

# Shapes by personality types

It is hard to compare these personality traits with the Shapes, because the Shapes are not based on personality at all. So, you will notice that there are Shapes that have the same Myers Briggs letters, yet they are wired very differently. It's not their personality type that truly drives their behavior, it's their subconscious programming, fears, and values. These four shapes are all ISTJ – Triangles, Squares, Crosses, and Arrows. Yet they have different fears and value systems, and they behave differently.

You will also notice on the graphs that the shapes cannot be placed in just one category – they are almost all somewhere in the middle on the scale, between the two sides. Because their behavior is driven by their fears and values, they are not all one or the other, so even though we have given them a letter, it's not totally accurate about where they are. Because of this assigning each Shape a letter isn't truly accurate. But, if you are a fan of Myers Briggs you might enjoy finding your Shape and seeing where your Shapes truly is on each graph.

## Extroverts

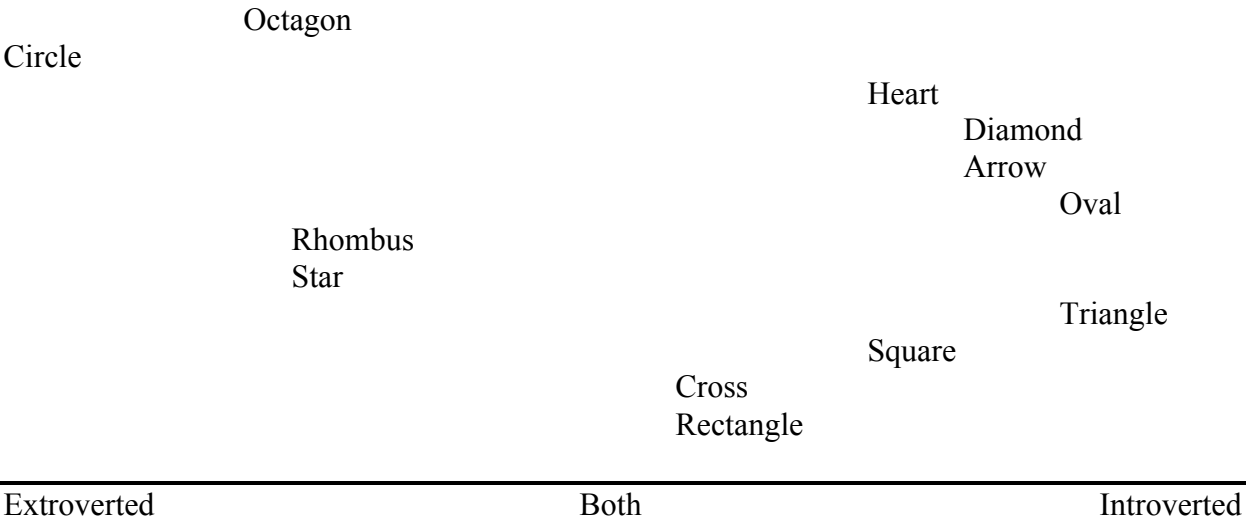
### [E]

Extraverted individuals prefer group activities and get energized by social interaction. They tend to be more enthusiastic and more easily excited than Introverts.

## Introverts

### [I]

Introverted individuals prefer solitary activities and get exhausted by social interaction. They tend to be quite sensitive to external stimulation (e.g. sound, sight or smell) in general.

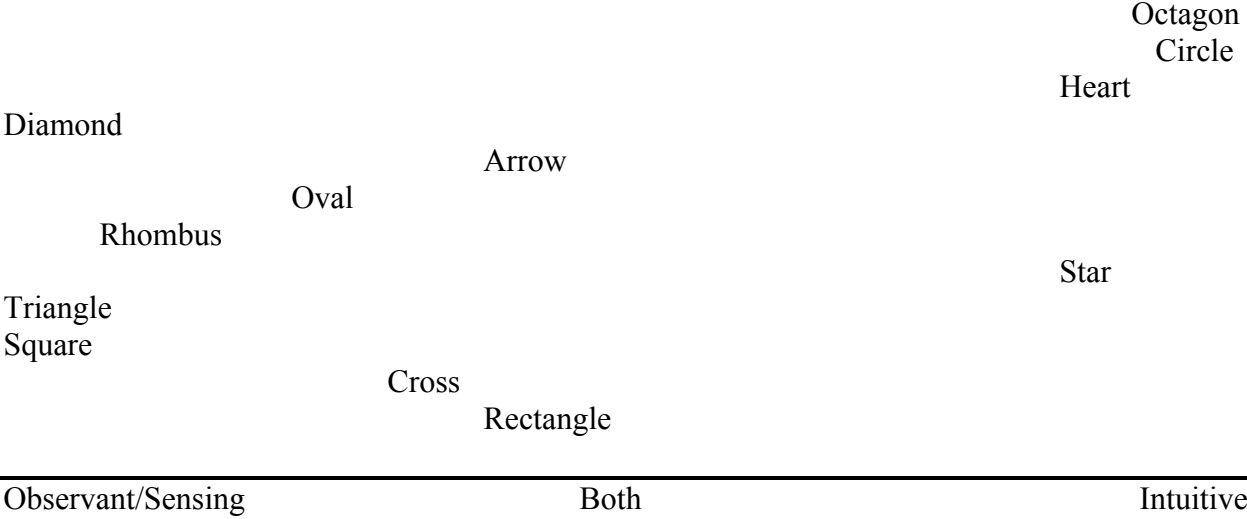


Sensing

[S]  
Observant/Sensing individuals are highly practical, pragmatic and down-to-earth. They tend to have strong habits and focus on what is happening or has already happened. They process things in a step-by-step linear sequence and observe and remember specific information. They also tend to focus on the facts and what can be observed via their five senses.

Intuitive

[N]  
Intuitive individuals are very imaginative, open-minded and curious. They prefer novelty over stability and focus on hidden meanings and future possibilities. These people who have a preference for Intuition generally learn by seeing the big picture and themes, and thinking about how specific information is connected.

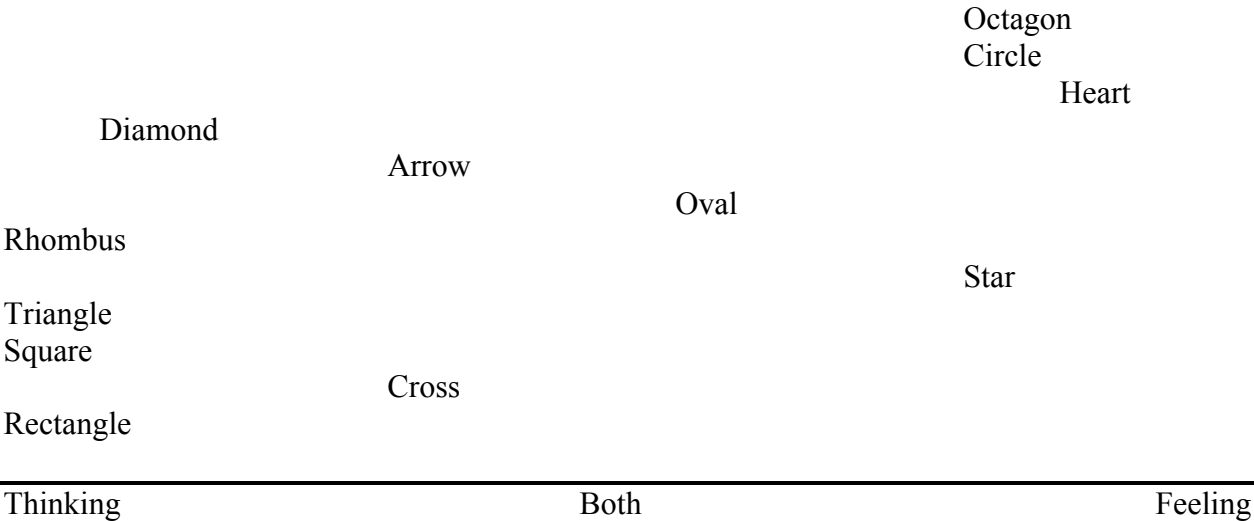


Thinking

[T]  
Thinking individuals focus on objectivity and rationality, prioritizing logic over emotions. They tend to hide their feelings and see efficiency as more important than cooperation. They tend to make decisions based on pros and cons, and weighing logical consequences from an objective point of view.

Feeling

[F]  
Feeling individuals are sensitive and emotionally expressive. They are more empathic and less competitive than Thinking types, and focus on social harmony and cooperation. They have a preference for Feeling, meaning that they make decisions based on how those decisions might affect other people involved.



## Judging

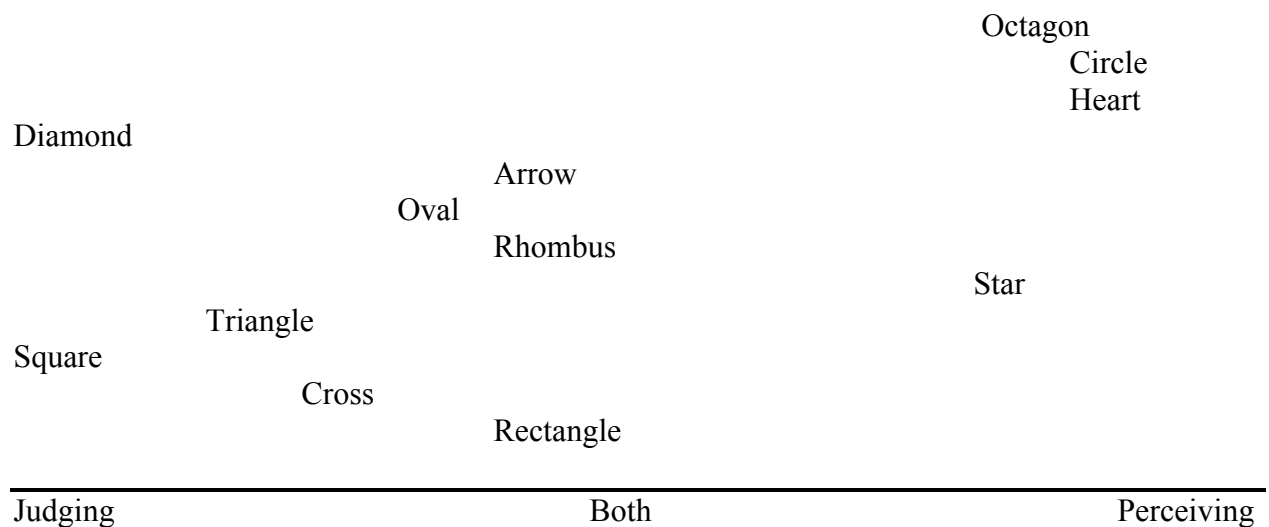
### [J]

**J**udging individuals are decisive, thorough and highly organized. They value clarity, predictability and closure, preferring structure and planning to spontaneity. They have a preference for judging are the list-makers and planners. They like to have a structure and schedule to their time and will generally space out projects so they get work done a bit at a time.

## Perceiving

### [P]

**P**erceiving individuals are very good at improvising and spotting opportunities. They tend to be flexible, relaxed nonconformists who prefer keeping their options open. They want flexibility in their lives and in how their time is managed. They would rather be open to new opportunities for events and like making decisions on the fly, and can sometimes enjoy working on things at the last minute or on their own schedule.



[E] Circle, Octagon, Rhombus, Star,

[I] Heart, Diamond, Arrow, Oval, Triangle, Square, Cross, Rectangle

[S] Diamond, Arrow, Oval, Rhombus, Triangle, Square, Cross, Rectangle

[N] Octagon, Circle, Heart, Star

[T] Diamond, Arrow, Rhombus, Triangle, Square, Cross, Rectangle

[F] Octagon, Circle, Heart, Oval, Star

[J] Diamond, Arrow, Oval, Rhombus, Triangle, Square, Cross, Rectangle

[P] Octagon, Circle, Heart, Star

Heart = INFP

Diamond = ISTJ

Oval = ISFJ

Rhombus = ESTJ

Star = ENFP

Rectangle = ISTJ

Octagon = ENFP

Circle = ENFP

Triangle = ISTJ

Square = ISTJ

Cross = ISTJ

Arrow = ISTJ