

Jung Personality Self-Check Worksheet

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Use this worksheet alongside our guide, **Jung's Theory of Personality: Types and Classification**. Answer honestly. There is no right or wrong type, only what fits you today.

Step 1: Attitude Check

Tick every statement that feels true for you.

INTROVERT SIGNS	
I feel recharged after time alone	☐
I think things through before speaking	☐
I prefer deep one-on-one talks over groups	☐
I notice my internal reactions strongly	☐

EXTRAVERT SIGNS	
I feel energized by social interaction	☐
I think out loud rather than internally	☐
I adapt quickly to new people and places	☐
I seek variety and external stimulation	☐

More ticks in one box shows your leaning. Most people have a few from both. That is normal.

Step 2: Function Check

THINKING SIGNS	
I decide using logic and consistency first	☐
I stay objective even in emotional situations	☐
I value fairness based on clear rules	☐

FEELING SIGNS	
I decide based on values and impact on people	☐
I notice group harmony and tension quickly	☐

I weigh how a choice affects others first	
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SENSING SIGNS

I trust concrete facts over hunches	
I focus on the present, not future possibilities	
I notice small physical details others miss	

INTUITION SIGNS

I trust patterns and hunches over raw data	
I focus on future possibilities and meaning	
I connect ideas across unrelated topics easily	

Your Type at a Glance

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Combine your strongest attitude (Introvert or Extravert) with your strongest function pair (Thinking or Feeling, Sensing or Intuition) to find your leaning below.

Type	Core Focus
Extraverted Thinking	Objective logic applied outward
Introverted Thinking	Internal logical frameworks
Extraverted Feeling	Social harmony and shared values
Introverted Feeling	Deep personal values, often private
Extraverted Sensation	Real-time concrete experience
Introverted Sensation	Detailed internal sensory impressions
Extraverted Intuition	Spotting outward trends and possibilities
Introverted Intuition	Internal insight and abstract vision

Reflection Questions

1. My strongest attitude leaning is:

2. My strongest function pair is:

3. One recent decision that reflects this type:

4. One person I clash with, and which function they might lean on instead:
