

Are you mentally curious (or 'open') like me and want to know your personality type? There are four main systems that I know of, anyway. The first is Socionics, which is a lot like Myers Briggs. One difference is the use of lower case and upper case letters. The former system has personality types called 'INFP' (the best type), whilst the latter has types called INFP (also the best type). The main differences however, are the relationship compatibilities. Socionics is nice and straightforward in that INFPs and ESTJs hate each other (ok, hate is a strong word, though I do find them very annoying), INFJs hate ESTPs, ISFPs hate ENTJs, etc. See the pattern? They're all complete opposites. Myers Briggs on the other hand? No pattern whatsoever. Making things worse, A.I. keeps changing its mind! INFPs apparently get on well with INTJs, next search it says they're the power couple? Well which one is it? Good or power?? How are you supposed to learn that way? It's not just A.I., but Wikipedia, too. If you've ever searched for sadistic personality disorder (simply out of curiosity, I should add) you'll know it once said tyrannical sadism is sadistic personality disorder with paranoid features, now it says it's passive aggressive features, making my efforts to avoid such people even more complicated. Anyway, for the reasons stated, I prefer Socionics. Not that it matters as both systems have been described as 'pseudoscience'!

The next system is the Enneagram theory. What I really like about this one is the way you get 9 numbered types shown in a circle, spread out evenly like a clock and for each type you get two arrows pointing to differing numbers, one arrow showing how a personality 'grows' and the other shows how one 'gets worse'. (It's hard to explain). If you see all the arrows of all the 9 types at the same time, it makes a really cool symmetrical pattern! You don't get that with Socionics or Myers Briggs. Not that it matters, that's a pseudoscience, too. Also, it's advertised as a system that encourages personal growth, but I think things are more interesting the lower you get in the scale. I'll tell you a REAL respected science though: The five factor personality system, the factors being openness, conscientiousness, extraversion, agreeableness and neuroticism. However, I'd take that with a pinch of salt too, as it suggested I was an INTJ. Nope, INFP. To be fair though, I have read that INTJs are the weirdest type by far (and not in a good way) and I can't say I relate to INFPs being kindhearted. That probably suggests a personality disorder, in particular the odd/eccentric cluster? A perfect fit. I once heard that agreeableness is the one trait that can change a lot over time, I'm different in that I've become more conscientious, too! If you heard the music I wrote way back in university you would find that out for yourself. In five factor's defence, it did say someone like me would be suited to writing, but it ALSO said I'd be good with computer programming. Wrong!

So, I think we can conclude personality typing is very, very complicated. The fact I'm not 100% sure what's going on with ME suggests other people find it extremely tough assessing other people, especially as most normal people hide the weirder parts of their personality. Not me though, what else would I write about?? Ah, I've just done some Googling and there is another personality typing system called 'The Four Temperaments' but as it is now ancient, I think we can safely ignore that. If ancients believed leeches could treat many illnesses which they can't, (other than excessive blood, if that's a thing) why would they make good psychiatrists? 'DISC' is another system, and that measures communication and teamwork, but thank God as I work on my own it doesn't apply to me. Because I'd fail the test very badly. You could argue I failed the five factor and enneagram test too, but thankfully you can't

fail Socionics or Myers Briggs. All in all? Socionics is the winner! But how is the psychology explained in layman's terms? Don't know. Ok, the basics are simple enough, but when things get more complicated? A theory best ignored. Now what to say? Ah yes, are you wondering what the best personality type is after years and years of very occasional reading? It's INFP! I am the expert, after all. And on that happy note... bye!