communication Style



Effective communication is composed of two elements: how well you listen, and how you express yourself. Good communication skills are at the heart of success. Being aware of how we communicate, how others communicate and how we prefer others to communicate with us, is a significant step in achieving this objective. Your personality style has its own communication strategies that are more effective for you than other's communication styles.

- Speaks with energy and excitement.
- Much prefers talking in person to communicating in writing.
- Generates energy and enthusiasm for work.
- Likes brevity, succinctness, objectivity and mental exactness.
- Prefers talking in person, rather than communicating through written reports.
- Will consider a schedule, but avoids tight timetables in discussions.
- Replies quickly and thinks on his/her feet.
- Presents conversation and information in concrete, realistic, no-nonsense terms.
- Likes insights and unusual approaches.
- Communicates personal experiences to make points.
- Is direct and to the point, becoming impatient with extraneous details.
- Prefers to think before replying and needs to be drawn out.
- Prefers written reports over talking in person.
- Is humorous.
- Is direct and pragmatic.
- Avoids small talk.

7. Problem Solving Style



Different people solve problems in different ways. Based on your personality type, you will probably use the following methods and skills in problem solving:

- Immediately looks for the potential in a situation.
- Collects input and feedback from others.
- Is a terrific improviser.
- Asks if there are other ways to seek solutions.
- Focuses on understanding and comprehending the entire situation before examining the specifics.
- Seeks the value of a particular option and its impact on people.
- Considers what will be gained or lost with each alternative.
- Defines problems exactly; wants to know all the data and collects all the facts.
- Relies on past experience.
- Looks to achieve significant and provocative results.
- Maps out the alternative solutions to the problem.
- May incessantly question "why" and "how come" while challenging the standard order of things.
- Revels in having complex problems to tackle.
- Wants to know what the facts are and exactly what the predicament is.
- Considers what is currently being done.
- Seeks to find a solution that maintains the organization, its rules and procedures.
- Can change his/her mind and direction if presented with new information.

8. Stress Profile



Stress plays a significant factor in our abilities to be effective at work and have healthy sustainable relationships. The greater the stress, the harder it becomes to maintain quality work and quality relationships. Each personality type has strengths and blind spots. Under stress, blind spots emerge and people rely on their least favourite functions to operate. Below are a few clues as to how stress affects your particular personality type (Note: you and one other type have matching patterns in manifesting and managing stress, so you may find someone with an almost identical profile).

Triggers

- Feeling misunderstood, distrusted, undervalued, or not taken seriously and not having the opportunity to discuss an issue to get it resolved.
- Losing an important relationship.
- Feeling overcome by volumes of new data and being unable to understand or process it all.
- The sudden and unanticipated interruption of planned activities.

Characteristics

- Optimism and enthusiasm turns into seclusion, inertia and dejection.
- Verbal skills decrease and talking with others becomes difficult.
- Becomes hypersensitive to emotions yet finds them hard to express.
- Being cranky, mistrustful and angry is common.
- May lose their natural self-esteem and confidence.
- Grows restless, frustrated and self-critical.
- Can engage in destructive judgments and fantasies about anything and anyone handy.
- Tries to control everything in the immediate environment, becoming intense and driven.
- They may become obstinate about applying logic, turning quite emotional about their method.



- May make uncharacteristic spur of the moment decisions.
- Tends to think only in black and white scenarios.
- Emotional reactions such as frustration, anger or sadness can be swift, intense and surprising to themselves and others.

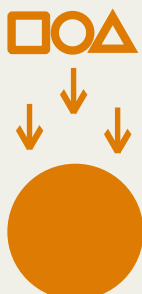
Gaining Equilibrium

- Getting involved in an ambitious new undertaking.
- Being left along for awhile.
- Gaining control of situations and fears by creating rational and sensible contingency plans.
- Gentle humor.
- Being able to talk to someone who is non-judgmental.
- Finding a new idea, insight or perspective in their situation.
- The painful awareness of the effect their actions and attitudes are causing others.
- Letting others run errands and deal with the outside world for awhile.

Lessons

- Improved evaluation and discernment of their logical and analytic limits.
- The ability to face distress with greater neutrality.
- Creating more satisfying sensual experiences.
- Increasing their ability to safely express the depth of their feeling in the normal course of events.

9. Motivators



People are usually most effective when their environment matches their preferences and work style. When a good match is not present, it will be more difficult to achieve results. Below are some of your work preferences and key characteristics that you look for in work, or that you try to avoid. These key characteristics also indicate how you would typically like to be managed or related to. If you find these comments of value, it might be very worthwhile to share and discuss this section with your manager.

- Prefers working in a people-oriented environment that is supportive, organized and where a spirit of harmony prevails.
- Loves to put out fires and create last-minute improvisations.
- Detests surprises, desires advance warning.
- Does not respond to coercion, pomp and assigned authority.
- Wants activity, not contemplation.
- Prefers the freedom to express and carry out his/her ideas, preferably one at a time.
- Seeks quiet, harmonious environments and few surprises.
- Sets high standards that are usually his/her own, not those of the organization.
- Prefers little or no change.
- Appreciates opportunities to solve specific and concrete problems that are difficult and unusual.
- Becomes frustrated by projects surrounded by ambiguity and uncertainty.

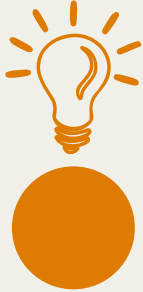
10. On a Team



Some people work well on teams, others work best on their own. Understanding the personality types of team members provides information about how individuals are likely to carry out their work and interact with each other. Given your personality preferences, the following are the strengths and possible blind spots you will most likely bring to a team:

- Brings structure and organization to the group along with humor and sensitivity.
- Constantly empowers and validates others and their contributions.
- Uses frank logic to influence team members.
- Dares the group to go beyond the status quo.
- Is not particularly interested in debating an idea to death, but may get carried away in his/her own talk.
- Can annoy team members by personalizing events too much and not focusing on the task.
- Challenges others to live up to his/her high standards of excellence.
- Is irritated by team members who show little caring for others.
- Is annoyed by others not open to new ideas, possibilities and different opinions.
- Is annoyed by team members who do not complete tasks.
- Uses logic and reason to support conclusions.
- Respects others' viewpoints, ideas and suggestions.
- Focuses on the here-and-now.
- Can annoy others with inattention to specifics, often appearing disorganized or uncaring.
- Wants action and can become impatient with delays.
- Irritates others by moving on prematurely and leaving a task unfinished.
- Is severely annoyed by know-it-alls, contrary behavior and illogical people.
- Is disdainful of meetings without practical purposes.

11. Learning Style



For many years it has been known that different personality types have different ways of learning. Knowing how a person learns is a big advantage for structuring on-the-job training or classroom instruction. Once again, you may find this section valuable to share with your manager. Your learning style is as follows:

- Performs best in a structured learning environment and likes completing tasks.
- Enjoys learning that is an adventure and is a creative experience.
- Becomes absorbed in learning when it generates prompt rewards.
- Does best learning from instructors he/she admires and who take a personal interest in him/her.
- Prefers being challenged, particularly by instructors or facilitators he/she respects; avoids learning situations where teaching is not of the highest caliber.
- Works best with workbooks, drills and memorization where concrete results can be measured.
- Thrives in an environment with caring instructors and lots of encouragement.
- Prefers learning independently, at his/her own rate.

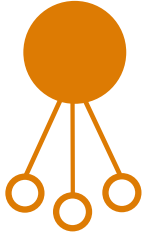
12. Opportunities for Growth



As we grow and mature, it is important to pull back from our favourite ways of doing things and build skills in the areas of our least favourite preferences. We thereby become a more balanced and versatile individual. The following suggestions address some of your more obvious blind spots and are areas to pay attention to if they have been ignored up to this point:

- Let go of some control; sometimes you are seen as too "bossy."
- Gain input and commitment from people before charging ahead.
- Pay more attention to details and project follow-through.
- Approach conflicts as constructive; know that clearing the air actually aids harmony and builds relationships.
- Work toward completing tasks in a timely manner.
- Learn the art of giving positive feedback as opposed to critical evaluations and direction.
- Take time to plan ahead, prepare properly and learn to turn structure to your advantage.
- Practice oral communication and public speaking skills so that you can express your ideas more clearly in meetings and during presentations.
- Learn to develop greater assertiveness.
- Actively solicit input since others may feel intimidated and be hesitant to approach you.
- Focus on learning to feel comfortable with conflict and resolving issues before you simply get up and leave.
- Try not to jump to conclusions too quickly and consider different types of information other than the bare details.
- Try not to become too overwhelmed with mountains of facts and information resulting in your inability to make a decision; make short-range and long-term goals and then tell others.
- Focus on seeing results from current projects before jumping onto the next bandwagon.

13. Further suggestions



Sharing your report and getting feedback

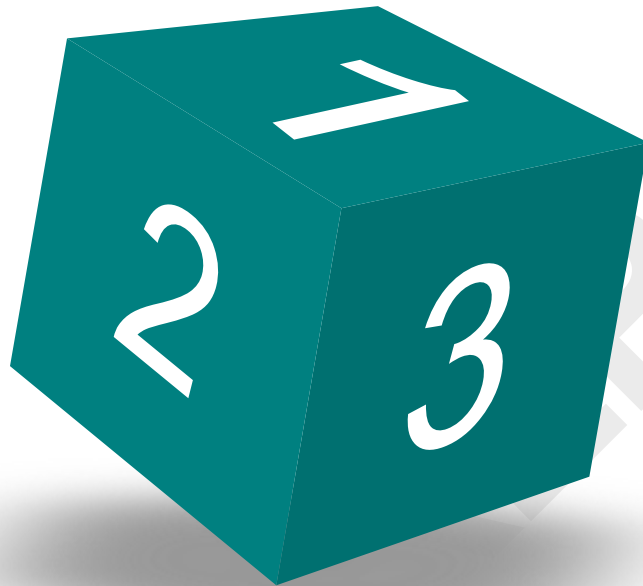
You might like to share your report with other people who know you well, both in work and non-work situations. Ask them if they think that it is an accurate description of your personality.

Resume/CV

If you are a job seeker we suggest that you might also like to let a prospective employer know your strengths and key values to an organization as defined by this Jung Personality Test. So why not include these on your Resume/CV? For example you could copy and paste the following:

I have taken the Jung Personality Test at www.123test.com. Here is an extract from my report:

- *Brings energy, warmth, enthusiasm, fun and co-operation to tasks.*
- *Seeks variety, challenge, diversity, novelty and ideas.*
- *Is a take-charge kind of person.*



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Contact us at info@123test.com

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