

Choose **1)** if you are more focussed/energized internally, and **2)** if more focussed/energized externally (*bearing in mind you will be both, but not equally so*)

1) Emotional Introverted (*more reflective*) – The Artist

Key characteristics common for your style:

- You value what is truly important
- You favor understanding the human impacts
- You focus on inner peace
- You help others maintain their integrity
- You prefer to do the right thing

Your decisions are usually based on your own internal value framework

The question you typically ask “Is that an important question?”

You try to avoid feeling..... **WORTHLESS**

Overall you seek to apply your values.



2) Emotional Extraverted (*more responsive*) – The Helper

Key characteristics common for your style:

- You initiate and maintain social networks
- You want harmony and you're alert to the emotional states of others
- You focus on creating positive relationships
- You favor being considerate of others
- You prefer feeling connected to others

Your decisions are usually based on the impact on others

The question you typically ask “How can we support you?”

You try to avoid feeling..... **ABANDONED**

Overall you want to be in harmony with other people.



*** Figures from MBTI Australian Data Archive Project**