

# introvert



# extrovert



# PERSONALITY

Are You An **A**, **B**, **C** Or **D** Personality?

**A**



**B**



**C**



**D**



# Understanding the 4 Personality Types



## Type A - The Director

- goal-oriented
- risk-taking
- good under stress



## Type B - The Socializer

- relationship-oriented
- outgoing
- enthusiastic



## Type C - The Thinker

- detail-oriented
- logical
- prepared



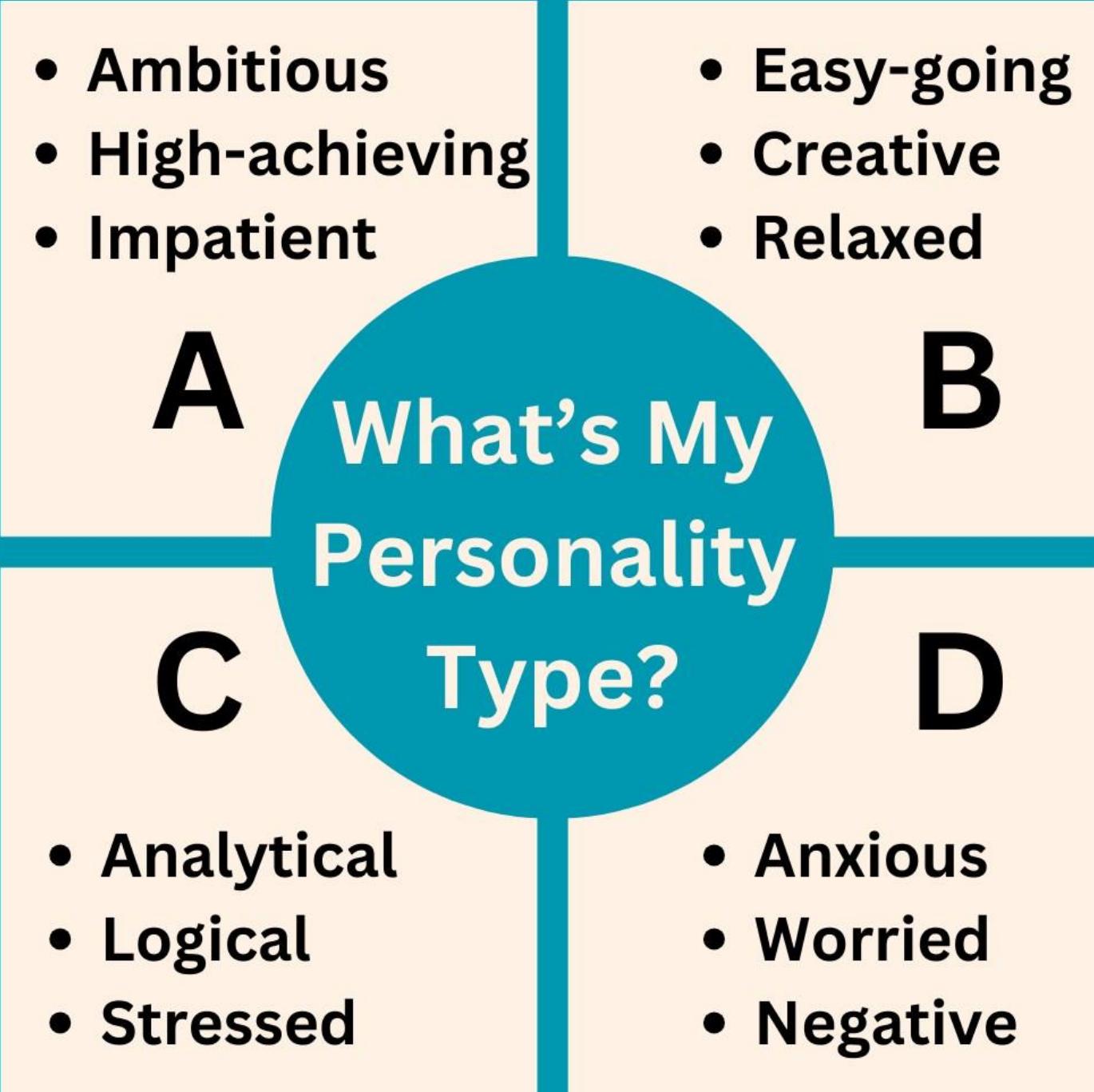
## Type D - The Supporter

- task-oriented
- stabilizing
- cautious



## Type X

Combines two or more personality types when they are equal



## What's My Personality Type?

- Ambitious
- High-achieving
- Impatient

- Easy-going
- Creative
- Relaxed

**A**

**B**

**C**

**D**

- Analytical
- Logical
- Stressed

- Anxious
- Worried
- Negative

## Intellectual ability

lots of ability	intelligent   bright   clever   sharp   shrewd able   gifted   talented <b>brainy</b> (informal)
lacking ability	<b>stupid</b> <b>foolish</b> <b>simple</b> <b>silly</b> <b>brainless</b> <b>daft</b> <b>dumb</b> <b>dim</b> <b>thick</b> (the last five are predominantly informal words, and they can all be offensive)
clever, in a negative way, using brains to trick or deceive	<b>cunning</b> <b>crafty</b> <b>sly</b>

## Attitudes towards life

Amal is **pessimistic** while Nia is **optimistic** – he always expects the worst to happen while she looks on the bright side.

It is strange that one of the twins is so **extroverted** while the other is so **introverted** – Ben loves being the focus of attention while Jake prefers to be alone with his thoughts.

I feel very **tense** (or **wound up** / **stressed out**\*\*) after a very busy day at work but, after a hot bath, I'll soon feel **relaxed**.

Eva is very **sensible** – she'd never do anything stupid. In other words, she's very practical and **down-to-earth**.

Roberto is very **sensitive** – he gets very **upset** (or **worked-up**, more informal), if he feels people are criticising him.

Very tired = exhausted