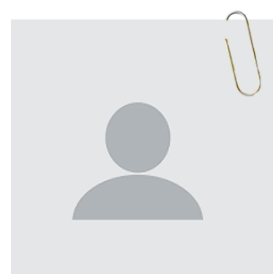


CONFIDENTIAL

The Mystery of Personality



Case No. 52704

Name: Ava Bennett

Place of Birth: Mountain View, CA

Background:

Ava is an anxious and unknowing person. She naturally fears others' portrayal of her, especially the peers surrounding her. This anxiety has led to the investigation of personality. Can we find how the brain works and how people interact with others and the world through personality tests? I wanted to know why her mind is filled with question after question and other peoples seem to be filled with only confidence and assurity. Our person in question struggles to come to terms with the uncomfortable or the unknown, so we need to search for an explanation. I do not like the idea that there is no way to know who someone truly is. Everyone is always searching for an upper hand. For a grasp on oneself that makes all the rest of life fall into place. An understanding that brings confidence and connection with others. Her own self is a mystery that I am going to solve. I will investigate her mind and soul for understanding.

Evidence from investigation:

Carl Jung¹ created this idea about personalities: introverts or extroverts. He theorized that there are four parts to everyone's personality: self, persona, ego, shadow, and animal.

¹ Stead, Harry J. "4 Carl Jung Theories Explained: Persona, Shadow, Anima/Animus, the Self." Medium. Personal Growth, October 22, 2019, <https://medium.com/personal-growth/4-carl-jung-theories-explained-persona-shadow-anima-animus-the-self-4ab6df8f7971>. Jung founded analytical psychology. His work was super influential in many fields.

These concepts fueled Myers-Briggs² ideas of the different dominant parts of the personality to create a whole person. These tests and ideas seem to be a good lead. A perfect answer to all of our wonderings. But as I dig deeper, the findings are curious.

From interrogations, we learned that the creator of the Myers-Briggs test was a woman who became interested in Carl Jung's findings and wanted to learn more about her daughter's soon to be husband³. While her daughter studied psychology, Katherine Briggs did not. This and the fact that the test came out shortly after the second World War shows us that these tests lack credibility. Even with the knowledge that these tests aren't perfect and won't ever capture our essence, we continue to take them. No one can perfectly fit in a box, and that nonexistent box can never have a perfect instruction manual or answer key. A lot of my digging is in vain, as most tests leave me with more questions than answers. The answers to the tests in question just say that Ava is an INFP or a personality of Introversion, iNtuition, Feeling, and Perceiving. I can use this to create an outline of her personality. She works alone, is committed, peaceful, a healer, an idealist, and sees the big picture. But even with this information the quiz is an unreliable source and I shouldn't consult it to accurately conclude the investigation.

I continue my search. I will go to another personality identifier test. The color code test which says there are four colors and each means that your life is motivated by a specific

² Muldoon, Jeffrey. "The Personality Brokers: The Strange History of Myers-Briggs and the Birth of Personality Testing," by Merve Emre (2018) New York, Doubleday: Penguin Random House, 336 Pages. ISBN: 978-0-385-54190-9." *Relations industrielles* 75, no. 1 (July 9, 2018): 186. <https://doi.org/10.7202/1068726ar>. Myers

³ Company, Myers-Briggs. "The History of the MBTI® Assessment." The history of the Myers-Briggs Type Indicator | The Myers-Briggs Company. General: +44 1865 404500 Customer Service: +44 1865 404610 Email: support.eu@themyersbriggs.com. Accessed December 12, 2021. <https://eu.themyersbriggs.com/en/tools/MBTI/Myers-Briggs-history>.

core thing. Red is power, Blue is intimacy, Yellow is fun, and White is peace⁴. Everyone has all the colors inside, but there is one main one. Ava is a white/blue, which means she is calm and peaceful and likes deep relationships and emotions. This test is actually used a lot in professional development and interpersonal relationships because it uses people's goals to connect one another and better understand a person. Obviously it's still not solid or reliable but those kinds of things are so popular and make me feel like I have a grasp on the mind.

Findings:

The case has gone cold. We thought knowing she was a peace centered person or an INFP would solve the case. Her social anxiety won't be solved by the understanding that she is an introvert while others are extroverts. These personality tests that we all know and love are giving us false information and hope because although it's hard for us to come to terms with the fact, there might not even be any answers to find. We need to look inside ourselves to find the reasons for our behavior. We need to confront our fear of others, our self-doubt, and judgements. Only then can we understand the mind and soul.

⁴ Gaille, B. (2015, August 10). *Explanation of the Hartman color code personality test*. BrandonGaille.com. Retrieved December 12, 2021, from <https://brandongaille.com/explanation-the-hartman-color-code-personality-test/>.

Bibliography:

Company, Myers-Briggs. "The History of the MBTI® Assessment."

The history of the Myers-Briggs Type Indicator | The Myers-Briggs Company.
<https://eu.themyersbriggs.com/en/tools/MBTI/Myers-Briggs-history>.

This source is from the Myers-Briggs website and details the history of the personality test and its creators.

I used this source in order to illustrate how the test is not credible or based in science. While it is a prospering company and an interesting idea, the facts are that the creators did not have a psychology education. It was also created decades ago which means it was a different time and had different knowledge.

Gaille, B. (2015, August 10). Explanation of the Hartman color code personality test.

Brandongaille.com. Retrieved December 12, 2021, from
<https://brandongaille.com/explanation-the-hartman-color-code-personality-test/>.

This website is an informational source that explains what the Color Code test is and how it functions.

One of the other tests I describe is the color code test and it is not as well known. This website is filled with information that explains exactly what the four colors mean and the purpose of the test. I used it to back up my explanations.

Muldoon, Jeffrey. "The Personality Brokers: The Strange History of Myers-Briggs and the Birth of Personality Testing, by Merve Emre (2018) New York, Doubleday: Penguin Random House, 336 Pages. ISBN: 978-0-385-54190-9." *Relations industrielles* 75, no. 1 (July 9, 2018): 186. <https://doi.org/10.7202/1068726ar>. Myers

This is a journal article that explains credibility issues with the Myers-Briggs test but also explains what it is. It calls into question many of the supporters.

This is a helpful source for my writing because the writing is a way to interrogate the personality questions and explain why they are not perfect or accurate in most aspects.

Stead, Harry J. "4 Carl Jung Theories Explained: Persona, Shadow, Anima/Animus, the Self."

Medium. Personal Growth, October 22, 2019,
<https://medium.com/personal-growth/4-carl-jung-theories-explained-persona-shadow-anima-animus-the-self-4ab6df8f7971>.

This source explains the theories of Carl Jung and what his ideas entailed.

Explaining his ideas and psychology was important for my essay because he founded the basis for many of the personality quizzes used in the world. His ideas influenced others and helped shape how we think about personality and the mind.

Intention Statement:

The *Mystery of Personality* is a lyrical essay about how searching for understanding ones' personality using personality tests is futile and we need to look within ourselves for answers. I chose to write this lyrical essay in third person and first person because I wanted to write it as if the person reading it was the one who wrote it and was talking about someone else. I used the idea of a case file to represent that we are detectives searching for clues to our own mind. It was difficult that I wrote about myself in the third person while also writing as myself in the first person but I think the idea that you are a detective for your own mind is very important. The shift from the background where I describe my mind and what led up to diving into personality quizzes is much more emotional than when I shift to evidence. This evidence was collected to show how I, in order to understand myself, searched through different personality quizzes that all ended up not helping. This factual information helped prove that in the end, there is no algorithm that can explain why your mind does what it does. These quizzes shouldn't be your one basis of understanding or self-worth because most have been proved to not be credible. I arranged my text in this investigative way in order to show my own process of having questions and then searching for answers as if I was a detective. My own mind is the mystery I wanted to solve. During peer review, my readers enjoyed the idea that we are all questioning, but suggested that I dive into why personality quizzes aren't the place to find answers. They suggested I dive deeper into what led up to me trying to solve this "mystery" and what evidence I used to prove the tests were unbelievable. I adjusted my opening in order to make it more personal and I added more facts that supported my ideas. I also shifted the entire structure of my essay to fit my metaphor of solving a mystery and understanding something by formatting it as a crime case. It originally had just been an essay filled with questions but now it illustrates that the whole act of taking personality quizzes is questioning yourself. I was inspired by the poet Eula Biss and her writing "Time and Distance Overcome", in which she flows two concepts together to illustrate an overarching theme.

Self Assessment rubric for the Lyrical Essay (100 points possible):

	Excellent (20 points)	Satisfactory, but needs some improvement (15 points)	Partially complete/ needs significant improvement (10 points)
Focus	Purpose of the lyrical essay is clear and compelling. Writer represents the complexity of the subject perceptively, reflecting deep, sensitive, and sustained thinking.	Purpose of the lyrical essay is clear but could be more compelling. The writer could be more perceptive in their representation of the subject and its complexity.	Purpose of the lyrical essay is unclear. Or, the essay represents the subject too simply, neglecting complexity.
Style	The writer employs a variety of stylistic techniques (poetic devices, narrative perspective, varied prose forms) to challenge the reader to interpret meaning and shape the reading experience. Metaphors are fresh, original, and apt representations of the subject matter.	The writer employs several recognizable stylistic techniques but could do more stylistically to challenge the reader and shape the reading experience. Apt metaphors are present, but could be more specific or original.	The writer is fairly one-dimensional in their application of stylistic techniques. Or, metaphors fall into cliché territory.
Research	Writer uses accurate Chicago-style NB footnote format , indicating clearly at least 3 research sources in the text. Annotated bibliography follows proper format and conveys insight into the writer's thinking about the value and purpose of each source (summarize, assess, and reflect). See here and here for guides.	Chicago-style footnote format has some errors. Writer indicates 3 research sources in the text. Or, annotated bibliography has some errors or does not include all required elements for each source (summary, assessment, and reflection).	Chicago-style footnote format is missing, or, writer does not cite 3 sources in the text. Or, annotated bibliography is incomplete.

<p><u>Intention Statement</u></p>	<p>Clear, insightful, and polished explanation of the meaning of the lyrical essay. Multiple techniques are accurately identified and explained with specific references to the text. Reflection shows sensitive consideration of constructive feedback and literary influence(s).</p>	<p>Clear explanation of the meaning of the lyrical essay. A couple of techniques are accurately identified and explained, although the intention statement could be more insightful and polished. Reflection includes some reference to feedback or literary influence(s).</p>	<p>Unclear explanation of the meaning of the lyrical essay. Literary techniques are limited, misidentified, or missing. Reflection neglects to account for both feedback and literary influence.</p>
<p>Mechanics</p>	<p>The text is free from errors of spelling, grammar, and punctuation. From a mechanics standpoint, this essay is ready for publication.</p>	<p>The text contains some errors. These errors do not impact the reader's ability to comprehend material. One more round of editing/polishing is necessary.</p>	<p>The text contains some significant errors. These errors affect the reader's ability to understand the material in some places.</p>

Score: 95 / 100