

Personality Test



CAN YOU REVEAL YOUR TRUE SELF?

The psychologist Erik H. Erikson said that to learn to trust is the most primitive of human conflicts. As we approach maturity, this conflict starts impacting issues of intimacy and relationship and shapes us as open or closed persons.

1. You believe there is a trait of your personality that you consider to be negative (such as being jealous, obsessive, stubborn)

- A. I would not reveal it out of fear of the reaction of others.
- B. I would hint at something but not revealing it completely.
- C. I would tell others confidently.
- D. I would say everything. There is no reason to hide anything.

2. You have prejudices about certain types of people (such as people of other race or religion)

- A. I would not reveal them out of fear of the reaction of others.
- B. I would say a little, but not much, if I believe someone agrees with me.
- C. I would speak about it.
- D. I would discuss it openly without being afraid to reveal my opinions.

3. Intimate details about your relationships and loves

- A. I would not say anything.
- B. I would hint at something.
- C. I would confide in someone I trust.
- D. I would say everything.

4. Things of which you feel ashamed or guilty

- A. I would not say anything.
- B. I would hint.
- C. I would tell to a certain point.
- D. I would tell everything without hiding my past.

5. What makes you angry

- A. I would not tell.
- B. I would hint.
- C. I would tell to a certain point.
- D. I would tell everything.

6. How you feel about your physical appearance and attractiveness

- A. I would not tell.
- B. I would hint.
- C. I would tell to a certain point.
- D. I would tell everything.

7. Things that worry you

- A. I would not tell.
- B. I would hint.
- C. I would tell to a certain point.
- D. I would say everything.

8. Your achievements, talents, and compliments you receive

- A. I would not tell.
- B. I would hint.
- C. I would tell to a certain point.
- D. I would say everything.

9. Impulses you have that you think could be controlled, such as drinking, gambling, sex or violence

- A. I would not tell.
- B. I would hint.
- C. I would tell to a certain point.
- D. I would tell everything.

10. What you consider to be one of your flaws

- A. I would not tell.
- B. I would hint.
- C. I would tell to a certain point.
- D. I would tell everything.

If you are thinking of a vocation and need a guide or mentor for your discernment, the best thing you can do is to be open with that person so that he or she can truly help you. These conversations, however, are totally private and confidential, and they should not be known to others. You need a place where you can feel safe and speak from your heart.

Scoring

Give yourself a point for each answer A, 2 for each B, 3 for each C and 4 for each D.

Score of 10-17: you are very reserved. You can feel happy with the intimacy you have with others, but perhaps you should

share a little more and thus get the support and advice of others.

Score of 18-28. You have a good balance between you private self and your self-esteem.

Score of 19-40. You are very open, perhaps too much.

Sometimes opening up indiscriminately might send the wrong signals to others and could be dangerous for relationships because you might not be prudent and speak too much. Your feelings could affect others or involve others.