

Guessing Your Personality Type

Linnea White, a Psychologist with Horizon Therapy Group in Council Bluffs and a member of the Treynor Optimist Club, talked about the Myers Briggs Type Indicator. This indicator can show how people with different type preferences differ in their attitudes and behaviors in work situations.

The opposite personality types described by Ms. White are Exterior - Interior, Sensing – Intuitive, Thinking – Feeling, and Judging – Perceptive. By recognizing different types of people and utilizing the strengths of each, a team of people can be much more effective.