

Example Body Paragraph for Personality Essay (E4)

The first aspect of my personality type is that my primary source of energy is introversion. Introversion is described from the *knowyourtype* website in its "[Myers Briggs Introversion Preference](#)" web page as follows:

People who prefer introversion are energized and excited when they are involved with the ideas, images, memories, and reactions that are a part of their inner world. Introverts often prefer solitary activities or spending time with one or two others with whom they feel affinity, and they often have a calming effect on those around them.

Introversion is a key element in my life. I'd rather be alone than around a large group of people. This is truly a definition of what I am in everyday life. I have very few friends that I call "true friends." I find the relationships with my friends are more personable because I tend to spend time with each one on an individual basis. I rarely hang out with a group of friends. For example, I only see my friend Bobbie twice a month and talk to her about once a week, but we are still the best of friends. On the day we do meet up, we tend to grab some lunch (usually Chinese) and catch up on what has been going on in our lives. Though it only lasts a couple of hours, we both cherish the time we spend with each other.

Another definition of being an introvert comes from *Netsparrow's Retreat* and its web page titled "[About Introversion](#)": "Introverts can be reflective, thoughtful, and confident, with high powers of concentration and good listening skills. I guess you could call it the healthy side of quiet!" I don't know how many times I have been told how quiet and smart I am. I feel that having some smarts comes from the level of concentration that I have. I can memorize things fairly easy if I put my mind to it. For example, I have had six tests in my Medical Terminology test this semester, and they have not been easy tests either. But I have put the time and effort on concentrating on the texts and I have come up with great grades on all the tests. I have had three 100 scores and nothing below a 96 for those six tests. I will sit in my room or in the park and study over and over again all the definitions. I memorize the whole definition of the word. I'll say it's about 150-250 definitions for each test that I have to memorize. I also listen to my professor on any key words that might help me to learn the definitions. Overall, I do accept that I am an introvert because of all the definitions that I have read about being introverted. Like I said earlier, I focus on myself for my source of energy.

Starts with a transition sentence that includes the sense of the preference questions

--Defines what the particular personality preference by using AT LEAST two quotes from sources .

--Fully sets up the CONTEXT of the source

--Term should be adequately defined for people who don't know Myers-Briggs to understand

--Uses at least two specific examples to illustrate how you fit or don't fit the definition