

PERSONALITY TYPES

Knowing both your own personality type and those of others around you, will help you build an understanding of why people behave and think in different ways which can only benefit everyone. There are various techniques to establish personality types, including the Myer Briggs test

- a search of the Net will enable you to access further methods to discover personality types.

Peoples' behaviour and personality types can be categorised into three types and the general characteristics of each type are as follows: Rate yourself using



Type A

- preoccupied with getting things done; seldom looks at instructions
- inclined to interrupt during conversations and discussions; not a good listener
- dislikes waiting in queues and becomes agitated and tends to be impulsive and impatient
- susceptible to distress and health issues related to tension
- appears to be pumped up and energetic most of the time; always in the zone
- to enhance what they do, Type A personalities should strive to develop Type B behaviours, attitudes and chill as much as possible
- make a list of their personal stress warning signs to maintain their awareness
- when they become aware of their personal, physical and emotional warning signals, share their issues with family and teachers
- understand that no one other than themselves makes them angry, and it is up to them to take responsibility to control their personal aggression and anger.



Type B

- adopts a "no worries, she'll be right mate" attitude; not worried by much at all; very few anxieties
- accepts and is happy with their own existence and who they are
- content and not overly ambitious
- experiences very few health issues
- appears to be laid back and casual most of the time and life is a breeze
- to enhance what they do, Type B personalities should strive to maintain what they do and how they do what they do; basically stay the same
- set active goals to pursue to lift them out of their comfort zone
- spend time coaching and mentoring Type A and C Personality Types.



Type C

- on the surface everything seems to be fine
- stews on and internalises problems; like a duck on a pond, the legs are working overtime under the water while everything looks serene on the surface; holds in feelings and experiences inner conflict
- seems short and disinterested in conversations and discussion at times
- susceptible to distress and health issues related to tension
- appears to be under control on the outside while actually really turbulent on the inside
- to enhance what they do, Type C personalities should strive to be open and prepared to be positive in outlook and attitude
- have a support team and a critical friend they are willing to share issues with
- when feeling under pressure write problems down
- rather than stew on it, understand that no one other than themselves makes them adopt this approach and use the PMI tool to rationally examine it.



Identifying personality types is not about pigeon holing or labeling people but more about

- being able to use strategies for each type that will see friends, family and you grow and thrive
- win-win situations for all; it's developmental, not judgmental and well worth investigating.