

Gathering All the Pieces

INTROVERTS (AND EXTROVERTS)

Galatians 6:4-5 (MSG) *Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life.*

From _____ comes power.

Ecclesiastes 7:19 *Wisdom makes one wise person more powerful than ten rulers in a city.*

Proverbs 24:3-4 *By wisdom a house is built and by understanding it is established; 4through knowledge its rooms are filled with every precious and beautiful treasure.*

You can't _____ what you don't know.

- Self-_____: Negative evaluation of oneself, often harsh and rooted in feelings of worthlessness or inadequacy. It breeds insecurity.
- Self-_____: Becoming overly preoccupied with oneself, often avoiding reality or true self-discovery. Results in pride.
- Self-_____: Understanding your own character, feelings, motives, and desires, and how you appear to others. You recognize your strengths, while also seeing areas for improvement and growth.

Myers-Briggs Type Indicator

1. Favorite World: Introvert (I) or Extrovert (E) - Where you focus your energy and how you recharge.

Introvert (I)	Extrovert (E)
<input type="checkbox"/> Do you recharge through solitude?	<input type="checkbox"/> Do you recharge through social interaction?

2. Information: Sensing (S) or Intuition (N) - Which do you rely on more, your five physical senses (S) things external or what you sense internally - intuition, perceptions, impressions, patterns, and gut reactions (N)?

Sensing (S) - I tend to...	Intuition (N) - I tend to...
<input type="checkbox"/> Be most aware of what I can see, taste, touch, hear, and feel	<input type="checkbox"/> Be most aware of what's intangible, what I can't see but know is real
<input type="checkbox"/> Make decisions by gathering external information	<input type="checkbox"/> Make decisions intuitively and "just know" without being able to explain why
<input type="checkbox"/> See details before the big picture, the trees before the forest	<input type="checkbox"/> See the big picture before details, the forest before the trees
<input type="checkbox"/> Learn best through practical examples and hands-on experience	<input type="checkbox"/> Learn best through creative language, like stories and metaphors
<input type="checkbox"/> Disagree with the statement, "You just need to trust your gut"	<input type="checkbox"/> Disagree with the statement "You just need to accept reality"
<input type="checkbox"/> Enjoy being fully engaged in the present moment	<input type="checkbox"/> Enjoy imagining what life could be more than thinking about what is

3. Decisions: Thinking (T) and Feeling (F) - When making decisions, do you first consider logic and facts (T) or people and feelings (F)?

Thinking (T) - I tend to...	Feeling (F) - I tend to...
<input type="checkbox"/> Prefer facts over feelings	<input type="checkbox"/> Prefer feelings over facts
<input type="checkbox"/> Be drawn to information more than inspiration	<input type="checkbox"/> Be drawn to inspiration more than information
<input type="checkbox"/> Make decisions with my head	<input type="checkbox"/> Make decisions with my heart
<input type="checkbox"/> Look at success in terms of results	<input type="checkbox"/> Look at success in terms of relationships
<input type="checkbox"/> Not understand when people don't use common sense	<input type="checkbox"/> Not understand when people are insensitive
<input type="checkbox"/> Thrive in situations that require my practical help or expertise	<input type="checkbox"/> Thrive in situations that require my personal support or empathy

4. Structure: Judging (J) or Perceiving (P) - Are you more comfortable with order and clarity (J) or spontaneity and flexibility (P)?

Judging (J) - I tend to...	Perceiving (P) - I tend to...
<input type="checkbox"/> Find comfort in organization	<input type="checkbox"/> Find comfort in keeping my options open
<input type="checkbox"/> Enjoy preparation	<input type="checkbox"/> Enjoy surprises
<input type="checkbox"/> Create lists, plans, and schedules	<input type="checkbox"/> Feel limited by lists, plans, and schedules
<input type="checkbox"/> Feel anxious about last-minute changes	<input type="checkbox"/> Not mind last-minute changes
<input type="checkbox"/> Arrive on time or early	<input type="checkbox"/> Arrive a few minutes late
<input type="checkbox"/> Consistently follow through on commitments	<input type="checkbox"/> "Go with the flow" and adapt

Circle the four letters that resonated most with you.

I or E

S or N

T or F

J or P

Four Feeling Types of Introverts:

1. INFJ - The Protector - Guardian of the good who's resilient, insightful, empathetic, and creative as well as orderly.
2. INFP - The Idealist - Daydreamer who envisions a better world, sees the best in others, and seeks to be helpful.
3. ISFJ - The Nurturer - Attentive caretaker who gives their best to the people, places, and projects entrusted to them.
4. ISFP - The Artist - Creative peacemaker who values openness, originality, and appreciating the beauty of life.

Four Thinking Types of Introverts:

1. INTJ - The Scientist - Investigator of life with a gift for turning analysis and insights into action and results.
2. INTP - The Thinker - Intuitive intellectual who uses concepts, theories, and knowledge to create helpful ideas.
3. ISTJ - The Duty Fulfiller - Keeper of commitments who values peaceful living, security, and following through on goals.
4. ISTP - The Mechanic - Problem solving risk taker who seeks freedom, simplicity, and the chance to do life their way.

(To see all 16 types or to learn more, go to myersbriggs.org)

Four Tendencies

Using one example, a **deadline is an expectation**, mark which one of these 4 statements sounds most like you.

1. I receive the deadline, create a schedule or series of milestones for myself, and compete the project, even without anyone checking on me.
2. I'm motivated to meet the deadline because others are counting on me. But if a project affects only me, it's harder to follow through and I need accountability.
3. I want to understand the deadline. "Why is this project important? What makes this timeline the right one?" When I have satisfactory answers, I'll move forward.
4. I meet the deadline if I want to and it fits with who I am but push back against anything that feels restrictive, forced, or obligatory.

Tendency	Description	Motto	Strengths
Upholder	Respond readily to both outer expectations and inner expectations	Discipline is my freedom.	Self-starter, self-motivated, conscientious, reliable, thorough, eager to meet expectations (rules, regulations, performance targets, etc.)
Obliger	Respond readily to outer expectations but struggle to meet inner expectations	You can count on me, and I'm counting on you to count on me.	Dependable, responsible, team player, responsive leader, feels great obligation to meet others' expectations, willing to go the extra mile, highly committed
Questioner	Question all expectations; they meet an expectation only if they believe it's justified, so in effect they respond only to inner expectations	I'll comply—if you convince me why.	Data driven, interested in creating systems that are efficient and effective, willing to buck the system if warranted, strong-willed, do their research
Rebel	Resist all expectations, outer and inner alike	You can't make me and neither can I.	Independent-minded, able to think outside the box, not swayed by conventional opinion, willing to buck social conventions, in touch with their authentic desires

Answers: 1=Upholder

2=Obliger

3=Questioner

4=Rebel

(You can take the official Four Tendencies quiz at quiz.gretchenrubin.com)

Five Love Languages

To quickly determine your primary love language, rank the items on the following two lists from 1-5 (1=top choice).

I feel most loved when someone...

- Tells me (says "I love you", write a loving note)
- Does something WITH me (date night, bike ride, walk)
- Shows it tangibly (thoughtfully chosen present, symbolic piece of jewelry)
- Does something FOR me (makes dinner, helps with a project)
- Expresses it with their body (hug, pat on the back)

I'm most likely to show my love to someone by...

- Telling them (saying "I love you", written a loving note)
- Doing something WITH them (date night, bike ride, walk)
- Showing it tangibly (thoughtfully chosen present, symbolic piece of jewelry)
- Doing something FOR them (making dinner, helping with a project)
- Expressing it with my body (hug, pat on the back)

ANSWER KEY:

Telling - Words of Affirmation
 Doing WITH - Quality Time
 Showing Tangibly - Giving and Receiving Gifts
 Doing FOR - Acts of Service
 Expresses with Body - Physical Touch

(You can take the official 5 Love Languages quiz at 5lovelanguages.com)