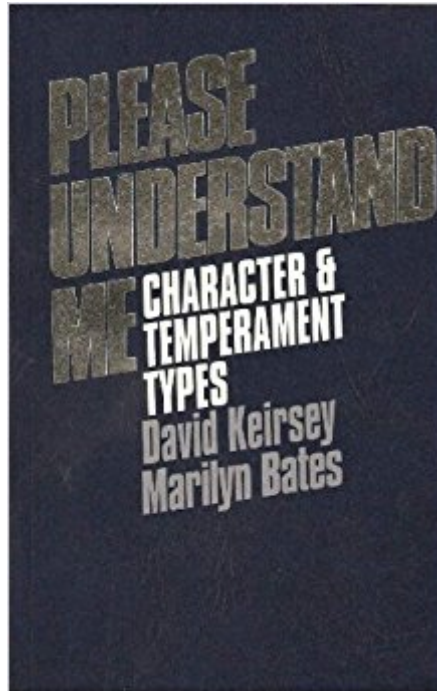




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# Please Understand Me: Character And Temperament Types



## Synopsis

Does your spouse's need to alphabetically organize books on the shelves puzzle you? Do your boss's tsunami-like moods leave you exasperated? Do your child's constant questions make you batty? If you've ever wanted to change your mate, your coworkers, or a family member, then "Put down your chisel," advise David Keirsey and Marilyn Bates in this book of personality types. We are different for a reason, and that reason is probably more good than bad. Keirsey and Bates believe that not only is it impossible to truly change others (which they call embarking on a "Pygmalion project"), it's much more important to understand and affirm differences. Sounds easier than it is, you might say. Well, this book is a guide for putting an end to the Pygmalion projects in your life and starting on the path to acceptance.

## Book Information

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## Customer Reviews

Does your spouse's need to alphabetically organize books on the shelves puzzle you? Do your boss's tsunami-like moods leave you exasperated? Do your child's constant questions make you batty? If you've ever wanted to change your mate, your coworkers, or a family member, then "Put down your chisel," advise David Keirsey and Marilyn Bates in this book of personality types. We are different for a reason, and that reason is probably more good than bad. Keirsey and Bates believe that not only is it impossible to truly change others (which they call embarking on a "Pygmalion project"), it's much more important to understand and affirm differences. Sounds easier than it is, you might say. Well, this book is a guide for putting an end to the Pygmalion projects in your life and

starting on the path to acceptance. For anyone acquainted with the ubiquitous Myers-Briggs personality test, *Please Understand Me* will be familiar territory--but gone over with a fine-toothed comb. And for the uninitiated, this book will be a quick introduction to personality typing the Myers-Briggs way--with a Jungian accent. After presenting a brief rundown of 20th-century psychology movements, Keirsey and Bates encourage you to take the 70-question "Keirsey Temperament Sorter," a sort of mini-Myers-Briggs test that places you in 1 of 16 personality types. Like the Myers-Briggs system, this test sorts your personality into groups of extraversion/introversion (E/I), sensation/intuition (S/N), thinking/feeling (T/F), and perceiving/judging (P/J). Unlike the Myers-Briggs system, *Please Understand Me* also presents four easy-to-remember temperament types--Dionysian (freedom first), Epimethean (wants to be useful), Promethean (desires power), and Apollonian (searches for self)--that underlie the 16 possible personalities identified by the test. The book then delves into a detailed analysis of each type, with sections on mates, children, and leaders. An appendix paints portraits of the 16 possible personality types. Unless you're already a true personality-typing devotee, this book may seem a little esoteric, especially the somewhat "in" references to psychological theory that few laypeople will be likely to understand. But give it a chance and you may find that you'll begin to understand why you always know where to find Anna Karenina on the shelf (you have an ESTJ husband), why your boss is sarcastic one day and praises your achievements the next (she's an NF), and why knowing the reason that the sun comes up in the same place every day is important to your little one (he's Promethean). You may even find that once you accept quirks and ticks in others, they will understand you a little better, too. --Stefanie Durbin

Every time I re-educate myself about Myers-Briggs results, I kick myself for not using it more in understanding people in my life. We're all good, just VERY different at times. There may not be as much replicated research on the Myers-Briggs test but unless you need a clinical diagnosis of yourself or others, the test (several valid versions are online and free) and this book explaining the 16 personality types is all you need to understand the people around you and why you sometimes click and at other times completely "miss" with each other. You won't understand everything about yourself or anyone else with this book but 80% of their words or actions won't be a mystery anymore.

When my husband and I met, we had both read this book before and were very into the personality typing. He is an ENTP and I am a INFJ...perfect match. Not only did this book give my hubby and I

common ground to discuss, but it has also given my insight and understanding into how other people operate. It helps me have more tolerance toward behaviors in others that are different from my own. My son is an INFP, one letter different from me, but that one trait gives him the laid-back-attitude that I as a "J" don't have. I am more organized and more of a planner. (Actually I envy my son...lol.) My husband is an extrovert and I am an introvert. We balance each other, but also, the book has given us the understanding of being more tolerant to how the needs of the other are vital to mental health. I, as an introvert, need my down-time away from noise and people, to regenerate my strength. He is energized by the excitement of being around others. The book also goes into how different types parent and what professions most suit each type. I would love for the authors to write another book of a more in-depth view of all the types, but this book gave us an understanding of people that has been invaluable to us.

The BEST edition. The temperament descriptions are relatable to the temperament of the person described. Example, NTs more thinking and scientific. Whereas, the NFs use more insightful language. I do not like the newer edition at all as it seems that authors just made a simple, insightful description of temperament into complex and unuseful tool. I use this with clients and I recently bought 5 copies to use with my confirmands.

It has really helped me to understand people and to see how their weaknesses are just the flip side of their strength. It helps you get a chance to evaluate yourself according to your temperament and to get to have others share their temperament according to the scales. I would recommend that you use a separate piece of paper to take the survey so that others can use the same survey. Even if you can't get them to take the survey the book gives you plenty of examples on how to tell where they stand on the temperament scales. Then you can use that information to appreciate them more.

I first read this book in college 30 years ago. Besides the scriptures, this book has been the most helpful book I've ever read in my life. Once one becomes familiar with the different core personality types, it is easy to understand others better by being aware of which type they are and how they view the world and themselves. Understanding a person's core self helps to see what they do as understandable, rather than offensive, based on what is one's true nature. This book has been an invaluable tool for my husband and children as well, as they are better able to "type" people they deal with and then be more understanding of them rather than critical. Having the knowledge from

this book helped me as a young woman to choose the right types of men to date for my personality type and then make the right choice when it came to marriage. The title really is perfect, and the content of this book really helps a person give others what they long for - to be understood.

This book gives you insights into the different temperaments and just how the person looks at things. It can be very helpful in understanding relationships, especially if they seem to be difficult ones. After learning about how someone else sees life, it allows you to make changes in your expectations of their responses or you may change the way you communicate with them to be more effective. Excellent source of help in effectively communicating with others.

This is a classic, life changing book about understanding people. Learning to understand the differences in personality types and how people communicate helps in relationships within families, in work situations, in learning environments, and more. A must read for everyone.

If you don't know your Myers-Briggs personality type, this will be useless to you. If you have taken the test (you can find short versions online) you can read about yourself here. When I read about myself I thought "How could they possibly know all that from four letters?" Very useful for understanding family, friends, children, partners, employees or anyone else that you can't make heads or tails of. Well written. Fascinating.

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