

WHAT'S *your* PERSONALITY?

A PLANNER or SPONTANEOUS

- Are you...?
 - a perfectionist who hates leaving things unfinished
 - someone who hates being under pressure and tends to overprepare
 - a bit disorganized and forgetful
 - someone who **puts things off** until the last minute
- Imagine you have bought a piece of furniture that requires assembly (e.g. a wardrobe or a cupboard). Which of these are you more likely to do?
 - Check that you have all the items and the tools you need before you start.
 - Carefully read the instructions and follow them **to the letter**.
 - Quickly read through the instructions to get the basic idea of what you have to do.
 - Start assembling it right away. Check the instructions only if you **get stuck**.
- Before you go on holiday, which of these do you do?
 - Plan every detail of your holiday.
 - Put together** a rough itinerary, but make sure you leave yourself plenty of free time.
 - Get an idea of what kinds of things you can do, but not make a decision until you get there.
 - Book the holiday at the last minute and plan hardly anything in advance.

B FACTS or IDEAS

- Which option best describes what you wrote about the painting in **b** on page 8?
 - It's basically a list of what appears in the painting.
 - It tells the story of what's happening in the painting.
 - It tries to explain what the painting means.
 - It's a lot of ideas that the painting made you think of.
- You need to give a friend directions to your house in the country. Do you...?
 - write a list of detailed directions
 - give them the postcode and expect them to use a satnav
 - give rough directions
 - draw a simple map showing only the basic directions
- When you go shopping at the supermarket, do you...?
 - always go down the same aisles in the same order
 - carefully check prices and compare products
 - buy whatever **catches your eye**
 - go round** a different way each time, according to what you want to buy

C HEAD or HEART

- If an argument starts when you are with friends, do you...?
 - face it **head-on** and say what you think
 - try to find a solution yourself
 - try to keep everyone happy
 - do anything to avoid hurting people's feelings
- Imagine you had the choice between two flats to rent. Would you...?
 - write what your ideal flat would be like and then see which one was the most similar
 - make a list of the pros and cons of each one
 - just go with **your gut feeling**
 - consider carefully how each flat would suit the other people living with you
- Imagine a friend of yours started going out with someone new, and they asked you for your opinion. If you really didn't like the person, would you...?
 - tell them exactly what you thought
 - be honest, but as tactful as possible
 - try to avoid answering the question directly
 - tell **a white lie**

D INTROVERT or EXTROVERT

- You are out with a group of friends. Do you...?
 - say hardly anything
 - say a little less than most people
 - talk a lot
 - do nearly all the talking
- When you meet a new group of people, do you...?
 - try to stay with people you already know
 - have to think hard about how to keep the conversation going
 - try to get to know as many people as possible
 - just enjoy yourself
- If your phone rings while you are in the middle of something, do you...?
 - ignore it and **carry on** with what you're doing
 - answer it quickly, but say you'll call back
 - have a conversation, but make sure you keep it short
 - welcome the interruption and enjoy a nice long chat

Adapted from the BBC website

f Now find out which type you are for each section.

A more a and b = **PLANNER**
more c and d = **SPONTANEOUS**
B more a and b = **FACTS**
more c and d = **IDEAS**

C more a and b = **HEAD**
more c and d = **HEART**
D more a and b = **INTROVERT**
more c and d = **EXTROVERT**

g **C Communication** What's your personality? p.106 Find out which personality you have and read the description. Compare with a partner. How accurate were the descriptions of your personalities?

PLANNER + IDEAS + HEART + INTROVERT = COUNSELLOR

How you see yourself gentle, peaceful, cautious
What you are like relaxed and creative, deeply private,
can be difficult to get to know