

introvert

INTROVERT



extrovert

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

- Ambitious
- High-achieving
- Impatient

A

- Easy-going
- Creative
- Relaxed

B

**What's My
Personality
Type?**

C

- Analytical
- Logical
- Stressed

D

- Anxious
- Worried
- Negative

Intellectual ability

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

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