

Research Sources for Lyrical Essay

per·son·ali·ty

the combination of characteristics or qualities that form an individual's distinctive character.

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Notes:

- observes that for Briggs, personality "typing" was a kind of "personal religion" inspired by her near-reverential regard for Carl Jung's theories
- began to sweep American institutions...sharp criticisms, such as from social theorist Theodor Adorno*

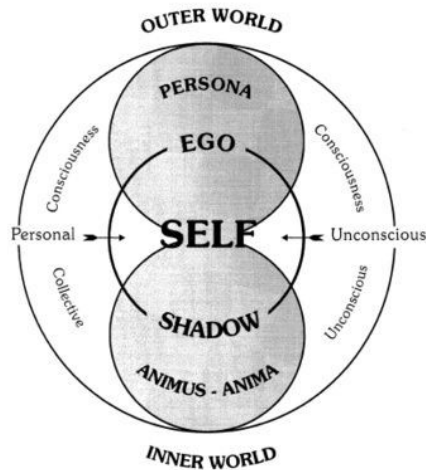


Figure 5: Jung's Model of the Psyche.

- Carl Jung- He was the first one to identify extrovert and introvert
- He also was a founder of analytical psychology and created the idea that every person has 4 parts of themselves, persona, shadow, anima, and self
- A lot of analysis of personality is based off of these principles
- <https://medium.com/personal-growth/4-carl-jung-theories-explained-persona-shadow-anima-animus-the-self-4ab6df8f7971> this is the article explaining the 4
- Do people believe in these ideas like a religion? Did the creators even know what they were doing in the myers briggs test?



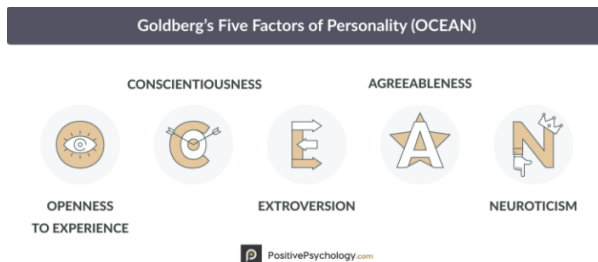
Illustration: Ricardo Cavolo/The Guardian

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- <https://www.theguardian.com/lifeandstyle/2021/aug/30/myers-briggs-test-history-personality-types> this article explains her criticism
- Is the idea of categorizing people healthy or accurate?

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Notes:

- Why does understanding personality matter? John D. Mayer says it matters cause, "each of us has our zone of comfort and a zone of ability in which we can engage. By knowing our own zones of comfort and our own zones of challenges--what we're able and not able to do--we can guide ourselves. And then if we know that about the people around us, we also can help guide ourselves amidst those people."
- "They use their brains in fundamentally different ways. Brain, mind context and culture all shape each other and co-evolve. The horse shapes the rider's options, while the rider shapes the horse's options."
- They brought it back to JUNG and his groundbreaking personality research! His theory is that people have "four basic functions: sensing (S), intuiting (N), thinking (T) and functioning (F) in either the external (extroverting) or internal (introverting) world. He used a total of eight cognitive processes, expressed as a capital letter for process (S, N, T or F), plus a lowercase letter "e" (extroverting) or "i" (introverting) to indicate orientation. So "Se" indicates extrovert sensing, where sensing relates to engagement with the outside world"
- Personality quizzes are useful because they provide a lens of understanding
- one more tool in our toolbox to help us grapple with other people
- Big five theory or OCEAN created by many [psychologists](#)- this is a way of identifying personality that i didn't know existed
- <https://positivepsychology.com/big-five-personality-theory/> link to explanation



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- How well known is this idea? Is it more accurate? Should this be known more? How can this help people understand themselves and others?

<https://brandongaille.com/explanation-the-hartman-color-code-personality-test/>

Notes: Created by Dr. Taylor Hartman, its a test that categorizes personalities into four colors that show

<https://www.youtube.com/watch?v=93zBw-uzumU> video explaining the color code test

https://en.wikipedia.org/wiki/Hartman_Personality_Profile

<https://unewswriting.org/2015/11/11/dr-taylor-hartman-speaks-out-about-the-color-code/>

ABOUT COLORS

RED Motive (Power)

Red are the power wielders. Power: the ability to move from point A to point B and get things done, is what motivates and drives these people. They bring great gifts of vision and leadership and generally are responsible, decisive, proactive and assertive.

BLUE Motive (Intimacy)

Blue are the do-gooders. Intimacy: connecting, creating quality relationships and having purpose, is what motivates and drives these people. They bring great gifts of quality and service and are generally loyal, sincere, and thoughtful.

WHITE Motive (Peace)

White are the peacekeepers. Peace: the ability to stay calm and balanced even in the midst of conflict, is what motivates and drives these people. They bring great gifts of clarity and tolerance and are generally kind, adaptable, and good-listeners.

YELLOW Motive (Fun)

Yellow are the fun lovers. Fun: the joy of living life in the moment, is what motivates and drives these people. They bring great gifts of enthusiasm and optimism and are generally charismatic, spontaneous, and sociable.

picture from: <https://www.colorcode.com/about/>

this code dives into what someones core personality is and what motivates them, everyone has a dominant color and the others are varying small sizes, this is used to explain people's behaviors and can be used to help understand how others approach things and what they value in life

<https://www.npr.org/2019/04/12/712876949/what-can-a-personality-test-tell-us-about-who-we-are>

Metaphor idea- harry potter sorting hat. ... It is wise. It seems to know people better than they know themselves. We humans love this kind of insight.

<https://www.nbcnews.com/better/pop-culture/why-do-we-need-personality-tests-tell-us-who-we-n-cna914371>

Notes:

- "In spite of the relative sophistication of society today, people remain a mystery to themselves as well as others — and they are always curious to get a bit of insight as to what they're really like," says Pamela Rutledge, director of the Media Psychology Research Center, and faculty at Fielding Graduate University.
- "we all have an existential craving to be validated and 'seen.'"
- <https://psycnet.apa.org/doiLanding?doi=10.1037%2F0022-3514.65.2.317> is an article that explains why we want to figure ourselves out
- three major motives behind self-evaluation: **self-assessment** (the pursuit of accurate self-knowledge), **self-enhancement** (the pursuit of favorable self-knowledge) and **self-verification** (the pursuit of highly certain self-knowledge)

<http://lcspartan.com/2020/11/12/why-are-humans-so-obsessed-with-personality-quizzes/>

Notes:

- around 2.5 million Americans take the MBTI assessment each year

- WHY? It makes us feel more predictable and in-the-know. Humans are extremely complex and unpredictable in general, so perhaps assigning some sort of label or category helps us feel more secure with ourselves and others
- Some people are obsessed with learning about how others might perceive us- learning and being secure in understanding yourself makes you seem better

<https://www.excelsior.edu/article/psychology-of-personality-tests/>

<https://www.theguardian.com/tv-and-radio/2021/mar/03/they-become-dangerous-tools-the-dark-side-of-personality-tests>

<https://www.bodyandsoul.com.au/mind-body/wellbeing/heres-why-youre-so-obsessed-with-personality-quizzes/news-story/dcdcb44b498d79424a6d4a9b10363e65>

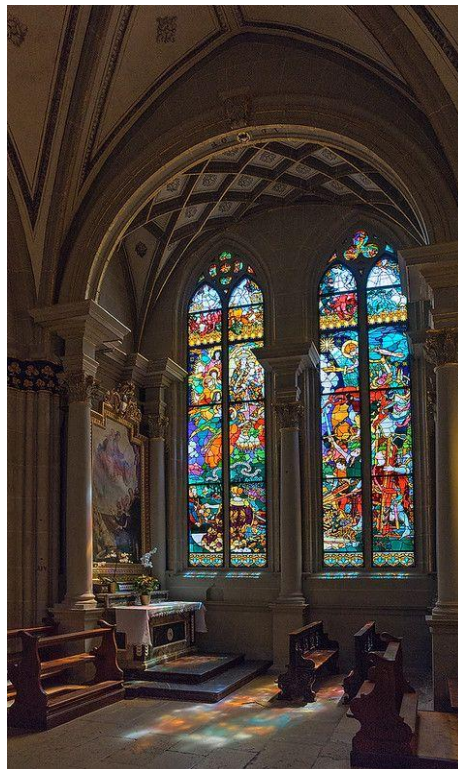
<https://nesslabs.com/barnum-effect>

<https://www.youtube.com/watch?v=NXcWZnOPUXw>

<https://www.verywellmind.com/the-myers-briggs-type-indicator-2795583>

Metaphor Ideas-

- Personality is like a big puzzle but we don't have the box..... personality quizzes help us piece together what and who we are
- Stained glass window- Every person's personality is unique and beautiful but unknown, needs to be pieced and welded together to understand what the whole picture is



Artistic Representation: mind all jumbled or confusing, overflowing, personality is all jumbled in there and quizzes help sort and make sense of it all

