Self-Awareness And Calculating Personality Parameters

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Self-Introduction

After taking a class in the first week, I learned that everyone has some fun facts that they need to tell others. This is necessary to introduce oneself to others. Here are some interesting facts about myself. I rely on my intuition rather than observing things. This helps a lot in many areas to make the right decision. Secondly, I have a strong sense of feelings. Third, I like utilizing my time in sports. Fourth, I do not judge others. Rather, I like to see their personality from a different perspective. Fifth, though I am an introvert, I like doing adventurous things.

Self-Disclosure

In any type of relationship, I think that the nature and level of disclosure about oneself vary. For me, it seems dangerous to let anyone else know keen details about myself. It also seems inappropriate to share feelings soon. A perfect balance should be maintained in the amount of information shared, which is highly dependent on the trust level a person has developed. Especially for people like me who are introverts, it is not right to let the guard down too soon. Of course, many psychological determinants of self-disclosure regulate this trait.

Findings

The fact that I like the most about myself is that I focus more on feelings. While making any decision, I consider the soft aspect more. I am emotionally strong and do not consider everything according to the hard rules of the mind. This may seem inappropriate to some people, but this helps me feel more connected to others on an emotional level.

The thing I dislike about myself is that I am an introvert. This trait of mine makes me distant from society. Yes, I would like to change this trait in me. I am already making efforts to be involved in public speaking activities.

Mini Essay On Self-Awareness

Introduction

Personality is a complex characteristic and varies from person to person. However, there are some generic qualities on which the person can be judged. Personality is formed when the characteristics of a person interact with one another. It is one of those tools that can be used to assess the personality of a person based on how he behaves.

Description

One of the most common personality indicators is known as the Myers-Briggs theory of personality types. In this theory, there are 16 personality types that can be helpful in knowing how a person behaves. Four basic parameters are used to refer to general human traits.

The four preferences are then intersected with one another to make 16 personality types. The comparison of how the person interacts with his environment is based on the parameters of introvert and extrovert. Then, the mental energy is judged based on the observant and intuitive behaviour of the individual. Nature is analyzed by seeing the decision-making process on the spectrum of thinking and feeling. However, the planning and working practices are seen based on the prospecting or judging behaviour of the individual. This helps in making a self-report about parameters that are dependent on one another (Carlyn, 2010).

I tested my personality using this MBTI indicator, and here are the interesting results I got about myself. My personality is 58% introverted and 42% on the extrovert side. I direct less energy toward being observant (47%) and more toward being intuitive (53%). I am stronger on the feeling side, as I have a feeling score of 51% as opposed to a thinking score of 49%. While planning and making a decision, I focus more on prospects (51%) and less on the judging side (49%).

This description of how the questionnaire depicts my personality is somewhat similar to my own assessment. This may vary in minor aspects because there are random variations observed in the behaviour based on judgment and perception (Myers, 1962).

This popular tool is frequently used in the business sector to identify deficiencies in psychometric behaviors. This has a correlation with many other psychometric dimensions, including the big five.

Conclusion

After calculating the parameters of my personality, I have realized that this is a useful indicator. It gives a person a clear picture of which areas he should focus on and how to make decisions. This test

takes information about the personality and shows how the person behaves routinely. The decision made at the end is totally objective and may differ from the real-world scenario with some exceptions. However, mostly, it tends to give the right information about the personality. This is widely used in many HR settings, but judging personality based only on this test is not a wise decision. Some other parameters should also be included to increase authenticity.

Self-Awareness Reflection

My intuition is strong. I am good at analyzing the situation at hand and then taking appropriate action based on the future view.

Though I give more weight to my feelings, I should consider my mind and think as well. Therefore, I should improve in the area of balancing my feelings and thinking. This will help me deal with scenarios better.

To improve this, I would focus on improving my emotional intelligence. When time is utilized to think more productively, it will assist in overcoming negative feelings.

By bringing this change, my personality will move in a positive direction. Rather than just seeing things from an emotional perspective, I will focus more on rational choices. In addition, having control over emotions will keep me from taking certain actions that control my response.

Not controlling this factor will give rise to multiple issues in my personal and professional life. It can result in guilt and fear when encountering unfavourable outcomes. When I focus more on feelings, it results in the feeling of helplessness because I do not consider the thinking side.

References

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