

Eternal Future's Personality Max™ Report

INFP, Dreamer, Visionary, Introverted, Intuitive, Intrapersonal, Logical, Visual, Right-brained

INFP, 梦想家, 愿景者, 内向, 直觉, 自我内在的, 逻辑的, 视觉的, 右脑型

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INFP - "梦想家"

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NF - The "Visionary"

NF - " Visionary "

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Type 5 深度解析

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个人发展

Your Learning 您的学习

Your Relationships 您的关系

Your Work and Career

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Your Career Matches 您的职业匹配

Your Strengths 你的优势

Sharing and Saving Your Report

分享和保存您的报告

Your Results Snapshot 您的快照结果

You have a unique set of traits that make you who you are. The study of personality identifies and organizes your characteristics and behaviors in such a way as to help you better understand yourself. Your Personality Max report is intended to equip you to lead a more effective and fulfilling life.

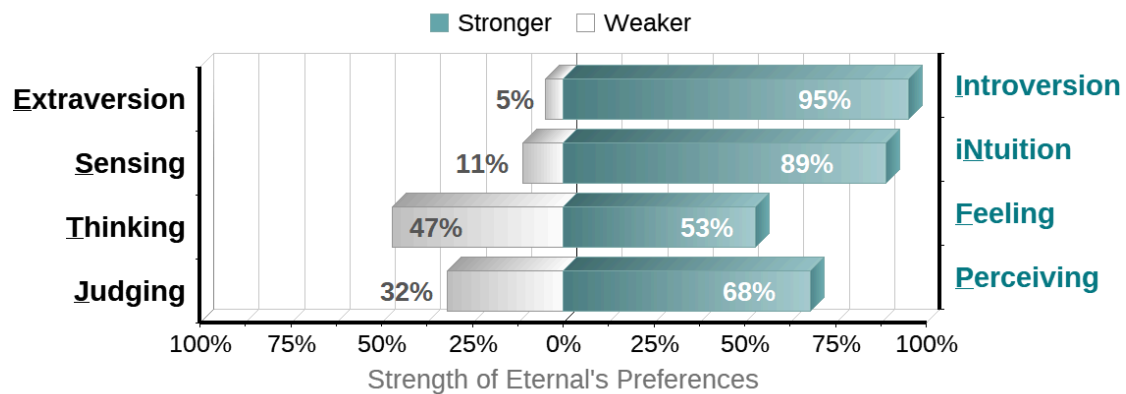
你拥有一套独特的特质，这塑造了你的个性。人格研究旨在识别并组织你的特征和行为，以帮助你更好地了解自己。你的“个性最大化”报告旨在让你能更有效地生活，过得更加充实。

Your Personality Type is INFP (Dreamer)

您的性格类型是 INFP (梦想家)

Introverted (I) + Intuitive (N) + Feeling (F) + Perceiving (P)

内向 (I) + 直觉 (N) + 情感 (F) + 知觉 (P)



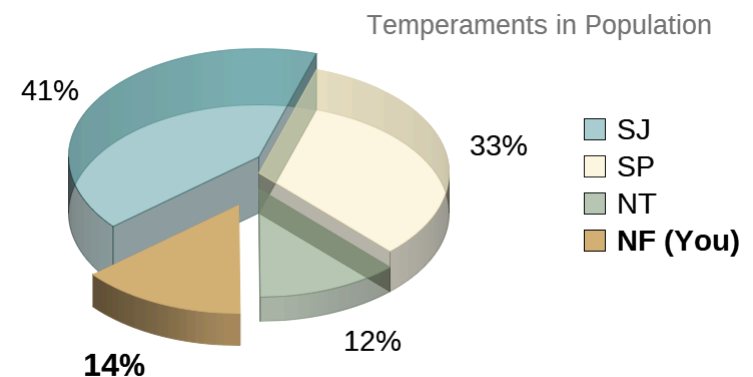
Your Temperament is NF (Visionary)

(Visionary)

您的气质是 NF (理想主义者)

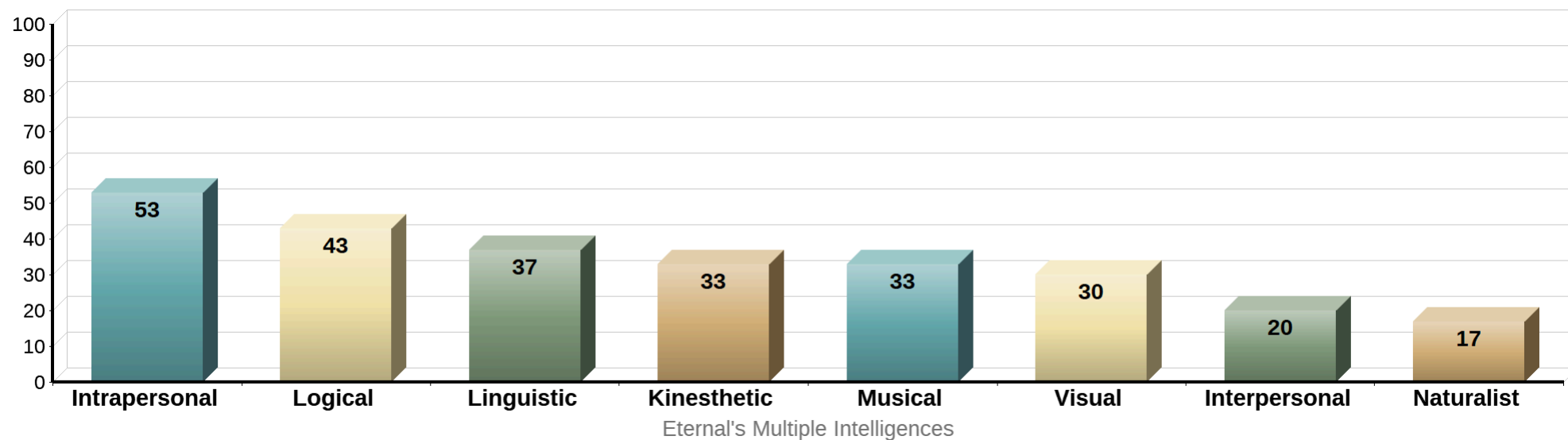
Intuitive (N) + Feeling (F)

直觉 (N) + 情感 (F)

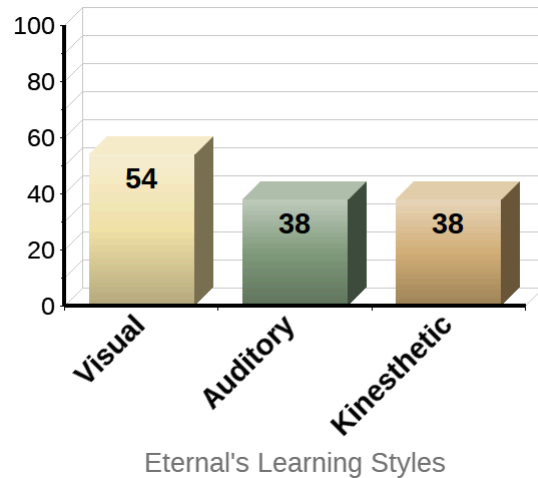


Your Top Intelligences are Intrapersonal and Logical

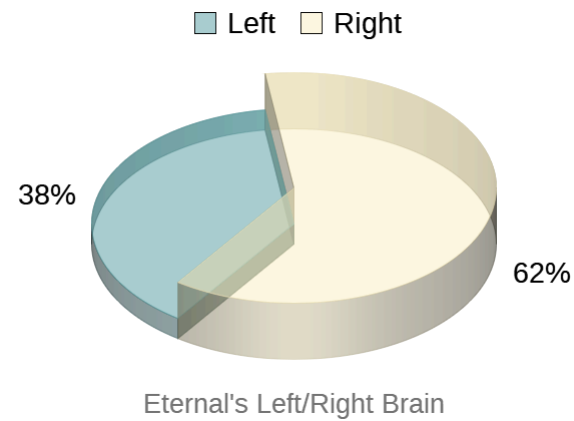
您的顶级智能是内省和逻辑



You are a Visual Learner
你是视觉学习者



You are Right-brained 你是右脑型的

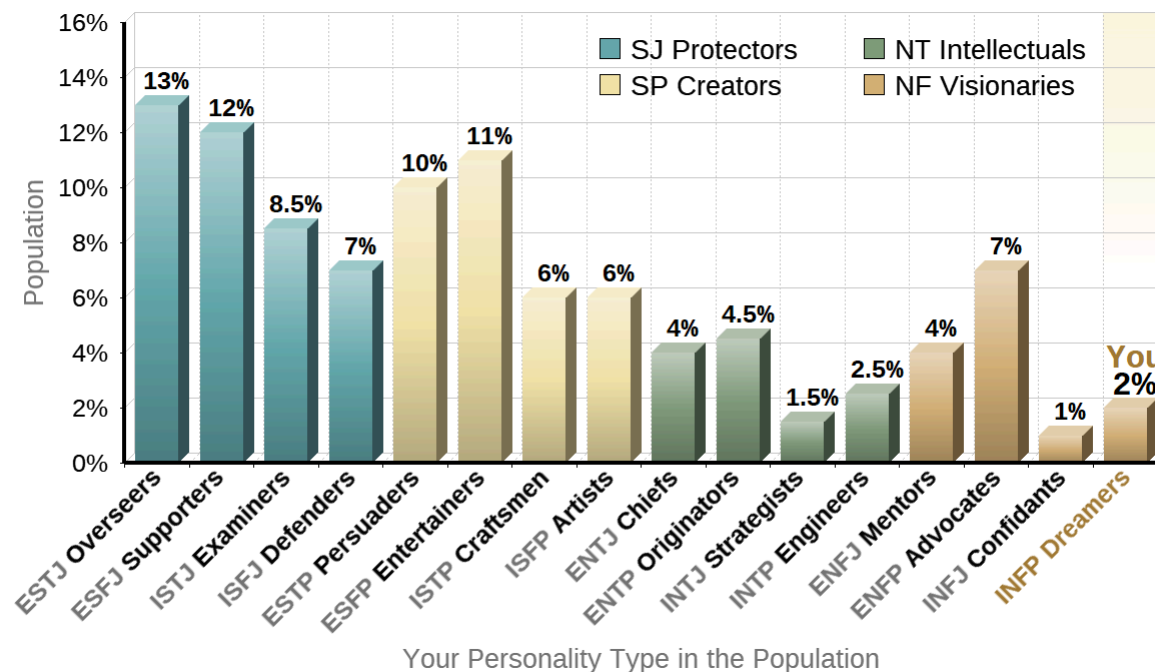


"Personality is to a man what perfume is to a flower."
"个性之于人，犹如香水之于花。"

— Charles M. Schwab
查尔斯·M·施瓦布曾说过：

Your Personality Type 您的性格类型

Your personality type is **INFP**. This is based on your four **Preferences**: Introversion (**I**), Intuition (**N**), Feeling (**F**) and Perceiving (**P**).



您的性格类型是 INFP。这是根据您的四个偏好得出的：内向（I）、直觉（N）、情感（F）和知觉（P）。

Many of today's theories of psychological typology are based on the work of Swiss psychiatrist Carl Gustav Jung, who wrote *Psychological Types* in 1921. He was the founder of analytical psychology, which studies the motivations underlying human behavior.

当今许多心理类型理论都基于瑞士精神分析学家卡尔·古斯塔夫·荣格的工作，他在 1921 年撰写了《心理类型》。荣格是分析心理学的创始人，该学派研究人类行为背后的动机。

Your personality type is a detailed classification of the innate characteristics that make you who you are. Each of the four temperaments can be divided into four types, making a total of 16 distinct personality types. As with **Temperament**, your type is determined by the strength of your preferences.

您的性格类型是对构成您个性的固有特征的详细分类。四种气质类型每种都可以分为四种类型，总共形成了 16 种独特的性格类型。与气质一样，您的性格类型由您的偏好强度决定。

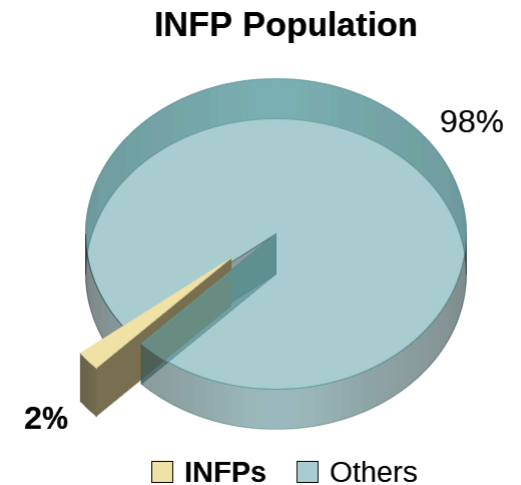
No personality type is better than another. Each person has a unique set of equally valuable characteristics. Understanding your type can be useful in many ways, including relationships and school or career.

没有哪种性格类型比另一种更好。每个人都有自己独特的一套同样有价值的特征。了解你的性格类型在很多方面都有用，包括人际关系、学业或职业。

INFP - The "Dreamer"

INFP - "梦想家"

INFPs are idealistic and deeply sensitive. They are characterized by their loyal and gentle nature. Beneath their easygoing disposition runs a fixed passion for the causes they believe in and the people they care for.



INFPs 是理想主义且非常敏感的人。他们以忠诚和温柔的本性著称。在他们随和的外表下，是对他们所信仰的事业和所关心的人坚定不移的热情。

"Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate." — Albert Schweitzer

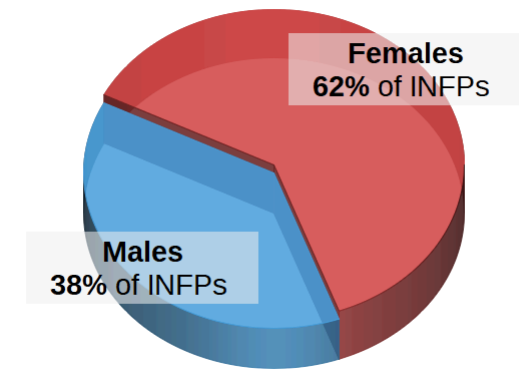
"恒久的善意能成就许多事。正如太阳使冰雪融化，善意能让误解、不信任和敌意蒸发。" —— 阿尔伯特·史怀哲

INFPs direct their energy inward. They are energized by spending time alone. They are private and internally aware. INFPs are independent and keep to themselves most of the time. INFPs are Intuitive. They are imaginative, idealistic and creative people. They generate endless possibilities and ideas. Their thought process is profound and abstract. Dreamers live in the

future.

INFPs 将能量导向内部。他们通过独处来获得能量。他们是私密的，具有内在的自我意识。INFPs 独立，大多数时候都保持自我。INFPs 是直觉型的。他们是富有想象力、理想主义和创造力的人。他们能产生无穷的可能性和想法。他们的思维过程深邃而抽象。梦想家生活在未来。

Dreamers are Feelers that make decisions with their heart. They are driven by emotion. Dreamers dislike conflict and are easily hurt. INFPs are random and spontaneous. They like to keep their options open and dislike feeling confined by rules and schedules.



梦想家是情感型决策者，他们用心来做决定。他们受情感驱动。梦想家不喜欢冲突，很容易受到伤害。INFPs 是随意而自发的，他们喜欢保持选择的开放性，不喜欢被规则和时间表束缚。

INFPs are loyal, caring and warm with the people they allow into their inner circle. On one hand they are playful, fun and posses a unique sense of humor. On the other hand they are intense and serious. INFPs are generous with praise and encouragement. They look for affirmation, affection and integrity. They are good at identifying inconsistencies in themselves and others. Dreamers are romantics.

INFP 们对允许进入他们内心圈子的人忠诚、关心且温暖。一方面，他们玩耍起来充满乐趣，拥有独特的幽默感。另一方面，他们又十分认真和专注。INFPs 在赞美和鼓励方面很慷慨。他们寻求肯定、情感和正直。他们擅长发现自身和他人身上的不一致。梦想家是浪漫主义者。

INFPs work well in solitude. However, their agreeable and kind disposition allows them to work well with others. They set high standards for themselves and strive for perfection, integrity and honesty. Their job must be fulfilling and meaningful. Otherwise, they lose interest and become discouraged. They are creative and enjoy generating and working with ideas. Their life's work must fulfill their idealism.

INFPs 在独处时工作效率很高。然而，他们和善、友好的性格也使他们能够与他人很好地合作。他们为自己设定高标准，追求完美、正直和诚实。他们的工作必须充满意义和充实，否则他们会失去兴趣并变得沮丧。他们富有创造力，喜欢产生并运用想法。他们的毕生事业必须符合他们的理想主义。

INFPs love to excel and learn. They grow restless in rigid and impersonal environments. When engaged, they can learn well on their own. Although they might pursue an educational avenue to please others, they are happiest when they are true to their own identity and sensitive nature. They have a need to create and express themselves.

INFPs 热爱卓越和学习。他们在僵化和缺乏人情味的环境中会感到不安。当投入其中时，他们能够自学成才。尽管他们可能会为了取悦他人而追求教育道路，但当他们忠于自己的身份和敏感天性时最为快乐。他们有创造和表达自我的需求。

INFPs are highly idealistic. They defend their values and do not like to have them challenged. They are catalysts for harmony and healing. **Their greatest contribution is their ability to be present with another person at a deep level.**

INFPs 具有高度的理想主义。他们捍卫自己的价值观，不喜欢受到挑战。他们是和谐与治愈的催化剂。他们最大的贡献是能够在深层次上与他人同在的能力。

Characteristic of an INFP

INFP 的特征

Idealistic 理想主义的

Introspective 内省的

Future-focused 面向未来
Easygoing 随和
Independent 独立
Artistic 艺术的
Guarded 守护
Meaningful 有意义的

Warm 温暖
Loyal 忠诚
Abstract 摘要
Imaginative 富有想象力的
Intuitive 直观的
Empathetic 共情的

Private 私有的
Adaptable 适应性强
Sensitive 敏感的
Peace-loving 爱好和平
Internally aware 内部感知
Selfless 无私

Gentle 温柔
Creative 创意
Intuitive 直观的
Values-oriented 价值观导向的

Typical Strengths 典型优势

- Loyal and devoted 忠诚和奉献
- Deep capacity to care and love
深厚的关怀和爱的能力
- Warm and playful 温暖而活泼
- Excellent at reading feelings and motives of others
擅长理解他人的感受和动机
- Desires to meet the needs of others
希望满足他人的需求

Possible Weaknesses 可能的弱点

- Tends to react emotionally
倾向于情绪化反应
- Extreme dislike of criticism
极度厌恶批评
- Tendency to blame themselves
倾向于自责
- Has trouble in conflict situations
在冲突情况下遇到困难

- INFPs make up 2% of all 16 personality types. INFPs are one of the most rare personality types. Introversion, intuition, Feeling and Perceiving are all less common than their opposite preferences.

INFPs 占有所有 16 种人格类型的 2%，是人格类型中最稀有的之一。内向、直觉、情感和知觉都比它们的相反倾向更为罕见。

- 1 in every 66 males is an INFP (1.5% of all males). 1 in every 40 females is an INFP (2.5% of all females). Male INFPs are one of the least common type-gender combinations.

每 66 名男性中就有 1 名是 INFP（占有所有男性的 1.5%）。每 40 名女性中就有 1 名是 INFP（占有所有女性的 2.5%）。男性 INFP 是罕见的类型-性别组合之一。

- There are more female INFPs than male. Just over one third of INFPs are male. One reason there are more female INFPs is that females tend to be Feelers (F) while males are more often Thinkers (T).

INFP 性格中，女性比男性多。大约有三分之一多一点的 INFP 是男性。INFP 女性更多的一个原因是，女性倾向于情感型（F），而男性更常是思考型（T）。

Your Cognitive Functions

您的认知功能

You engage the world through four cognitive functions. Each function is directed outward toward people and surroundings (Extraverted) or inward toward your thoughts (Introverted). Your primary function is **Introverted Feeling** and secondary is **Extraverted Intuition**.

你通过四种认知功能与世界互动。每种功能都指向外部的人和环境（外向）或指向你的思想（内向）。你的主要功能是内向情感，次要功能是外向直觉。

Introverted Feeling (Primary Function)

内向情感（主要功能）

You use this function most often. When Feeling (F), you make decisions based on feelings, so the Introverted Feeling function allows you to know what you value. It is the ability to see through others and know what they are really like as if you had internal radar. When you identify a person with similar values, there is a desire to connect.

你最常使用这个功能。当处于情感（F）时，你根据感觉做决定，因此内向情感功能让你知道自己的价值观。它就像内部雷达，能看透他人，了解他们的真实面貌。当你识别到与自己价值观相似的人时，就会产生想要连接的渴望。

Introverted Sensing (Tertiary Function)

内向感觉（第三功能）

You use this function but to a lesser degree. Through Sensing (S), you process data with your five senses. The Introverted Sensing function allows you to remember data in detail and to compare it with current information. It is the ability to link present experiences to past experiences in

Extraverted Intuition (Secondary Function)

外向直觉（次要功能）

Your use of this function is somewhat high. With Intuition (N), you process new information through impressions, possibilities and meanings. Extraverted Intuition is what allows you to see different paths or ways. When you receive information, you are able to see that there is more than one way to look at things.

您使用这个功能的频率有些高。通过直觉（N），您通过印象、可能性和意义来处理新信息。外向直觉使您能够看到不同的路径或方式。当您接收到信息时，您能够看出事物有多种看法。

Extraverted Thinking (Least Function)

外向思维（最不常用功能）

You use this function least of the four. While Thinking (T), you make decisions based on logic. The Extraverted Thinking function enables you to organize and categorize items such as thoughts and arguments. It is the ability to see the logical consequences of actions. It follows sequence and

search for a connection.

你较少使用这种功能。通过感觉（S），你利用五种感官处理数据。内向感觉功能使你能详细记忆数据，并将其与当前信息进行比较。这是一种将当前经历与过去经历联系起来，寻找关联的能力。

organization.

在四种功能中，你最少使用这一种。在思考（T）时，你依据逻辑做出决定。外向思考功能使你能组织和分类思想、论点等项目。这是一种能看到行为逻辑后果的能力。它遵循顺序和组织性。

Famous People of Your Type

你的类型的名人

Here is a sampling of famous people and fictional characters that are likely to be INFPs like you.

以下是一些著名人物和虚构角色的样本，他们很可能是像你一样的 INFP 性格。

Albert Schweitzer 阿尔
贝特·施韦策
Theologian, Doctor, Pianist
神学家，博士，钢琴家

Princess Diana 戴安娜
王妃
Princess of Wales 威尔士
王妃

William Shakespeare 威
廉·莎士比亚
Poet, Playwright 诗人，剧
作家

Henry W. Longfellow 亨
利·沃兹沃斯·朗费罗
Poet 诗人

A. A. Milne A. A. 米尔恩
Author (Winnie the
Pooh) 作者 (小熊维尼)

Laura Ingalls Wilder 劳
拉·英格尔斯·怀尔德
Author (Little House on...)
作者 (《小屋系列》...)

Helen Keller 海伦·凯勒
Author, Activist, Lecturer
作者、活动家、讲师

Fred Rogers 弗雷德·罗
杰斯
Mister Rogers 先生罗杰斯
Dick Clark 迪克·克拉克
Television Personality 电视
名人

John F. Kennedy, Jr. 约
翰·F·肯尼迪二世
Lawyer, Publisher 律师，出
版商

Neil Diamond 尼尔·戴蒙
德
Singer, Musician 歌手，音
乐家

Tom Brokaw 汤姆·布罗
考
Television Journalist 电视
记者

Virgil 维吉尔
Ancient Roman Poet 古罗马诗人

John 约翰
Disciple of Jesus 耶稣的门徒

James Taylor 詹姆斯·泰勒
Singer-songwriter, Guitarist
唱作人，吉他手

Audrey Hepburn 奥黛丽·赫本
Actress 女演员

Scott Bakula 斯科特·巴库拉
Actor (Star Trek Enterprise)
演员（星际旅行：企业号）

Lisa Kudrow 丽莎·库卓
Actress ("Phoebe", Friends)
演员（《老友记》中的"菲比"）

Aldous Huxley 奥尔德斯·赫胥黎
Author 作者

J. R. R. Tolkien J. R. R. 托尔金
Author (Lord of the Rings)
作者（指环王）

Peter Jackson 彼得·杰克逊
Filmmaker (Lord of the Rings)
电影制作人（指环王）

Calvin 卡尔文
Calvin and Hobbes 卡尔文和霍布斯

Anne 安妮
Anne of Green Gables 安妮·格林盖布尔斯

Doctor Julian Bashir 朱利安·巴希尔医生
Star Trek: Deep Space 9
星际旅行：深空九号

Bastian Balthazar Bux 巴斯蒂安·巴尔扎勒·布克斯
The Neverending Story 《永远的故事》

E.T. E.T. (外星人)
E.T. the Extra-Terrestrial
E.T. 外星人

Doug Funnie Doug 趣尼
Doug cartoon 道格卡通

Tommy Pickles 汤米·皮克尔斯
Rugrats 《天才小捣蛋》

Rocko 洛克
Rocko's Modern Life 摇滚牛的现代生活

Fox Mulder 福克斯·穆德
X-Files X 档案

Deanna Troi 黛安娜·特罗伊
Star Trek: The Next Generation
星际旅行：下一代

Wesley Crusher 韦斯利·克鲁舍
Star Trek: The Next Generation
星际旅行：下一代

Career Matches for Your Type

您的类型对应的职业匹配

INFPs may find satisfaction with the following careers which tend to match well with their Dreamer personality. This list is not exhaustive and these are not guaranteed to be perfect matches for you but this may be a helpful starting point if you are

planning to pursue a new career.

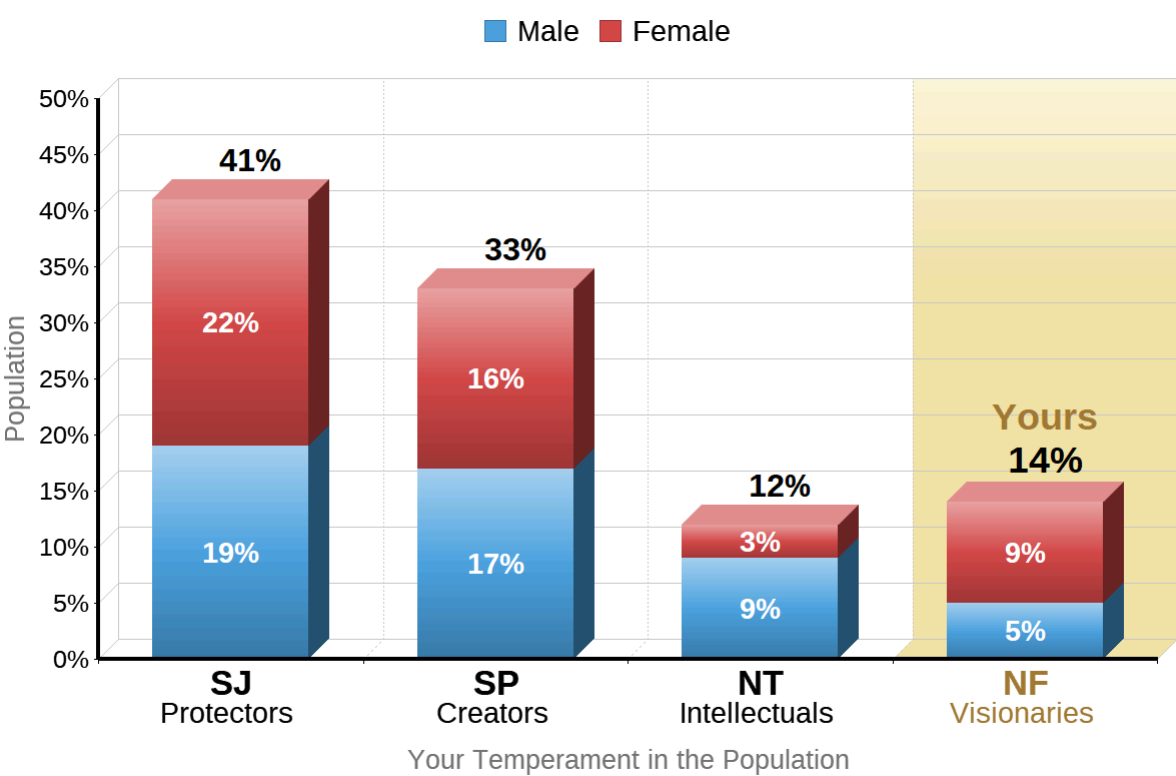
INFP 可能在以下职业中找到满足感，这些职业往往与他们的梦想家性格相匹配。这个列表并非详尽无遗，这些职业对你来说并不保证是完美的匹配，但如果你打算追求新的职业生涯，这可能是一个有益的起点。

Activist 活动家	Teacher 老师	Writer 作者	Holistic Health
Church Worker 教会工作者	Musician 音乐家	Psychologist 心理学家	Practitioner
Missionary 传教士	Therapist 治疗师	Translator/Interpreter 翻译员/口译员	整体健康从业者
Educational	Actor/Actress 演员	Social Scientist 社会科学家	Speech Pathologist 言语病理学家
Consultant 教育顾问	Artist 艺术家	Web Designer 网页设计师	Employee Development Specialist
Social Worker 社会工作者	Journalist 记者	Photographer 摄影师	员工发展专员
Physical Therapist 物理治疗师	Professor 教授	Human Resources 人力资源	Researcher 研究者
Fashion Designer 时装设计师	Minister 部长	Video Editor 视频编辑器	
Counselor 顾问	Filmmaker 电影制作人		
	Librarian 图书管理员		
	Editor 编辑器		
	Graphic Designer 平面设计师		

Your Temperament 你的气质

Your temperament is **NF** since you lean toward the Intuition (**N**) and Feeling (**F**) preferences. We identify your temperament by the strength of your **Preferences**. Many psychologists, philosophers and other thinkers have for centuries proposed that there

are four temperaments that can describe a person.



你的气质属于 NF 型，因为你倾向于直觉（N）和情感（F）的偏好。我们根据你的偏好强度来确定你的气质类型。几个世纪以来，许多心理学家、哲学家和其他思想家都提出，有四种气质可以描述一个人。

Temperament is a more broad classification than **Personality Type**. Each of the four temperaments is like an umbrella over four related personality types (for a total of 16 personality types).

气质是一个比人格类型更广泛的分类。四种气质每一种都像一把伞，覆盖了四个相关的人格类型（总共 16 种人格类型）。

NF - The "Visionary"

NF - "愿景者"

Visionaries (NFs) are empathetic, generous and original. They are caring individuals who are not only sensitive to the feelings of others but also very adept at identifying them. They are idealistic and driven by values they deeply believe in and defend.

Visionaries desire to understand themselves and to be understood for who they really are.

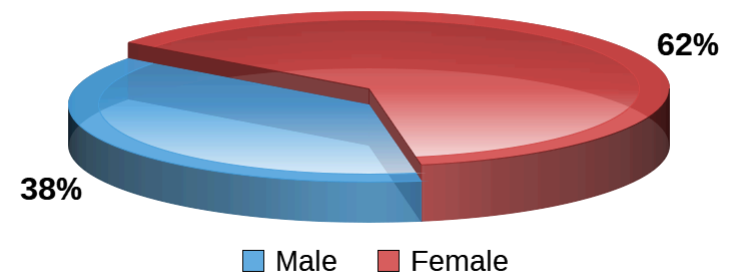
愿景者（NFs）富有同理心、慷慨且原创。他们是关怀他人的个体，不仅对他人的情感敏感，还能熟练地识别这些情感。他们理想主义，被自己深信不疑的价值观所驱动，并为之辩护。愿景者渴望了解自己，并希望他人能真正理解他们是谁。

As gifted teachers and mentors, they are interested in helping others grow and reach their potential. Visionaries are futuristic and charitable. In their relationships, they require authenticity, depth and meaning. They value harmony and enjoy pleasing others. Visionaries wither in critical and competitive environments. They dislike conflict and conformity.

作为有天赋的教师和导师，他们乐于帮助他人成长并实现潜力。愿景者具有未来视角和慈善精神。在人际关系中，他们追求真实、深度和意义。他们重视和谐，并喜欢取悦他人。在批评和竞争激烈的环境中，愿景者会枯萎。他们不喜欢冲突和刻板守旧。

Anne Shirley: *Don't you ever imagine things differently from what they are?*

NF Population by Gender



安妮·雪莉：你从来不会想象事情跟实际情况不一样吗？

Marilla Cuthbert: No. 玛丽拉·卡斯伯特：不。

Anne Shirley: Oh Marilla, how much you miss.

安妮·雪莉：哦，玛丽拉，你错过了多少美好。

Famous Visionaries 著名愿景者

King David 大卫王
King of Israel 以色列国王

Shakespeare 莎士比亚
Poet and Playwright 诗人与剧作家

Peyton Manning 佩顿·曼宁
NFL Quarterback NFL 四分卫

Mikhail Gorbachev 米哈伊尔·戈尔巴乔夫
Leader of Soviet Union 苏联领导人

Dr. Seuss 苏斯博士
Writer, Cartoonist 作家，漫画家

Diane Sawyer 戴安娜·索耶
Journalist 记者

Nelson Mandela 纳尔逊·曼德拉
President of S. Africa 南非总统

Martin L. King, Jr. 马丁·路德·金 Jr.
Minister, Activist 部长，活动家

Sandra Bullock 桑德拉·布洛克
Actress 女演员

Regis Philbin 雷吉斯·菲尔宾
Television Personality 电视名人

Charles Dickens 查尔斯·狄更斯
Novelist 小说家

Upton Sinclair 厄普顿·辛克莱尔
Author, Journalist 作者，记者

Mark Twain 马克·吐温
Writer 作者

Robin Williams 罗宾·威廉姆斯
Actor 演员

Bob Dylan 鲍勃·迪伦
Actor 演员

Albert Schweitzer 阿尔贝特·施韦策
Theologian, Physician 神学家，医师

Princess Diana 戴安娜王妃
Princess of Wales 威尔士王妃

Audrey Hepburn 奥黛丽·赫本
Actress 女演员

Helen Keller 海伦·凯勒
Author, Activist 作者，活动家

Johnny Depp 约翰尼·德普
Actor 演员

Dr. Doug Ross 罗斯医生
ER

Kevin Arnold 凯文·阿诺德
Wonder Years 《Wonder Years》译为《成长的烦恼》

Luke Skywalker 卢克·天行者
Star Wars 星球大战

Tin Man 铁皮人
Wizard of Oz 绿野仙踪

Calvin 卡尔文
Calvin and Hobbes 卡尔文
和霍布斯

Anne Shirley 安妮·雪莉
Anne of Green Gables 安
妮·格林盖布尔斯

E.T.
The Extra-Terrestrial 外星
人

Visionary Career Matches

前瞻职业匹配

NF's are commonly skilled at and often find satisfaction with the following careers.

NF 型人格通常擅长且经常在以下职业中找到满足感。

Social Worker 社会工作
者

Teacher/Professor 老师/
教授

Charity Worker 慈善工作
者

Activist/Advocate 活动
家/倡导者

Counselor 顾问

Psychologist 心理学家
Human Resources 人力
资源
Trainer 教练

Writer 作者
Actor 演员
Musician 音乐家
Artist 艺术家

- NFs (Visionaries) make up only about 14% of the general population.

NFs（理想主义者）仅占总人口的大约 14%。

- Female NFs outnumber male NFs nearly two to one, with males making up only about 5% of all people.

女性 NFs 的数量几乎是男性 NFs 的两倍，男性仅占有所有人的约 5%。

- Many great idealist thinkers and leaders in the world have been NFs.

世界上许多伟大的理想主义思想家和领导者都是 NFs。

Your Preferences 您的偏好设置

Your preferences are **Introversion** (I), **Intuition** (N), **Feeling** (F) and **Perceiving** (P). These determine your **Personality Type** and **Temperament**.

您的偏好是内向 (I) 、直觉 (N) 、情感 (F) 和知觉 (P) 。这些决定了您的性格类型和气质。

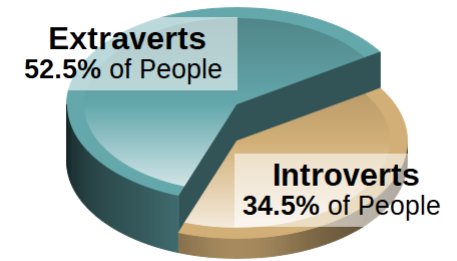
There are four pairs of opposite preferences. Everyone has a greater tendency toward one preference than the other in each pair. For example, in the Thinking (T) vs. Feeling (F) dichotomy, you personally have a stronger tendency toward Feeling (F). Each preference has a single letter (such as "F") that identifies it.

有四对相反的偏好。在每一对中，每个人对一种偏好都有比另一种更强的倾向。例如，在思考 (T) 与情感 (F) 的对立中，你个人更倾向于情感 (F) 。每个偏好都用一个字母（如“F”）来标识。

Extraversion vs. Introversion in You

你身上的外向与内向

Extraversion (E) and Introversion (I) are opposite preferences. Your natural tendency toward one is stronger than the other. Extraversion and Introversion describe how a person directs their energy either outwardly toward people and activities or inwardly toward thoughts and ideas. Of the two, **your dominant preference is Introversion**. Although everybody exhibits characteristics of each preference to some degree, you can be referred to as an *Introvert*.



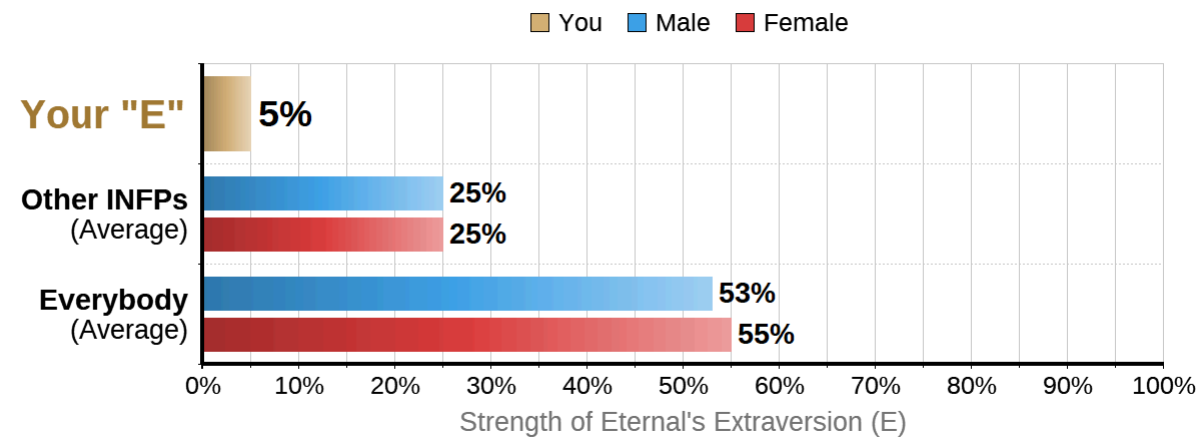
外向 (E) 和内向 (I) 是相反的偏好。你对其中一种的自然倾向比另一种更强。外向和内向描述了一个人如何将他们的能量导向外部的人和活动，或者导向内部的思考和想法。在这两者中，你的主要偏好是内向。虽然每个人在某种程度上都会表现出每种偏好的特征，但你可以被称为一个内向者。

- **You are 107% more Introverted than the average**
你比平均水平内向 107%
- You are part of the minority of people who are primarily Introverted
你是主要内向的人中的少数派
- Males on average are slightly more Introverted than females
男性平均而言比女性稍微内向一些

Your Extraversion (E) 您的外向性 (E)

Extraversion is characterized by a preference to focus on the world *outside* the self. Extraverts are energized by social gatherings, parties and group activities. Extraverts are usually enthusiastic, gregarious and animated. Their communication

style is verbal and assertive. Extraverts often need to talk. They enjoy the limelight.



外向性以关注外部世界而非自我为特征。外向者在社交聚会、派对和团体活动中获得能量。他们通常充满热情、善于交际且活力充沛。他们的沟通方式是口头的、自信的。外向者常常需要说话，他们享受成为焦点。

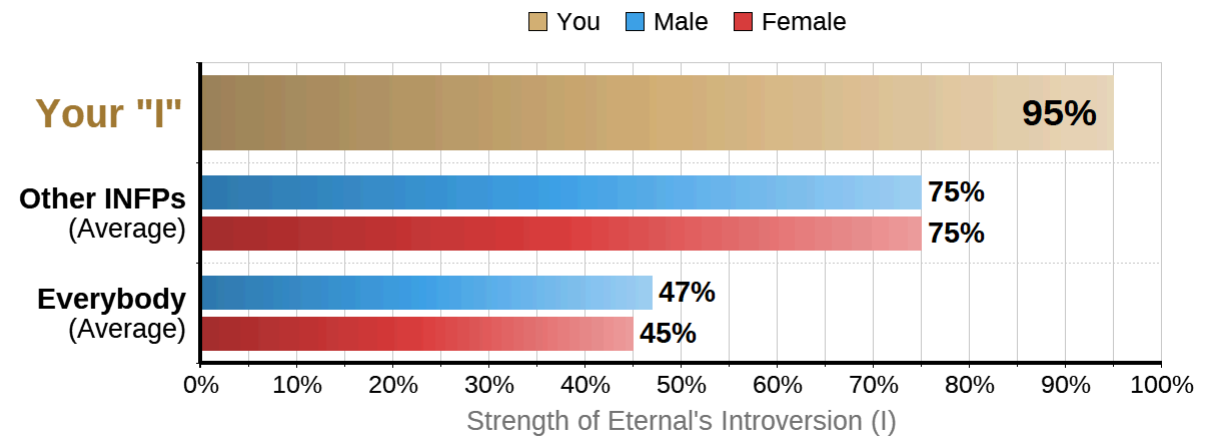
Sociable 社交的
Energized by interaction 互动激发活力
Assertive 自信的
Gregarious 合群的
Talkative 健谈的
Enthusiastic 热情的

Expressive 表现力强的
Volunteers personal info 志愿者个人信息
Many friends 许多朋友
Easy to approach 容易接近
Enjoys groups 喜欢群组

Your Introversion (I) 您的内向性 (I)

Introversion is characterized by a preference to focus on the *inside* world. Introverts are energized by spending time alone or with a small group. They find large group gatherings draining because they seek depth instead of breadth of relationships.

Introverts process information internally. They are often great listeners.



内向的特点是倾向于关注内心世界。内向的人通过独处或与一小群人相处来获得能量。他们觉得大型聚会使人疲惫，因为他们追求的是关系的深度而非广度。内向的人内部处理信息，常常是很好的倾听者。

Energized by time alone 独处时充满活力

Private 私有的

Keeps to self 保持自我

Quiet 安静

Deliberate 故意

Internally aware 内部感知

Fewer friends 较少的朋友

Prefers smaller groups 更喜欢小团体

Peaceful 和平的

Independent 独立

Thinks before speaking 三思而后行

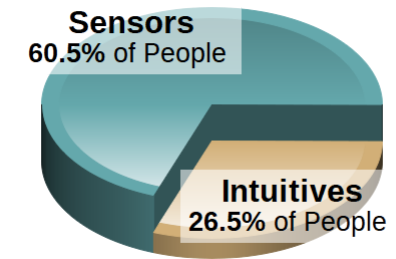
Enjoys solitude 享受独处

Sensing vs. Intuition in You

你中的感知与直觉

You use Sensing (S) and Intuition (N) to receive and process new information either by using your five senses or in more abstract ways. Both preferences in this pair are used by everybody to some degree. With that said, you can be classified as

Intuitive since **your dominant preference is Intuition.**



你通过感觉（S）和直觉（N）来接收和处理新信息，要么通过五种感官，要么以更抽象的方式。这对偏好中，每个人都或多或少使用它们。话虽如此，由于你的主要偏好是直觉，因此你可以被归类为直觉型。

- **You are 89% more Intuitive than the average**

你比一般人直觉强 89%

- You are part of the minority of people who are primarily Intuitive

你是主要依靠直觉的人中的少数派

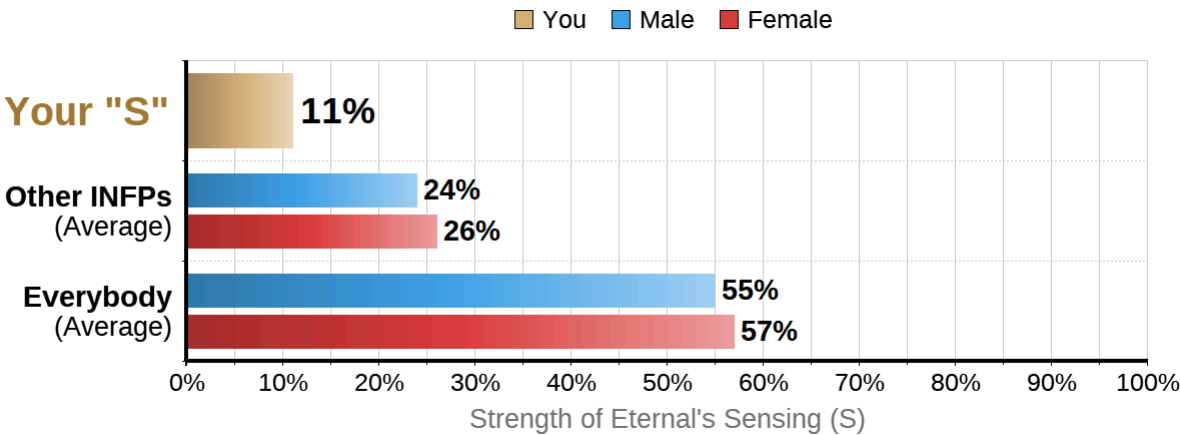
- Males on average are slightly more Intuitive than females

男性平均而言稍微更具有直觉力，比女性稍多

Your Sensing (S) 您的感知 (S)

Sensors focus on the present. They are "here and now" people. They are factual and process information through the five senses. They see things as they are because they are concrete and literal thinkers. They trust what is certain. Sensors value

realism and common sense. They like ideas with practical applications.



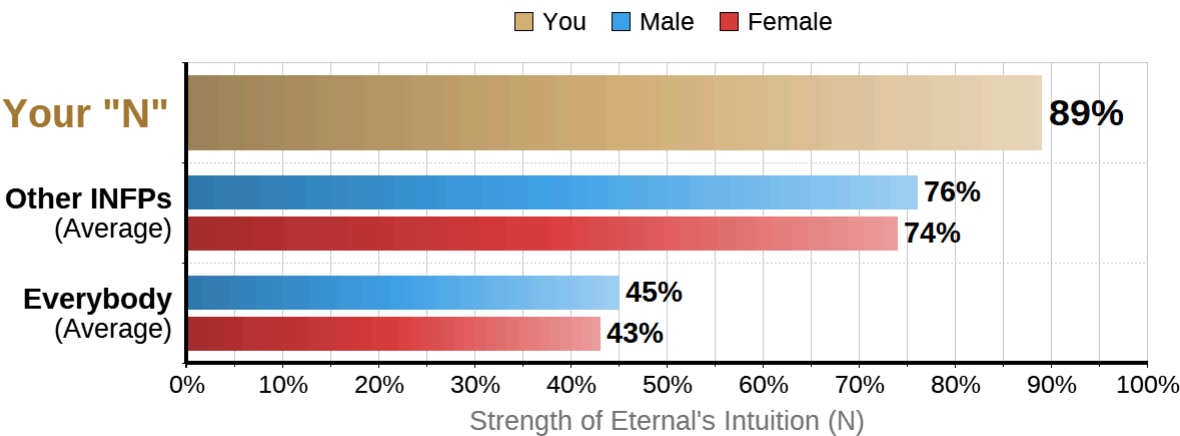
传感器关注当下。他们是“此时此地”的人。他们注重事实，通过五种感官处理信息。他们看到事物的本来面目，因为他们是具体和字面意义的思考者。他们相信确定性。传感器重视现实主义和常识。他们喜欢具有实际应用的想法。

Concrete 混凝土	Practical 实用的
Realistic 现实主义	Goes by senses 靠感官行事
Lives in the present 生活在当下	Factual 事实性
Aware of surroundings 意识到周围环境	Trusts certainty 信任确定性
Notices details 通知详情	Values common sense 价值观常识

Your Intuition (N) 你的直觉 (N)

Intuitive people live in the future. They are immersed in the world of possibilities. They process information through patterns and impressions. Intuitive people value inspiration and imagination. They gather knowledge by reading between the lines. Their abstract nature attracts them toward deep ideas, concepts and metaphors. They can see the "big picture" and are

analytical.



直觉型的人生活在未来。他们沉浸在可能性的世界中。他们通过模式和印象来处理信息。直觉型的人重视灵感和想象力。他们通过字里行间来获取知识。他们的抽象特质使他们被深刻的思想、概念和隐喻所吸引。他们能看见“全局”，并具有分析能力。

Future-focused 面向未来
Sees possibilities 看到可能性
Inventive 创新的
Imaginative 富有想象力的
Deep 深

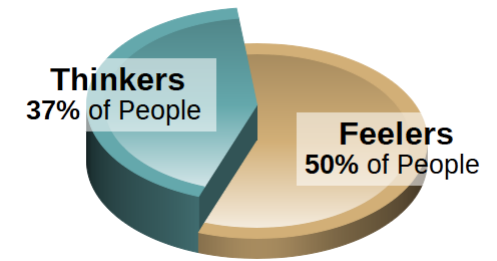
Abstract 摘要
Idealistic 理想主义的
Complex 复杂
Theoretical 理论的
Philosophical 哲学的

Thinking vs. Feeling in You

你心中的思考与感受

The Thinking (T) and Feeling (F) preference pair refers to how you make decisions, either by objective logic or subjective feeling. **Your dominant preference is Feeling** so you can be classified as a *Feeler*. Each of the two preferences are

employed by everybody at different times and to different degrees.



思考 (T) 与情感 (F) 偏好对指的是你如何做决定，要么通过客观逻辑，要么通过主观感受。你的主导偏好是情感，因此你可以被归类为一个情感型 (Feeler)。这两个偏好每个人在不同时间和不同程度上都会运用。

- **You are 10% more Feeling than the average**

你比平均水平多出 10% 的感觉

- Feelers like you make up about half of the population

像你这样的感觉者约占人口的一半

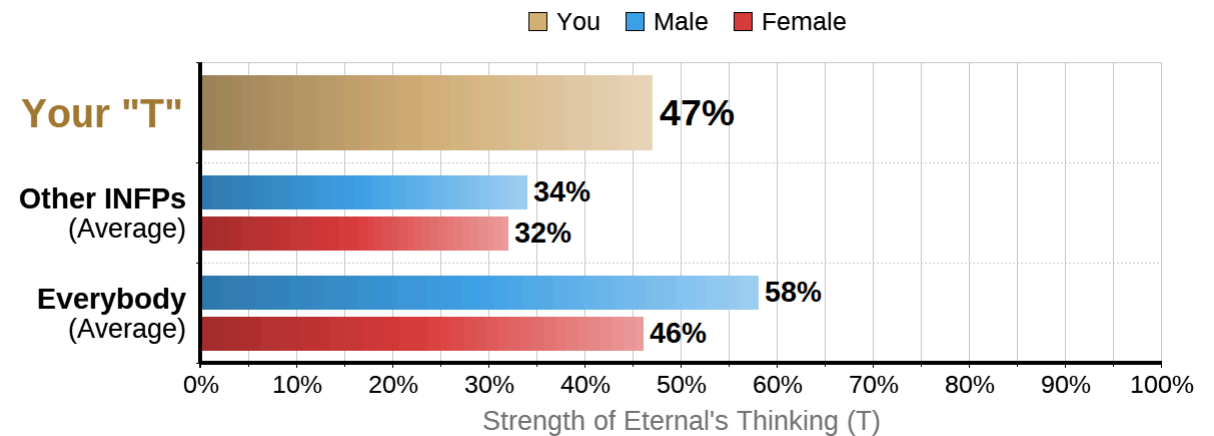
- The majority of females are Feelers while the majority of males are Thinkers

大多数女性是情感型，而大多数男性是思考型

Your Thinking (T) 您的想法 (T)

Thinking people are objective. They make decisions based on facts. They are ruled by their head instead of their heart (but are not without emotion). Thinking people judge situations and others based on logic. They value truth over tact and can easily

identify flaws. They are critical thinkers and oriented toward problem solving.



思考者是客观的。他们根据事实做出决策。他们用头脑而不是心灵来支配自己（但并非没有情感）。思考者基于逻辑来评判情况和他人。他们重视真相胜过圆滑，能轻易识别缺陷。他们是批判性思考者，倾向于解决问题。

Logical 逻辑的

Objective 目标

Decides with head 用脑袋决定

Seeks truth 寻求真相

Rational 理性

Impersonal 非个人的

Critical thinking 批判性思维

Thick-skinned 厚脸皮

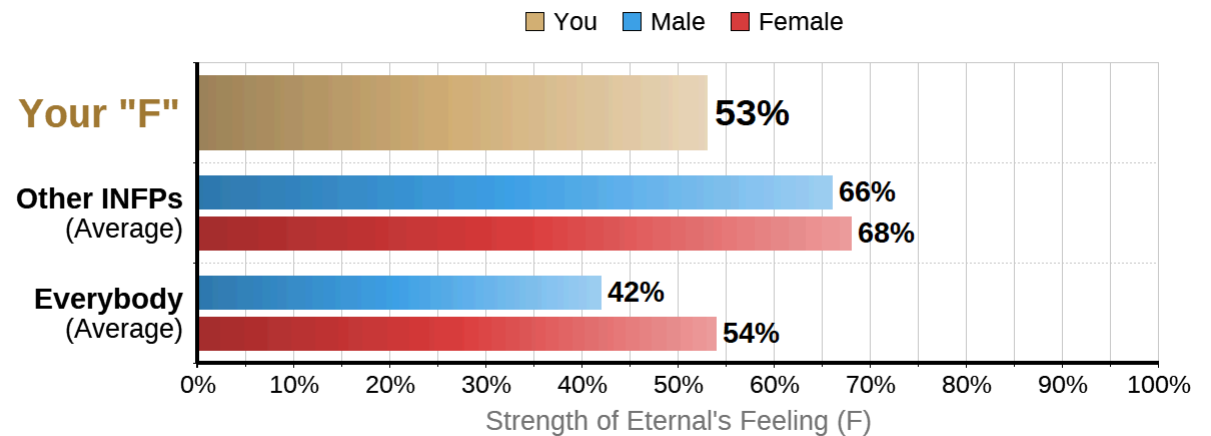
Firm with people 与人民坚定地站在一起

Driven by thought 思想驱动

Your Feeling (F) 您的感受 (F)

Feeling people are subjective. They make decisions based on principles and values. They are ruled by their heart instead of their head. Feeling people judge situations and others based on feelings and extenuating circumstances. They seek to please

others and want to be appreciated. They value harmony and empathy.



感性的人是主观的。他们根据原则和价值观做出决定。他们凭感情而不是理智来支配自己的行为。感性的人根据感受和特殊情况来评价情境和他人。他们寻求取悦他人，并希望得到欣赏。他们重视和谐与同理心。

Decides with heart 用心决定
Dislikes conflict 不喜欢冲突
Passionate 热情的
Driven by emotion 由情感驱动
Gentle 温柔

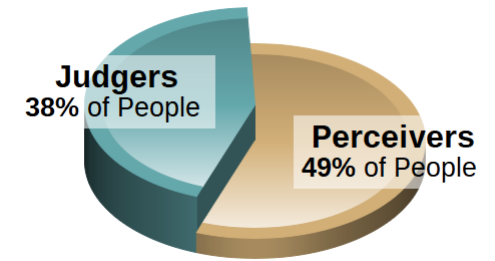
Easily hurt 容易受伤
Empathetic 共情的
Caring 关怀
Warm 温暖
Subjective 主观

Judging vs. Perceiving in You

你心中的判断与感知

Judging (J) and Perceiving (P) are how you interact with the world outside yourself, either in a structured or flexible manner. All people use both of these preferences to different degrees but one is more dominant. Since **your dominant preference is**

Perceiving, you can be referred to as a *Perceiver*.



判断 (J) 和知觉 (P) 表示你如何与外界互动，要么以结构化的方式，要么以灵活的方式。所有人都在不同程度上使用这两种偏好，但总会有一种更为主导。由于你的主导偏好是知觉，你可以被称为一个知觉者。

- **You are 36% more Perceiving than the average**

你比一般人更具有感知力，高出 36%

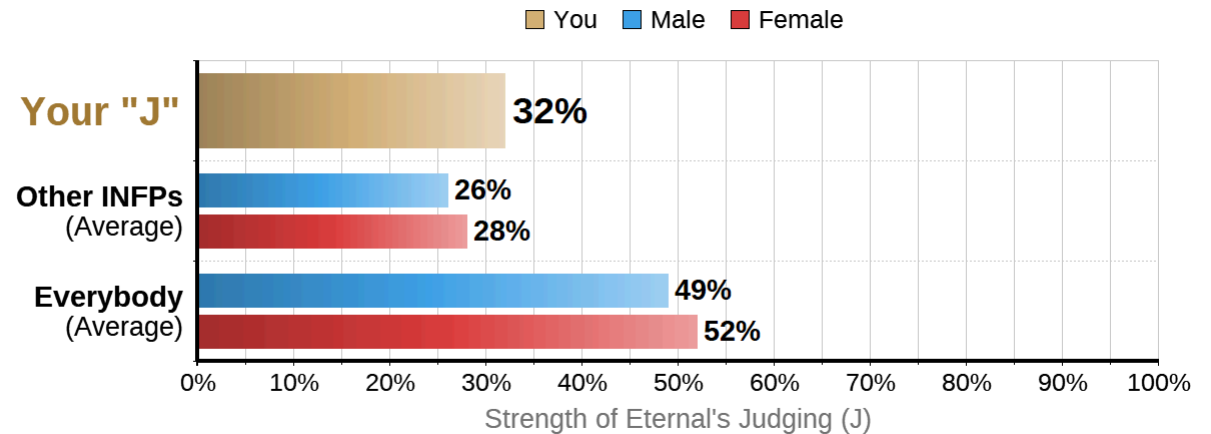
- You are part of the slight minority of people who are primarily Perceiving
你是主要属于感知型的少数人群的一部分
- Males on average are slightly more Perceiving than females
平均而言，男性比女性稍微更具有感知型特征

Your Judging (J) 您的判断 (J)

Judging people think sequentially. They value order and organization. Their lives are scheduled and structured. Judging people seek closure and enjoy completing tasks. They take deadlines seriously. They work *then* they play. The Judging

preference does not mean judgmental.

Judging refers to how a person deals with day-to-day activities.



判断型的人按顺序思考。他们重视秩序和组织。他们的生活安排得井井有条。判断型的人追求结论，享受完成任务的过程。他们认真对待截止日期。他们先工作后娱乐。判断偏好并不意味着爱评判他人。判断在这里指的是一个人如何处理日常活动的方式。

Decisive 果断

Controlled 受控的

Completes projects 完成项目

Organized 组织

Structured 结构化的

Scheduled 预定

Quick at tasks 快速完成任务

Responsible 负责

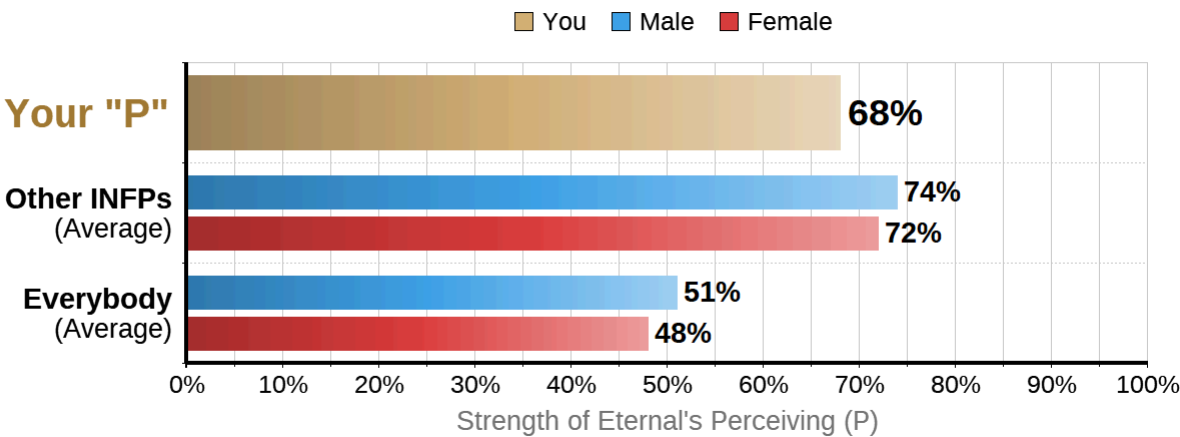
Seeks closure 寻求解决办法

Makes plans 制定计划

Your Perceiving (P) 你的感知 (P)

Perceivers are adaptable and flexible. They are random thinkers who prefer to keep their options open. Perceivers thrive with the unexpected and are open to change. They are spontaneous and often juggle several projects at once. They enjoy starting

a task better than finishing it. Perceivers play as they work.



知觉者适应性强，灵活多变。他们是随机思考者，更喜欢保持选择的开放性。知觉者在应对意外时茁壮成长，并对变化持开放态度。他们即兴而为，常常同时处理多个项目。相比完成任务，他们更享受开始一项任务的过程。知觉者在工作中也充满乐趣。

Adaptable 适应性强
Relaxed 放松的
Random 随机
Carefree 无忧无虑
Spontaneous 自发的

Changes tracks midway 中途换轨
Keeps options open 保留选择的余地
Procrastinates 拖延症患者
Dislikes routine 不喜欢例行公事
Flexible 灵活

Your Multiple Intelligences

你的多元智能

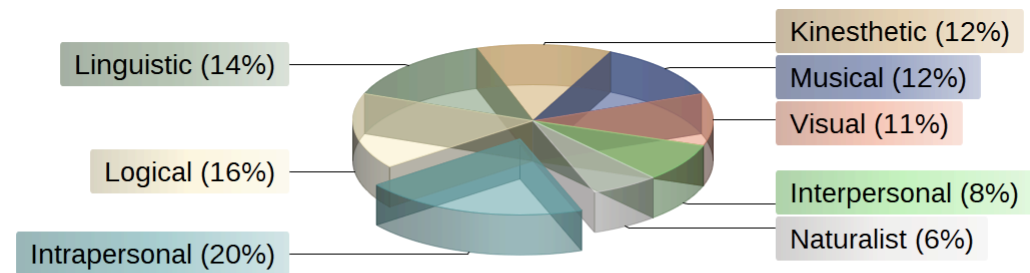
Your top three intelligences are **Intrapersonal**, **Logical** and **Linguistic**.

你的三大智能是内省、逻辑和语言。

Howard Gardner, a graduate of Harvard University and a developmental psychologist, developed the theory of Multiple Intelligences in 1986. Gardner believes that intelligence, the way it has traditionally been understood (logically, as with I.Q. tests), does not explain the wide variety of human abilities. The theory of Multiple Intelligences suggests that we excel with different types of intelligence.

霍华德·加德纳，哈佛大学毕业生和发展心理学家，于 1986 年提出了多元智能理论。加德纳认为，传统上理解的智力（如智商测试中的逻辑能力）并不能解释人类多样化的才能。多元智能理论指出，我们在不同类型的智能上表现出色。

In addition to being logical and *Number Smart*, a person might also be *Word Smart*, *People Smart* or *Picture Smart*. Gardner has identified several intelligences: Verbal/Linguistic, Logical/Mathematical, Visual/Spatial, Bodily/Kinesthetic, Musical,



Relative Comparison of Eternal's
Multiple Intelligences

Intrapersonal, Interpersonal and Naturalist.

除了逻辑和数学智能外，一个人还可能是语言智能、人际智能或图像智能。加德纳确定了几种智力：言语/语言智力、逻辑/数学智力、视觉/空间智力、身体/运动智力、音乐智力、内省智力、人际智力和自然观察智力。

Your Intrapersonal Intelligence

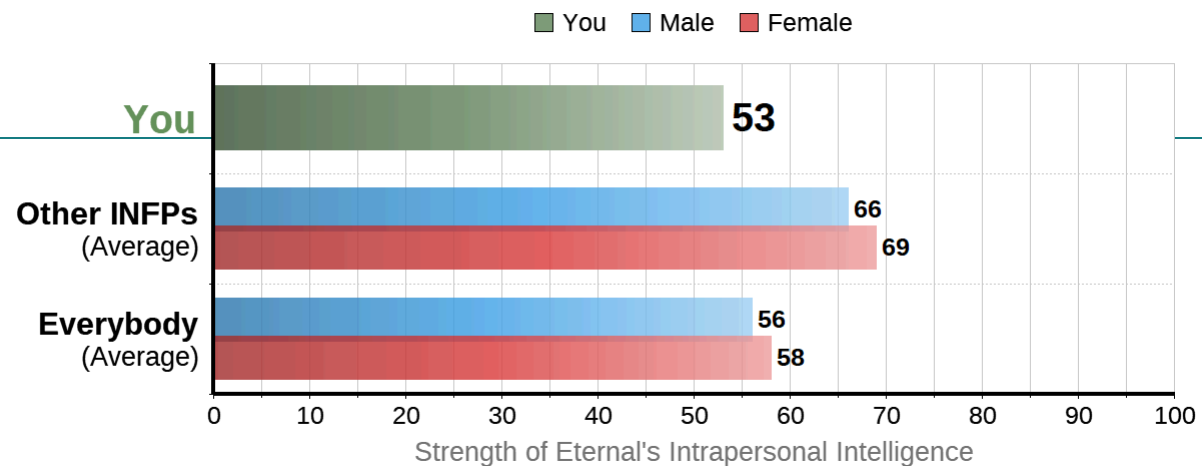
你的内省智能

Your Intrapersonal Intelligence is moderately strong. See how you compare to other INFPs and the general population.
你的人际智能处于中等偏上的水平。看看你与其他 INFP 人格类型的人以及一般人群相比如何。

About Intrapersonal Intelligence

关于内省智能

People with intrapersonal intelligence are adept at looking inward and figuring out their own feelings, motivations and goals. They are quintessentially introspective. They analyze themselves and seek understanding. People with intrapersonal intelligence are intuitive and



usually introverted. They learn independently and through reflection.

具有内省智能的人擅长于向内观察，理解自己的感受、动机和目标。他们是典型的内省者。他们分析自己并寻求理解。具有内省智能的人通常是直觉型和内向的。他们独立学习并通过反思进行成长。

Philosophy, psychology and theology are often of interest to people with intrapersonal intelligence. They enjoy journaling because it helps them learn about themselves. They are also good at helping others understand themselves. They are able to predict the reactions of themselves and others.

哲学、心理学和神学常常吸引具有内省智能的人。他们喜欢写日记，因为这有助于了解自己。他们也擅长帮助他人认识自己。他们能够预测自己和他人的反应。

"No one ever told me that grief felt so like fear." — C. S. Lewis

“从来没有人告诉过我，悲伤的感觉竟如此像恐惧。”——C. S. 刘易斯

Characteristics of Intrapersonal Intelligence

个人智力的特点

Intuitive 直观的 Self-aware 自我意识 Spends time reflecting 花时间反思	Likes to learn about self 喜欢了解自我 Philosophical 哲学的 Independent 独立	Enjoys journaling 喜欢写日记 Works well alone 单独工作表现良好	Usually introverted 通常内向 Interested in self-employment 对自我就业感兴趣
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Possible Careers for High Intrapersonal Intelligence

内省智能高的可能职业路径

Entrepreneur 企业家	Inventor 发明家	Psychologist 心理学家	Writer 作者
Farmer 农民	Librarian 图书管理员	Scientist 科学家	
Historian 历史学家	Philosopher 哲学家	Theologian 神学家	

Your Logical/Mathematical Intelligence

您的逻辑/数学智能

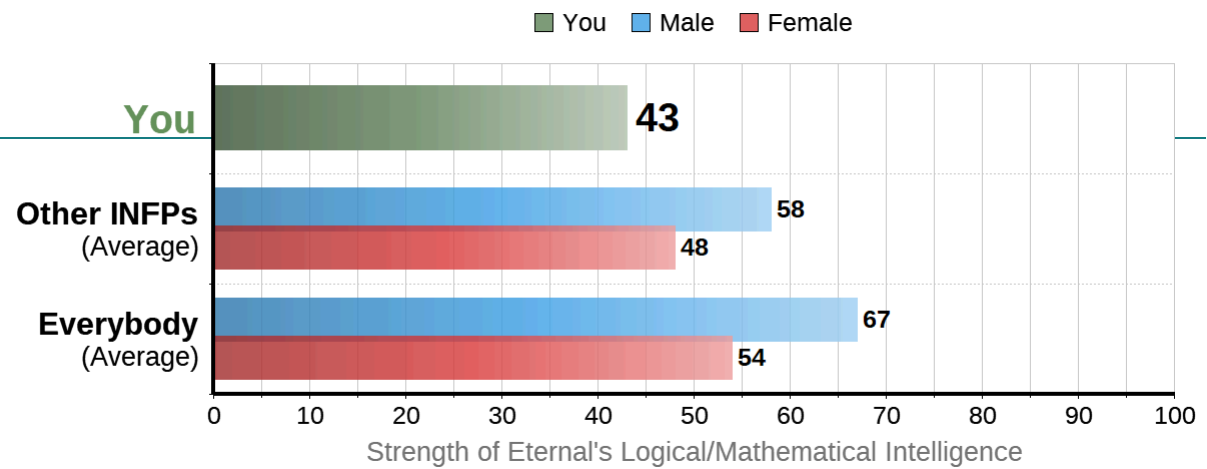
Logical/Mathematical is not one of your primary intelligences. A comparison of your score with others is represented in this chart.

逻辑/数学并不是你的主要智能之一。你的得分与其他人的比较体现在这个图表中。

About Logical/Mathematical Intelligence

关于逻辑/数学智力

People with Logical intelligence process information through logic and reason. They are attracted to investigation by means of the scientific method. They do well with quantitative methods that rely on the researcher's ability to



observe and reach a verifiable conclusion.

具有逻辑智能的人通过逻辑和理性处理信息。他们被科学方法的探究方式所吸引。他们在依赖研究者观察并得出可验证结论的定量方法方面表现出色。

They dislike nebulous assumptions and subjective analysis. Instead, they trust hard facts and numerical data. They seek accuracy and precision in their learning and work. Their mind is complex and works like a computer. Logical Intelligence thrives on mathematical models, measurements, abstractions and complex calculations.

他们不喜欢模糊的假设和主观分析，相反，他们信任确凿的事实和数字数据。在学习和工作中，他们追求准确性和精确性。他们的思维复杂，像计算机一样运作。逻辑智力依赖于数学模型、测量、抽象概念和复杂的计算。

"A good designer must rely on experience, on precise, logic thinking; and on pedantic exactness. No magic will do." — Niklaus Wirth

一个好的设计师必须依靠经验，精确的逻辑思维以及一丝不苟的精确性。没有什么魔法可言。—— 尼古劳斯·沃思

Characteristics of Logical Intelligence

逻辑智能的特征

Rational 理性	Good at strategy games	Seeks precision 追求精确	Grasps complex data 掌握复杂数据
Objective 目标	擅长策略游戏		Factual 事实性
	Likes numbers 喜欢数字		

Logical 逻辑的

Good at math 擅长数学

Appreciates science 欣赏科学

Possible Careers for High Logical Intelligence

逻辑智力高的可能职业路径

Accountant 会计师

Computer
Programmer 计算机程序
员

Engineer 工程师

Financial Planner 理财
规划师

Lawyer/Attorney 律师

Mathematician 数学家

Medical Doctor 医学博士

Military Officer 军官

Scientist 科学家

Technical Writer 技术作
家

Your Verbal/Linguistic Intelligence

你的言语/语言智力

Verbal/Linguistic is not one of your primary intelligences. The strength of your Linguistic intelligence is graphed below.

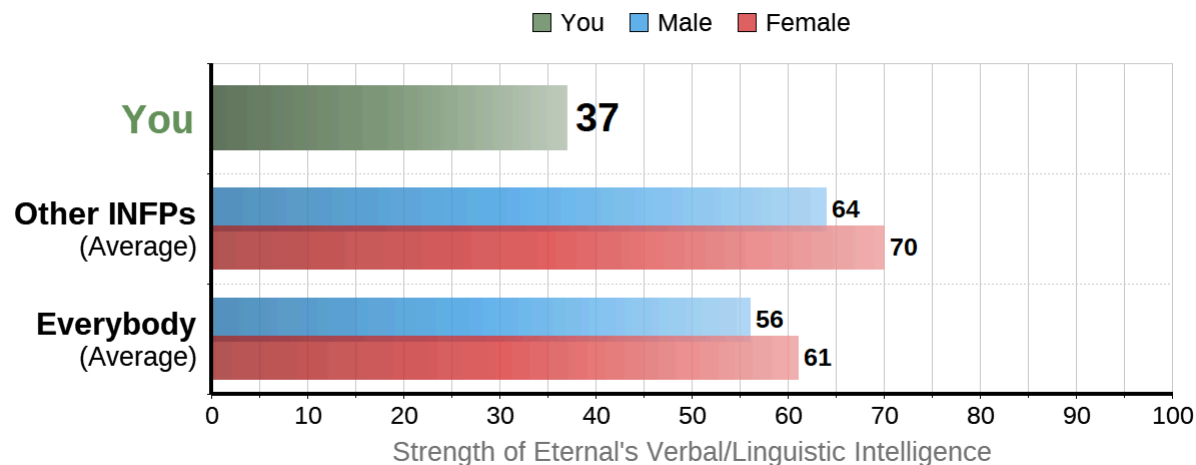
言语/语言并不是你的主要智能之一。你的语言智能强度如下图所示。

About Verbal/Linguistic Intelligence

关于言语/语言智能

People with Linguistic intelligence love words. They enjoy reading and writing. Linguistic people are often gifted at learning languages. They appreciate the complexities of sentence structure, word structure, meaning and sound. They savor

convoluted words and are quick at learning them. They possess rich vocabularies.



具有语言智能的人热爱文字。他们喜欢阅读和写作。语言能力强的人往往擅长学习语言。他们欣赏句子结构、词法、意义和声音的复杂性。他们喜欢复杂的词汇，并能迅速学会。他们的词汇量丰富。

School is an area in which people with Linguistic intelligence often do well. They enjoy lectures and taking notes. They also have the ability to teach others and communicate complex concepts. People with Linguistic intelligence are adept at communicating through the written word and seek to hone their skills.

学校是语言智能人士常常表现优异的领域。他们喜欢听课和记笔记。他们还具备教导他人和传达复杂概念的能力。具有语言智能的人擅长通过书面文字进行沟通，并努力磨练自己的技能。

"A poet is, before anything else, a person who is passionately in love with language." — W. H. Auden

“诗人首先是一个对语言充满激情的人。”——W. H. 奥登

Characteristics of Linguistic Intelligence

语言智能的特点

Enjoys writing 喜欢写作
Good at editing 擅长编辑
Avid Reader 狂热读者
Uses fancy words 使用花哨的词汇

Enjoys word games 喜欢文字游戏
Speaks of what they read
谈他们所读的内容

Remembers quotes 记住引用
Likes puns and rhymes
喜欢双关和押韵

Enjoys foreign languages
喜欢外语
Loves English class 喜欢英语课

Possible Careers for High Linguistic Intelligence

语言智能的可能职业路径

Copywriter 文案
Court Reporter 法庭记录员
Editor 编辑器

Journalist 记者
Lecturer 讲师
Broadcaster/Newscaster
播音员/新闻主播

Speech Pathologist 言语病理学家
Teacher 老师

Translator/Interpreter 翻译员/口译员
Writer 作家

Your Bodily/Kinesthetic Intelligence

你的身体/动觉智能

Bodily/Kinesthetic is not one of your primary intelligences. Your score along with the averages of others is represented below.

身体/动觉不是你的主要智能之一。你的得分与其他人的平均分如下所示。

About Bodily/Kinesthetic Intelligence

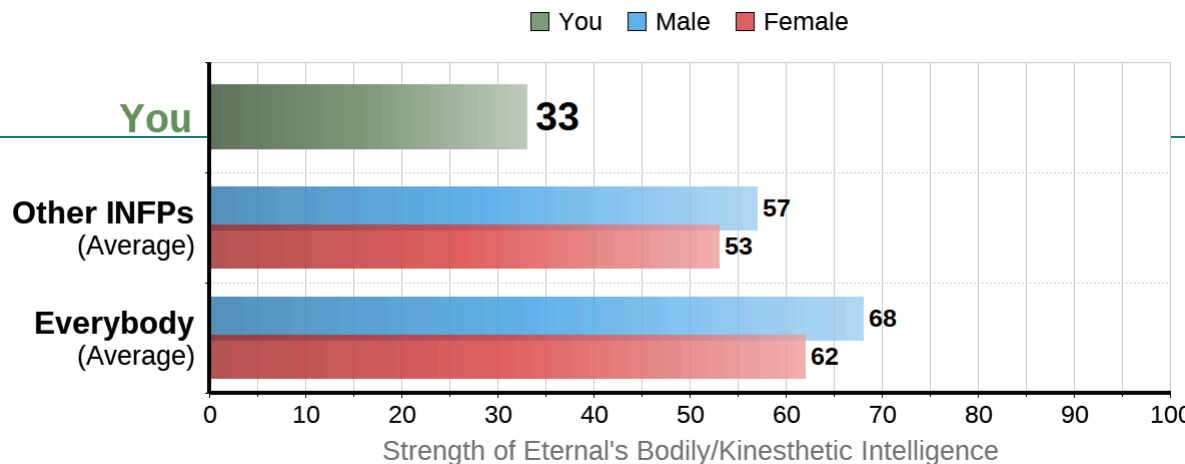
关于身体/动觉智能

People with Kinesthetic intelligence learn through movement and experimentation. They enjoy sports and activities that require physical exertion and mastery. Some Kinesthetic people enjoy the artistic side of movement such as dance or any kind of creative movement. These artistic types enjoy acting and performing in front of an audience.

具有动觉智能的人通过运动和实验学习。他们喜欢需要体力投入和掌握的体育活动。一些动觉型的人享受运动的艺术一面，如舞蹈或任何形式的创造性运动。这些艺术类型的人喜欢在观众面前表演和表演。

People with Kinesthetic intelligence enjoy building things and figuring out how things work. They like to use their hands and are very active. They have excellent motor skills and coordination. They are very physical and are keenly aware of their bodies.

具有动觉智能的人喜欢建造物品并弄清楚事物如何运作。他们喜欢使用双手，非常活跃。他们拥有出色的运动技能和协调性。他们非常注重身体感受，对自己的身体有敏锐的感知。



"Coming from a farming background, I saw nothing out of the ordinary in running barefoot, although it seemed to startle the rest of the athletics world." — Zola Budd

"我来自农村，光脚跑步在我看来很平常，但这似乎震惊了整个田径界。"——扎拉·巴德

Characteristics of Kinesthetic Intelligence

动觉智能的特点

Learns by doing 边做边学
Well-coordinated 协调一致

Good with hands 擅长手工
Enjoys sports 喜欢运动

Seeks excitement 寻求刺激
Very active 非常活跃
Crafty 狡猾的

Energetic 精力充沛的
Enjoys the outdoors 享受户外活动
Athletic 体育运动

Possible Careers for High Kinesthetic Intelligence

高动觉智能的可能职业路径

Actor/Actress 演员
Athlete 运动员
Carpenter 木匠

Construction Worker 建筑工人
Farmer 农民

Firefighter 消防员
Park Ranger 公园管理员
Mechanic 机械师

Paramedic/EMT 急救人员/紧急医疗技术员
Physical Therapist 物理治疗师

Your Musical Intelligence

您的音乐智能

Musical is not one of your primary intelligences. You can compare your score with the averages of others below.

音乐不是你的主要智能之一。你可以将你的分数与下面其他人的平均分进行比较。

About Musical Intelligence

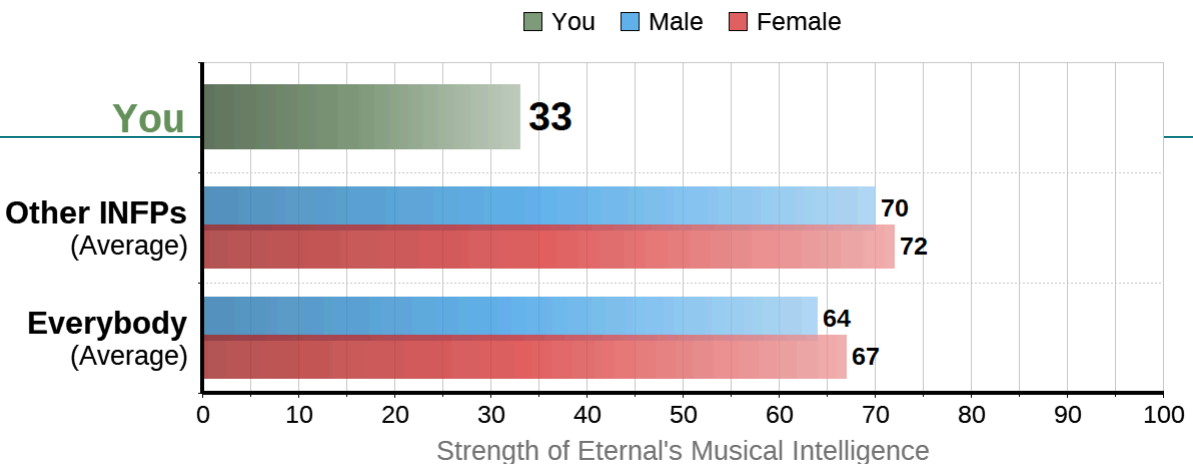
关于音乐智能

People with Musical intelligence recognize sounds and tones with ease. They appreciate music and rhythm. They have a "good ear" for music and can easily learn songs and melodies. They notice when someone is singing off-key. People with musical intelligence are good at imitating sounds or other people's voice or intonation.

具有音乐智能的人能够轻松识别声音和音调。他们欣赏音乐和节奏，对音乐有“敏锐的耳朵”，可以轻松学会歌曲和旋律。他们能注意到别人唱歌跑调。具备音乐智能的人擅长模仿声音或他人的语调。

Rhythm and music can be a way for them to memorize concepts. Some people with musical intelligence are especially gifted at composing, singing or playing an instrument. They often have a song running through their head. They often learn well through lectures since they are highly auditory.

节奏和音乐可以成为他们记忆概念的一种方式。一些具有音乐智能的人特别擅长作曲、唱歌或演奏乐器。他们的脑海中常常回响着一首歌。他们通常通过听课学得很好，因为他们具有很高的听觉能力。



"If a composer could say what he had to say in words he would not bother trying to say it in music."
— Gustav Mahler

“如果一个作曲家能够用言语表达他的想法，他就不会费心试图用音乐来表达了。”——古斯塔夫·马勒

Characteristics of Musical Intelligence

音乐智能的特点

Highly auditory 高度听觉的

Can memorize songs 能记住歌曲

Has good rhythm 有良好的节奏感

Notices off-key notes 注意走调的音符

Enjoys different sounds 享受不同的声音

Likes to sing 喜欢唱歌

Whistles or taps foot 吹口哨或用脚打拍子

Talented with instruments

擅长乐器

Gifted at composing 擅长作曲

Sensitive to noise 对噪音敏感

Possible Careers for High Musical Intelligence

高音乐智力的可能职业路径

Choir Director 合唱团指挥

Composer 作曲家

Conductor 指挥家

Disc Jockey 唱片骑师

Music Teacher 音乐老师

Musician 音乐家

Record Producer 唱片制作人

Singer 歌手

Songwriter 词曲作者

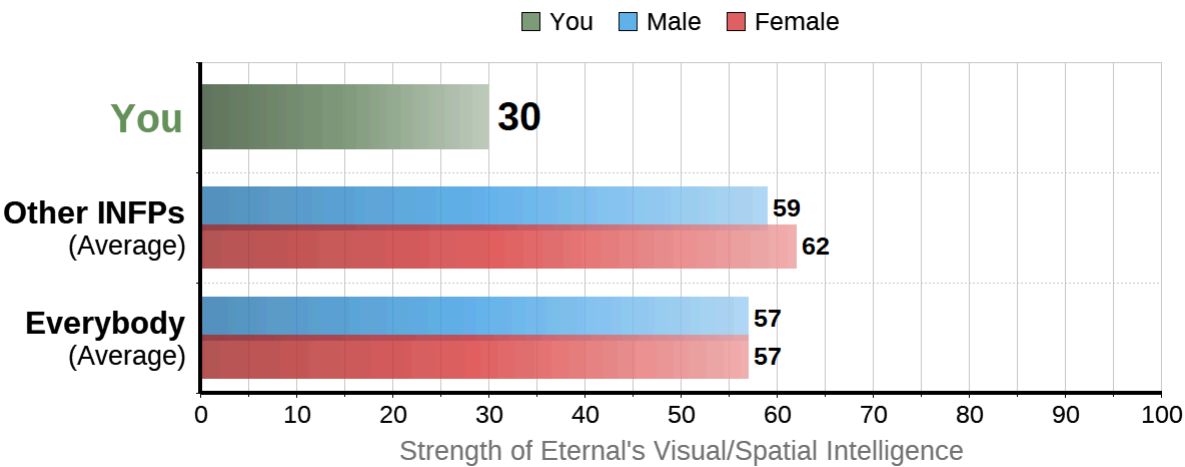
Studio Technician 录音室技术员

Your Visual/Spatial Intelligence

您的视觉/空间智能

Visual/Spatial is not one of your primary intelligences. View your score below along with a comparison of averages by gender.
视觉/空间智能并不是你的主要智能之一。请查看下面的得分，以及按性别划分的平均分对比。

People with Visual/Spatial intelligence are very aware of their surroundings and are good at remembering images. They have a keen sense of direction and often enjoy maps. They have a sharp sense of space, distance and measurement.



具有视觉/空间智能的人对他们周围环境非常敏感，擅长记忆图像。他们有很强的方向感，通常喜欢地图。他们对空间、距离和测量有着敏锐的感觉。

People with Visual intelligence learn well through visual aids such as graphs, diagrams, pictures and colorful displays. They usually enjoy visual arts such as drawing, painting and photography. They can visualize anything related to art, fashion,

decoration and culinary design before creating it.

具有视觉智能的人通过图表、图形、图片和彩色展示等视觉辅助工具学习得很好。他们通常喜欢绘画、绘画和摄影等视觉艺术。在创造之前，他们能够可视化与艺术、时尚、装饰和烹饪设计相关的一切。

"I think I understand something about space. I think the job of a sculptor is spatial as much as it is to do with form." — Anish Kapoor

我认为我对空间有所了解。我认为雕塑家的工作关乎空间，就像关乎形态一样。——安尼施·卡普尔

Characteristics of Visual Intelligence

视觉智能的特征

Notices colors and shapes 注意颜色和形状	Good at visual puzzles 擅长视觉谜题	Enjoys photography 喜欢摄影	Remembers places vividly 记得地方栩栩如生
Can visualize anything 可以可视化任何东西	Enjoys geometry 喜爱几何学	Appreciates books with pictures 喜欢有图片的书	Good at artistic composition 擅长艺术构图
	Loves to draw and paint 喜欢画画和涂色	Good with directions 擅长指路	

Possible Careers for High Visual Intelligence

高视觉智能可能的职业路径

Architect 建筑师
Art Director 艺术总监
Artist 艺术家

Computer Animator 电脑
动画师
Fashion Designer 时装
设计师

Graphic Designer 平面
设计师
Interior Decorator 室内
装饰师

Photographer 摄影师
Video Editor 视频编辑器
Web Designer 网页设计
师

Your Interpersonal Intelligence

你的人际智能

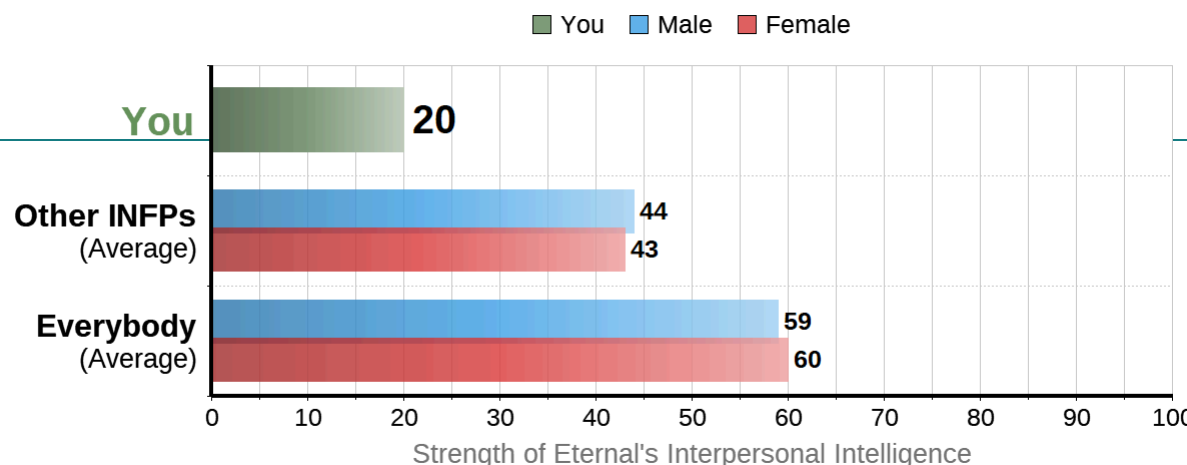
Interpersonal is not one of your primary intelligences. See how you compare to other INFPs and everybody else.

人际关系并不是你主要的智能之一。看看你与其他 INFP 和所有人相比如何。

About Interpersonal Intelligence

关于人际智能

People with Interpersonal intelligence thrive with social interaction. They are gifted at establishing rapport with strangers and make friends easily. They are adept at reading, empathizing and understanding others. People with Interpersonal intelligence work well with



others and often have many friends. They are masters at collaboration.

具有人际智能的人在社交互动中如鱼得水。他们擅长与陌生人建立默契，很容易交到朋友。他们善于解读、共情和理解他人。具备人际智能的人与人合作融洽，常常拥有许多朋友。他们是协作的高手。

Interaction, dialogue and lively discussions are ways in which people with Interpersonal intelligence learn. They are enthusiastic and lively. Others often seek them out for advice, help and comfort. They are good at making others feel welcome and often reach out to outsiders. They are inclusive of others. *The more the merrier.*

互动、对话和热烈的讨论是人际智能者学习的方式。他们热情活泼，常常被他人寻求建议、帮助和安慰。他们擅长让别人感到受欢迎，经常主动接触局外人。他们包容他人，人越多越开心。

"I'm more interested in interpersonal relationships—between lovers, families, siblings. That's why I write about how we treat each other." — Terry McMillan

我更对人际关系感兴趣——恋人之间、家庭成员之间、兄弟姐妹之间。这就是为什么我会写我们如何对待彼此。——特里·麦克米兰

Characteristics of Interpersonal Intelligence

人际智能的特征

Extraverted 外向的	Loves crowds 喜欢人群	Enjoys teaching others 喜欢教导他人	Has many friends 有很多朋友
Enjoys social events 喜欢社交活动	Empathetic 共情的		

Enjoys team sports 喜欢
团队运动

Counsels others 建议他
人

Loves meeting new
people
喜欢结识新朋友

Sensitive to others 对他
人敏感

Possible Careers for High Interpersonal Intelligence

高人际智能可能的职业路径

Clergy 神职人员
Counselor 顾问
Diplomat 外交官

Politician 政治家
Public Relations 公共关
系
Receptionist 接待员

Sales Agent 销售代理
Social Worker 社会工
作者
Supervisor 监督员

Teacher 老师

Your Naturalist Intelligence

您的自然智能

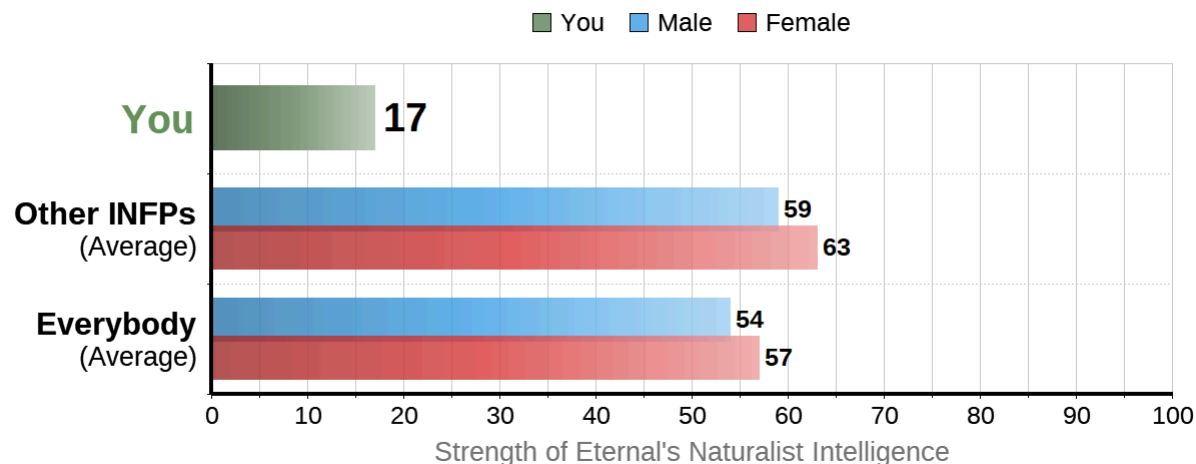
Naturalist is not one of your primary intelligences. The strength of your Naturalist intelligence is shown on this chart.

自然主义者并不是你的主要智能之一。你的自然主义者智能强度在图表上显示。

People with Naturalist intelligence have a sensitivity to and appreciation for nature. The Naturalist intelligence focuses on how people relate to their natural surroundings. Naturalists have a special ability to grow plants, vegetables and fruit. They have an affinity for animals and are good at training and understanding them.

具有自然主义者智能的人对自然有敏感度和欣赏能力。自然主义者智能关注人们如何与自然环境互动。自然主义者特别擅长种植植物、蔬菜和水果。他们对动物有亲和力，善于训练和理解动物。

Naturalists can easily distinguish patterns in nature. They are aware of and intrigued by weather phenomena. They are good at discovering the wonders of nature. Naturalists love to walk, climb, camp and hike. They enjoy the outdoors. People with Naturalist intelligence are inspired and rejuvenated by nature.



自然主义者能轻易地识别自然界中的模式。他们对天气现象了如指掌且充满好奇。他们擅长发现自然界的奇观。自然主义者喜爱步行、攀爬、露营和远足。他们享受户外活动。具备自然主义智能的人会受到大自然的启发并从中得到恢复。

"Earth and sky, woods and fields, lakes and rivers, the mountain and the sea, are excellent schoolmasters, and teach some of us more than we can ever learn from books." — John Lubbock

天地、森林与田野、湖泊与河流、山川与海洋，都是卓越的导师，它们教会我们许多书本上学不到的东西。——约翰·卢伯克

Characteristics of Naturalist Intelligence

自然主义者智能的特征

Notices natural patterns
注意自然模式

Learns through natural
contact
通过自然接触学习

Upset by pollution 对污
染感到不安

Comfortable with
animals
与动物相处舒适

Good at gardening 擅长
园艺

Appreciates plants 欣赏
植物

Appreciates scenic
views
欣赏风景

Inspired by nature 受自
然启发

Enjoys outdoor activities
喜欢户外活动

Aware of weather
changes
意识到天气变化

Possible Careers for High Naturalist Intelligence

具有高自然智能的可能职业

Animal Trainer 动物训练
师

Breeder 繁育者

Farmer 农民

Park Ranger 公园管理员

Geologist 地质学家

Horticulturist 园艺师

Landscaper 景观设计师

Marine Biologist 海洋生
物学家

Veterinarian 兽医

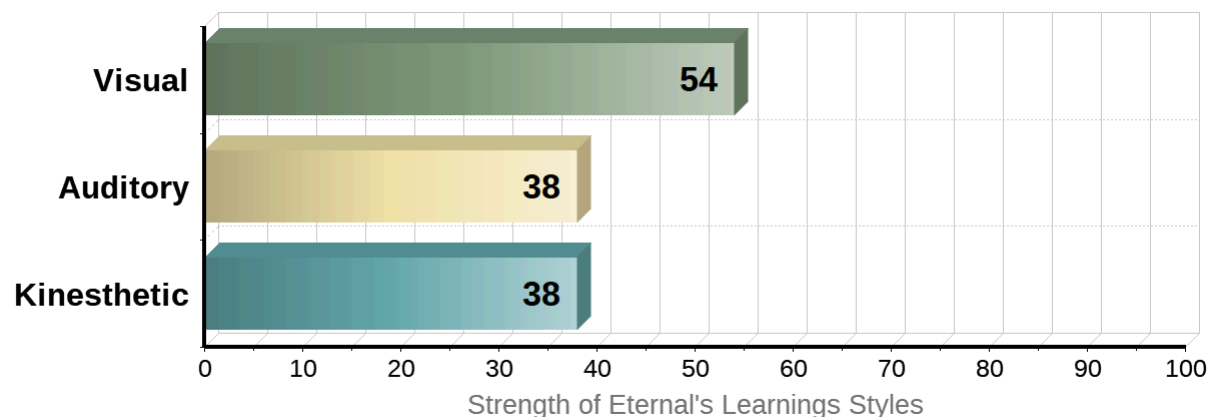
Zookeeper 动物园管理
员

Your Learning Styles 您的学习风格

Discover how you learn by **hearing**, **seeing** and **doing**.

通过听、看和做，发现你的学习方式。

Learning Styles is a theory that suggests people learn better using different methods of learning. We perceive information using our senses. The three most practical senses in learning environments are sight, hearing and touch. The VAK model categorizes these sensory methods of learning as Visual (V), Auditory (A) and Kinesthetic (K) learning styles.



学习风格是一种理论，认为人们通过不同的学习方法能够更好地学习。我们通过感官来感知信息。在学习环境中，最实用的三种感官是视觉、听觉和触觉。VAK 模型将这些感官学习方法分类为视觉（V）、听觉（A）和动觉（K）学习风格。

While most people have a dominant learning style, nobody has just one learning style. Everyone uses each of the learning styles to some degree. Some are stronger in one style while others have even strength in all styles. The reality is that we all have a custom "learning style" that is, in varying degrees, a combination of Visual, Auditory and Kinesthetic learning.

虽然大多数人有一种主要的学习方式，但没有人只有一种学习方式。每个人都在一定程度上使用每种学习方式。有些人在一种方式上更突出，而另一些人在所有方式上都有均衡的能力。事实是，我们都有一个定制的“学习风格”，在不同程度上是视觉、听觉和动觉学习的组合。

It is useful to know the strength of your learning styles as they relate to each other. This allows you to focus on maximizing your learning potential. Recognizing your strengths also helps you to seek learning opportunities that cater to your combination of learning style strengths. In recent years, many educators have started using knowledge of Learning Styles (and Multiple

Intelligences) to improve teaching methods in order to reach learners of all types

了解你的学习风格之间的相对强度是很有用的。这使你能专注于发挥你的学习潜力。认识到自己的优势也能帮助你寻找适合你的学习风格优势组合的学习机会。近年来，许多教育工作者开始利用对学习风格（及多元智能）的了解来改进教学方法，以触及各种类型的学习者。

Visual Learning and You

视觉学习与你

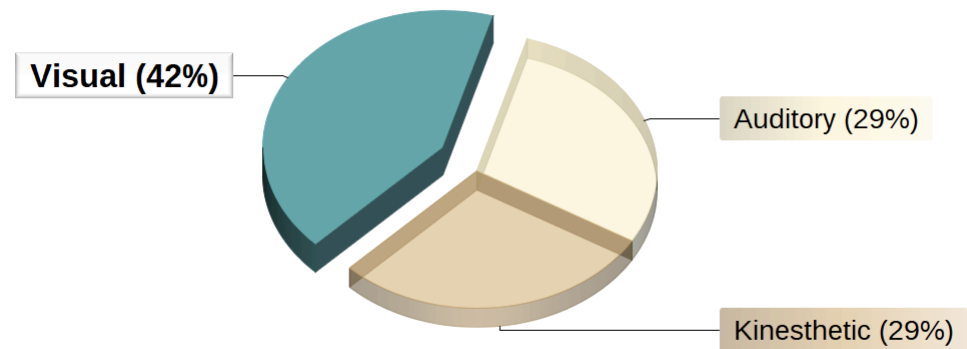
Visual is your primary learning style.

视觉是你的主要学习方式。

Visual style is learning by *seeing*. You learn visually whenever you gain information from sight. This includes more than just the viewing of pictures and your surroundings. Visual learning also encompasses the written word.

视觉风格是通过观察学习。每当从视觉获取信息时，你就在进行视觉学习。这不仅仅包括观看图片和周围环境，视觉学习也包含了文字学习。

Visual learners benefit greatly from teaching that utilizes illustrations, charts, diagrams, videos, etc. They often feel a need to convert spoken instruction into visual form by taking notes.



Visual in Relation to Eternal's Other Styles

视觉学习者从使用插图、图表、图形、视频等的教学中受益良多。他们常常需要通过记笔记将口头指示转化为视觉形式。

Characteristics of a Visual Learner

视觉学习者的特征

Good at remembering people's faces

擅长记住人们的面孔

Accurately recognizes body language and facial expressions

准确识别肢体语言和面部表情

Able to picture things in their mind

能够在脑海中描绘事物

Good at taking notes in the form of text and doodles

擅长以文字和涂鸦的形式做笔记

Comprehends visual information such as charts, graphs and diagrams

理解图表、图形和图表等视觉信息

Recalls appearances with ease

轻松回忆起出场表现

Appreciates pictures and illustrations in books

欣赏书籍中的图片和插图

Enjoys learning from video presentations

喜欢通过视频演示学习

Learns well from flash cards

从闪存卡学得很好

Notices visual details that others might miss

注意到别人可能会忽略的视觉细节

Auditory Learning and You

听觉学习与你

Auditory is your secondary learning style.

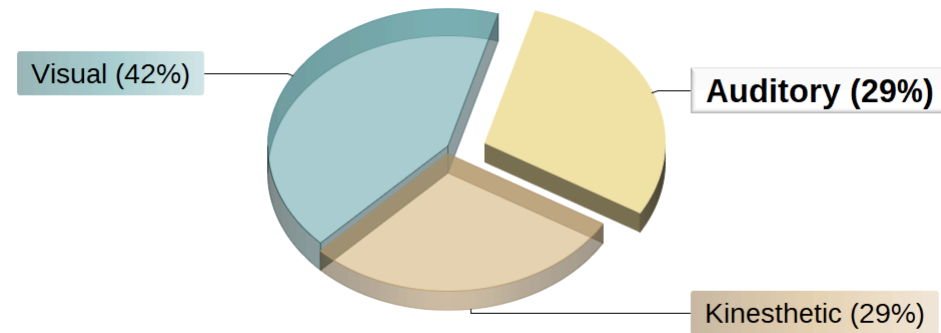
听觉是你的次要学习方式。

Auditory style is learning by *hearing*. This type of learning is helpful in the classroom environment. During a lecture, an auditory learner is able to easily comprehend, process and retain information.

听觉风格是通过听来学习。这种类型的学习在课堂环境中很有帮助。在听课时，听觉学习者能够轻松理解、处理和记住信息。

Auditory learning is not only the ability to listen to spoken word and interpret tone, but to do so with a high level of accuracy and efficiency. Learners with strong auditory ability are able to hear and comprehend without missing much.

听觉学习不仅仅是倾听口语和解释语调的能力，而且是以高度准确和高效的方式进行。具有强大听觉能力的学习者能够听到并理解，而不会错过很多内容。



Auditory in Relation to Eternal's Other Styles

Characteristics of a Auditory Learner

听觉学习者的特点

Good at remembering people's names

擅长记住别人的名字

Recalls spoken information with ease

轻松回忆口头信息

Aware of and easily distracted by sounds

对声音敏感且容易分心

Enjoys listening to audio books and storytelling

喜欢听有声书和讲故事

Often skilled at speaking

通常擅长说话

Prefers classes in lecture format

喜欢以讲座形式上课

May record lectures to hear again later

可以记录讲座以供以后再次收听

Benefits from reading out loud

朗读的好处

Enjoys rhymes and rhythmic pattern in language

喜欢语言中的押韵和节奏模式

Benefits from group discussions

小组讨论的好处

Kinesthetic Learning and You

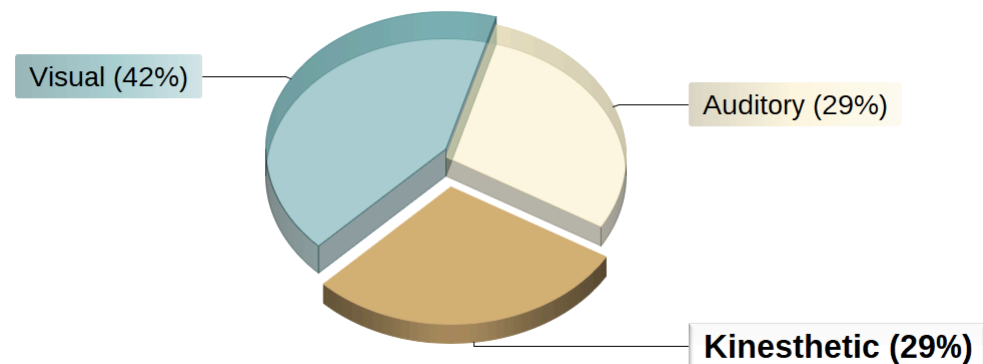
动觉学习与你

Kinesthetic is your least preferred learning style.

动觉型是你最不偏好的学习方式。

Kinesthetic style is learning by *doing*. You learn in this manner whenever you capture new information through the process of physical activity. It is often referred to as a hands-on learning experience.

动觉风格是通过实践来学习。当你通过身体活动的过程获取新信息时，你就是以这种方式学习。它常被称为动手学习体验。



Kinesthetic in Relation to Eternal's Other Styles

Consider how you learned to ride a bicycle. You learned by getting on a bike to experience and practice balancing, steering and pedaling. This experience ultimately taught you how to ride.

想想你是如何学会骑自行车的。你通过上车亲身体验和练习平衡、转向和踩踏，这些经验最终教会了你如何骑车。

Characteristics of a Kinesthetic Learner

动觉学习者的特点

Good at learning through hands-on experience

善于通过实践学习

Often bored with traditional textbook learning

常常对传统的课本学习感到无聊

Likes to move around and explore their environment

喜欢四处走动和探索他们的环境

Usually enjoys athletics and physical education

通常喜欢体育运动和体育教育

Likes to touch objects and people

喜欢触摸物体和人

Would rather participate than watch

宁愿参与其中，而不愿旁观

Appreciates opportunities to go on field trips

喜欢有机会去实地考察

Gets satisfaction from building with their hands

通过亲手建造获得满足感

Enjoys classes with physical experiments

喜欢有物理实验的课程

Can become restless without physical activity

没有体力活动会变得焦躁不安

Your Brain Hemispheres 你的大脑半球

This chart illustrates that you are **right-brained** and to what extent.

这张图表说明了你是右脑型的以及你在多大程度上是右脑型的。

There are two sides of your brain known as hemispheres. Your left hemisphere controls the right side of your body and deals with logical thought and language. Your right

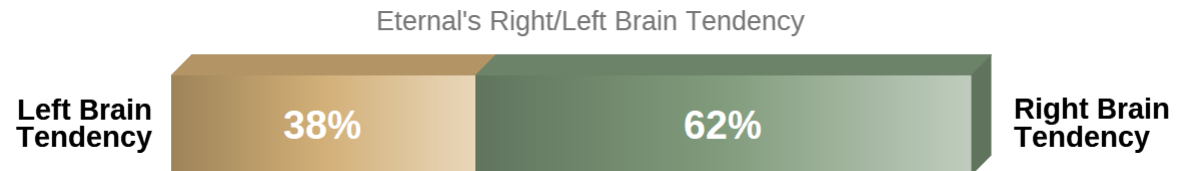
hemisphere controls the left side of your body. It handles abstract thought and spatial orientation.

你的大脑分为两个部分，称为半球。左半球控制身体的右侧，负责逻辑思维和语言。右半球控制身体的左侧，处理抽象思维和空间定位。

Neuropsychologist Roger W. Sperry developed the right brain – left brain theory in 1960. He believed that the human brain is right or left side dominant and that each side of the brain controls different types of thinking. Some individuals utilize both sides of their brains equally (all use both to some degree) but most people have a greater tendency to think in a certain way.

神经心理学家罗杰·斯佩里在 1960 年提出了左右脑理论。他认为，人脑倾向于右侧或左侧主导，并且大脑的每一半球控制不同类型的思维。一些人平等利用大脑的两侧（所有人都在某种程度上使用两侧），但大多数人更倾向于以某种方式思考。

The majority of people are left brain dominant. Although the typical school environment in modern times tends to favor left brain thinkers with expectations of logical thought and practical action, right brain thinkers who tend to be more imaginative



and "outside the box" are equally valuable. Interestingly, right brain dominant people are often left-handed (since each hemisphere controls the opposite side's hand) which coincides with right brain dominant people being less common (as left-handed people are less common).

大多数人是左脑主导。尽管现代典型的学校环境倾向于逻辑思维和实际行动的左脑思考者，但更具有想象力和“跳出框框”思维的右脑思考者也同样宝贵。有趣的是，右脑主导的人常常是左撇子（因为每个半球控制对侧的手），这与右脑主导的人较少见的现象相吻合（因为左撇子也较少见）。

Understanding the right brain – left brain theory helps you understand yourself better. It improves your ability to study, learn and process information. It also informs you about the reasons why you prefer certain activities or have certain interests.

了解左右脑理论有助于你更好地理解自己，提升学习、研究和处理信息的能力。它还能告诉你为什么偏爱某些活动或对某些事物感兴趣的原因。

Left Brain Characteristics

左脑特征

Logical 逻辑的	Sequential 顺序的	Likes Math 喜欢数学	Critical Thinking 批判性思维
Linguistic 语言学	Analytical 分析性的	Likes Reason 喜欢的理由	
Practical 实用的	Strategic 战略	Likes Science 喜欢科学	
Realistic 现实主义	Knows 知道		

Right Brain Characteristics

右脑特征

Intuitive 直观的

Creative 创意

Imaginative 富有想象力的

Idealistic 理想主义的

Random 随机

Appreciates 欣赏

Believes 相信

Recognizes Faces 识别人脸

Expresses Emotions 表达情感

Likes Music 喜欢音乐

Likes Art 喜欢艺术

Sees the "Big Picture" 看到“大局”

The Enneagram 九型人格

The Enneagram is a model of personality that describes nine different types of people. Each type is represented by a number from one to nine, and each type has its own unique set of characteristics and traits. The Enneagram is based on the idea that people have a core type, which is determined by their unique combination of emotions, thoughts, and behaviors. This core type influences how they perceive the world and interact with others.

九型人格是一种描述九种不同人格类型的模型。每种类型用一到九的数字表示，每种类型都有自己独特的特征和特质。九型人格基于这样一种观念，即人们有一个核心类型，这个核心类型由他们独特的情感、思想和行为组合决定。这个核心类型影响着他们如何感知世界以及与他人互动。

The Enneagram is often used as a tool for self-discovery and personal growth. By understanding their own Enneagram type, people can gain insight into their motivations, fears, and desires. This can help them to understand their own behavior and make positive changes in their lives. Additionally, the Enneagram can be useful for improving communication and relationships with others, as it provides a framework for understanding why people behave the way they do.

九型人格常被用作自我发现和个人成长的工具。通过了解自己的九型人格类型，人们可以洞察自己的动机、恐惧和愿望。这能帮助他们理解自己的行为，并在生活中做出积极的改变。此外，九型人格对于改善与他人的沟通和关系也很有帮助，因为它提供了一个框架来理解人们为何会如此行为。

Your Enneagram Test Results

您的九型人格测试结果

The Enneagram identifies nine different personality types, each represented by a number from one to nine. The types are referred to by their number, so someone who is a "Three" is said to have a Three personality type. Each type has its own set of characteristics and traits, and people are thought to have a core type that influences how they perceive the world and interact with others.

九型人格识别九种不同的性格类型，每种都由一到九的数字代表。这些类型通过它们的数字来称呼，因此被称为“三号”的人被认为拥有三号性格类型。每种类型都有自己独特的特征和特质，人们被认为有一个核心类型，这影响着他们如何感知世界以及与他人互动。

The nine Enneagram types are as follows:

九型人格的九种类型如下：

- **Type One** is the Perfectionist, who is organized and conscientious.

第一型是完美主义者，他们有条理且尽职尽责。

- **Type Two** is the Helper, who is empathetic and generous.

第二类是帮助者，他们善解人意且慷慨大方。

- **Type Three** is the Achiever, who is ambitious and adaptable.

第三型是成就者，他们雄心勃勃且适应能力强。

- **Type Four** is the Individualist, who is creative and self-aware.

第四型是个人主义者，他们富有创造力和自我意识。

- **Type Five** is the Investigator, who is analytical and detached.

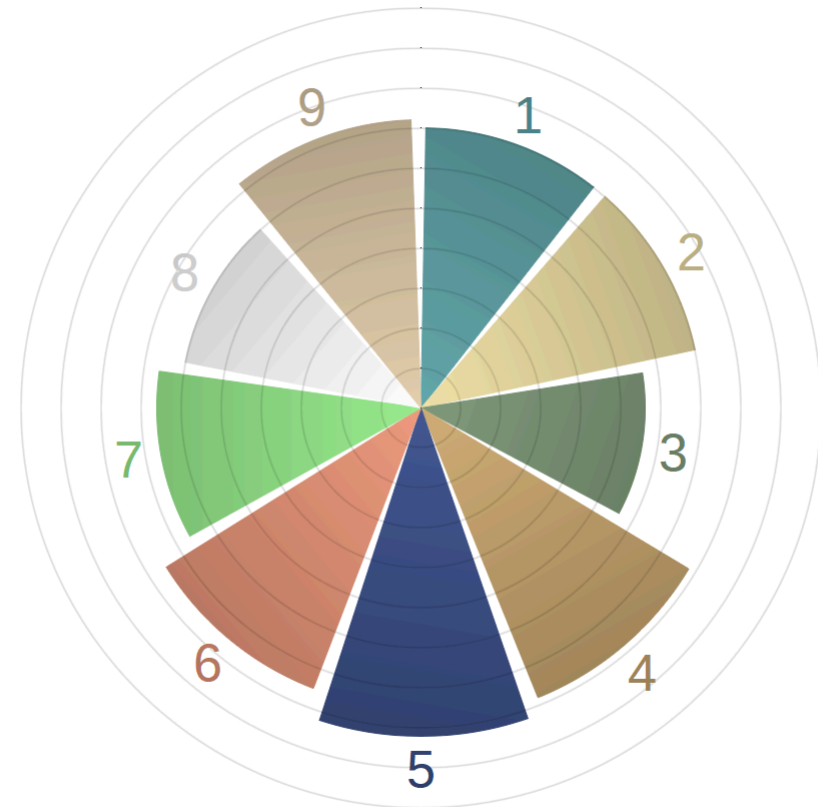
五号人格是观察者，他们善于分析且超然物外。

- **Type Six** is the Loyalist, who is responsible and security-oriented.

类型六是忠诚主义者，他们负责任且注重安全。

- **Type Seven** is the Enthusiast, who is spontaneous and versatile.

七号性格者是热爱生活的多面手，他们充满自发性和多变性。



- **Type Eight** is the Challenger, who is self-confident and assertive.

类型八是挑战者，他们自信且果断。

- **Type Nine** is the Peacemaker, who is easy-going and receptive.

第九型是和平主义者，他们随和且善于接纳。

Your results indicate that you are most likely a Type 5

你的结果表明你最可能是第五型人格

The Enneagram divides the nine personality types into three triads, each consisting of three types. The triads are grouped based on their common core motivations and emotional experiences. The three triads are as follows:

九型人格将九种人格类型分为三个三元组，每个三元组包含三种类型。这些三元组根据它们共同的核心动机和情感体验进行分组。三个三元组如下：

The 9 Types of the Enneagram

九型人格的 9 种类型

Each of the nine types of the Enneagram has its own driving force, which is centered around a particular emotion. Some types experience strong emotions, while other types aim to avoid emotions in one form or another. However, whether running from emotions or diving into them, each type describes some aspect of emotional experience.

九型人格的每一种都有自己独特的驱动力，这种驱动力围绕着特定的情感中心。有些类型会经历强烈的情感，而其他类型则试图以某种形式避免情感。然而，无论是逃避情感还是深入其中，每种类型都描述了情感体验的某个方面。

The nine types of the Enneagram are commonly divided into three groups of three types each: Body Types, Head Types, and Heart Types. Each of these groups is considered to be driven by a particular center of intelligence and a particular core emotion.

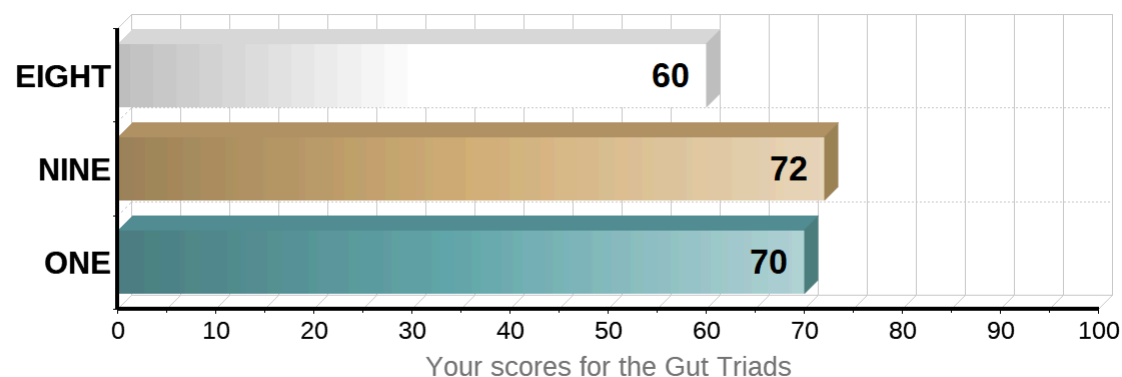
九型人格的九种类型通常被分为三组，每组三种类型：身体类型、头脑类型和心中心类型。这些组别被认为分别由特定的智慧中心和核心情感驱动。

The nine types of the Enneagram are commonly divided into three groups of three types each: Body Types, Head Types, and Heart Types. Each of these groups is considered to be driven by a particular center of intelligence and a particular core emotion.

九型人格的九种类型通常被分为三组，每组三种类型：身体类型、头脑类型和心灵类型。这些群体中的每一组都被认为是由特定的智慧中心和核心情感驱动的。

Gut Triad 三角恋

The Gut Triad consists of the Eight, Nine, and One types. These types are motivated by a desire for security and a sense of control. They tend to be strong-willed and assertive, and they



often struggle with anger and anxiety.

腹脑三元组由八号、九号和一号人格组成。这些类型的人追求安全和控制感的欲望驱动。他们倾向于意志坚强、自信主动，常常与愤怒和焦虑作斗争。

Type Eight 60% 类型八 60%

The Enneagram Type 8, also known as the Challenger, is motivated by a desire for authority and control. Type 8s are self-confident and assertive, and they value their independence. At their best, they are full of vitality and able to protect those they care about. At their worst, they can be closed off and unwilling to trust others. They are typically workaholics who prefer to be in charge, and they can make excellent leaders when given the opportunity.

八号人格，也称为挑战者，受到权威和控制欲望的驱使。八号人格自信、果断，重视自己的独立性。在最佳状态下，他们充满活力，能够保护自己关心的人。在最差的情况下，他们可能会封闭自己，不愿意信任他人。他们通常是工作狂，喜欢掌控局面，当给予机会时，可以成为优秀的领导者。

Type Nine 72% 类型九 72%

The Enneagram Type 9, also known as the Peacemaker, is motivated by a desire for peace and harmony. Type 9s are gentle and amiable, and they focus on others rather than themselves. They are skilled mediators who can see arguments from multiple perspectives and identify areas of agreement. They are also optimistic, dependable, and kind. However, they can struggle with dissociating from their own emotions and may occasionally express them in bursts or repressed forms.

九型人格中的第 9 型，也称为和平使者，他们渴望和平与和谐。第 9 型人格的人温柔友善，他们关注他人而非自己。他们是熟练的调解者，能够从多个角度看待争论，并找到共识点。他们也是乐观、可靠和善良的。然而，他们可能会与自己的情感脱节，偶尔会以爆发或压抑的方式表达情感。

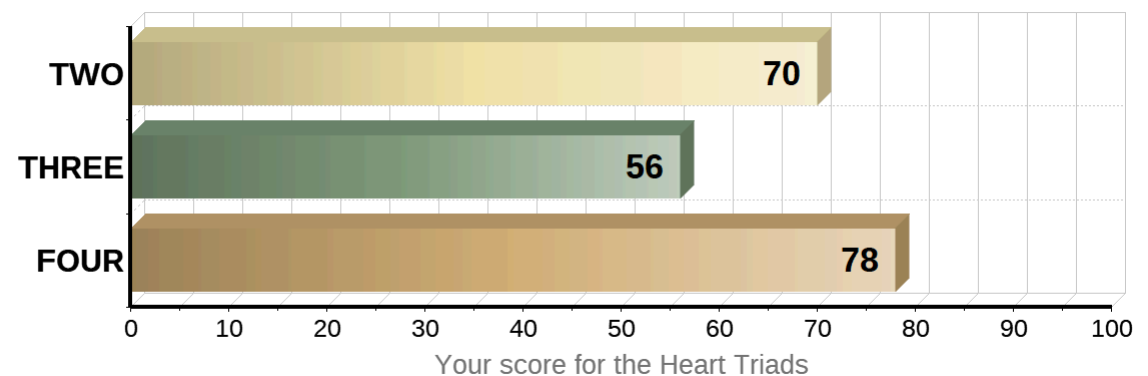
Type One 70% 类型一 70%

The Enneagram Type 1, also known as the Perfectionist, is motivated by a desire to improve the world and has a strong sense of justice. Type 1s are responsible, serious-minded individuals who are always looking for meaning in life. They are idealists who try to bring order to chaos, and they are constantly trying to improve things. They are moral, devoted, and trustworthy people who want to live according to their values without making mistakes.

九型人格中的第 1 型，也称为完美主义者，他们渴望改善世界，并具有强烈的正义感。第 1 型的人是负责任的，思想严肃的个体，他们总是在生活中寻找意义。他们是理想主义者，试图将秩序带入混乱，并且一直在努力改进事物。他们是道德的、忠诚可靠的，希望按照自己的价值观生活而不犯错误的人。

Heart Triad 心之三重奏

The Heart Triad consists of the Two, Three, and Four types. These types are motivated by a need for connection and validation. They tend to be emotional and sensitive, and they often struggle with shame and self-doubt.



心三角包括二号、三号和四号类型。这些类型的人出于对联系和认可的需求而行动。他们倾向于情感丰富和敏感，并且常常与羞耻感和自我怀疑作斗争。

Type Two | 70%

类型二 | 70%

The Enneagram Type 2, also known as the Helper, is focused on relationships and is skilled at empathizing with others. Type 2s often alter their behavior to win the approval of those around them, and can be overly dependent on others for validation. They may repress their own emotions and needs in order to please others, and they may experience emotional turmoil as a result. They can be positive, vivacious, and sociable, but these traits can sometimes mask underlying sadness. They may also take on the role of martyr in order to win others over, sacrificing their own needs and goals in the process.

九型人格中的第 2 型，也称为助人者，专注于人际关系，并擅长共情他人。第 2 型的人常常改变自己的行为以赢得周围人的认可，且可能过度依赖他人的肯定。他们可能会压抑自己的情感和需求以取悦他人，这可能导致他们经历情绪上的动荡。他们可以是积极的、充满活力的、善于社交的，但这些特质有时会掩盖内心的悲伤。他们也可能扮演牺牲者的角色来赢得别人的支持，在这个过程中牺牲了自己的需求和目标。

Type Three | 56%

类型三 | 56%

The Enneagram Type 3, also known as the Achiever, is driven to succeed and be recognized by others. Type 3s are extremely productive and are capable of doing massive amounts of work to achieve their goals. They value their image and are drawn to the finer things in life. They may become overly competitive or workaholic in their pursuit of success, and they may repress their own emotions in order to maintain their image and continue working towards their goals.

九型人格中的第三型，又称为成就者，他们渴望成功并获得他人的认可。第三型的人极其高效，能够为了实现目标完成大量工作。他们重视自己的形象，对生活中的美好事物有着强烈的吸引力。在追求成功的路上，他们可能会变得过度竞争或成为工作狂，并可能压抑自己的情感，以维护形象并持续向目标努力。

Type Four | 78%

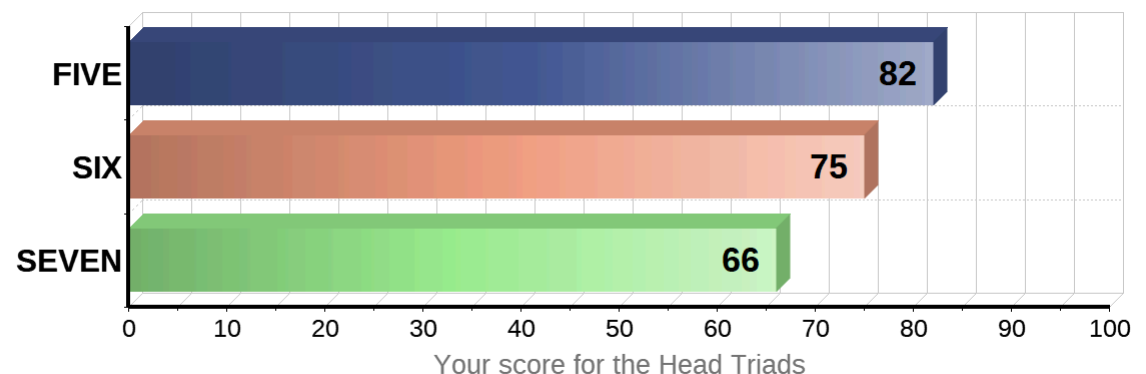
类型四 | 78%

The Enneagram Type 4, also known as the Individualist, is a creative and self-aware individual who is driven by a need to understand themselves better. Type 4s are known for their unique perspective and style, and they are often drawn to creative pursuits. However, their introspection can sometimes turn into self-absorption, and they may feel flawed or out of place as a result.

九型人格中的第 4 型，也称为个人主义者，是一个充满创造力和自我意识的个体，他们渴望更好地理解自己。第 4 型以其独特的视角和风格著称，常常被吸引到创造性的追求中。然而，他们的内省有时会转变为自我沉迷，因此可能会感到自己有缺陷或格格不入。

Head Triad 头部三合会

The Head Triad consists of the Five, Six, and Seven types. These types are motivated by a need for knowledge and understanding. They tend to be intellectual and independent, and they often struggle with fear and indecision.



头三合会由五号、六号和七号人格组成。这些类型的人出于对知识和理解的需求而行动。他们倾向于理智和独立，并且常常与恐惧和犹豫作斗争。

Type Five 82% 类型五 82%

The Enneagram Type 5, also known as the Investigator, is an analytical and independent individual who is deeply interested in gaining knowledge and understanding the world around them. Type 5s are good at spotting patterns and synthesizing ideas, but may be prone to getting lost in their own thoughts and can be introverted. They may have difficulty with socializing and maintaining personal relationships, and may withdraw from others to protect themselves when feeling overwhelmed.

五号人格，又称探究者，是一个分析能力和独立性都很强的个体，他们对获取知识和理解周围世界有着深厚的兴趣。五号人格擅长发现模式和综合思想，但可能容易沉浸在自己的思考中，并且倾向于内向。他们在社交和维持个人关系方面可能会遇到困难，当感到压力过大时，可能会选择与他人保持距离来保护自己。

Type Six 75% 类型六 75%

The Enneagram Type 6, also known as the Loyalist, is a devoted and responsible person who craves a sense of community and support. Type 6s are loyal and dependable friends when they find people they trust, but they fear being without support and constantly worry about disaster. They may be indecisive and struggle with anxiety, either avoiding situations that make them anxious or actively taking risks to confront their fears. The healthiness of their approach depends on the individual.

六号人格，也被称为忠诚者，是一个忠诚且负责任的人，渴望拥有社区感和支持。当六号找到他们信任的人时，他们会成为忠实可靠的朋友，但他们害怕失去支持，经常担心灾难发生。他们可能会优柔寡断，与焦虑作斗争，要么避免让他们感到焦虑的情况，要么主动冒险来面对自己的恐惧。他们的处理方式的健康性取决于个人。

Type Seven 66% 类型七 66%

The Enneagram Type 7, also known as the Enthusiast, is a carefree optimist who enjoys new experiences and is outgoing and friendly. Type 7s are always ready for adventure and make friends easily, but they may prioritize having a good time over everything else. They may also use pleasure as a way to avoid negative emotions, which can be counterproductive and harmful.

九型人格中的第 7 型，也被称为爱好者，是一个无忧无虑的乐观主义者，喜欢新体验，外向且友好。第七型人总是准备好去冒险，很容易交到朋友，但他们可能将享受乐趣置于一切之上。他们也可能用快乐作为逃避负面情绪的方式，这可能是适得其反且有害的。

Type 5 in Depth

深度解析第五型

Your test results indicate that your dominant Enneagram type is a Type 5.

你的测试结果显示，你的主导九型人格类型是第五型。

In this section, we will explore the Type 5 in detail, examining how it influences your core emotions, fears, and desires and how it affects your relationships.

在这一部分，我们将详细探讨第五型人格，分析它如何影响你的核心情感、恐惧和欲望，以及它如何影响你的人际关系。

As a Type 5, you are often referred to as the "Investigator" of the Enneagram. You are known for your inquisitive and independent nature, as well as your desire to expand your understanding of the world through knowledge and analysis. You are skilled at noticing patterns and synthesizing ideas, but you may also become easily caught up in your own thoughts,

leading to a tendency towards introversion.

作为五号人格，你常被称为九型人格中的“调查员”。你以好奇和独立的天性著称，以及通过知识和分析来扩展对世界的理解的愿望。你擅长察觉模式和综合思想，但可能也很容易沉浸在自己的思考中，从而倾向于内向。

It can be challenging for you to socialize and manage personal relationships, as you may find the demands others place on your time and energy overwhelming. You may also have a tendency to intellectualize your emotions, which can make it difficult for you to communicate and form strong connections.

你可能会发现社交和管理个人关系具有挑战性，因为其他人对你的时间和精力需求可能让你感到不知所措。你也可能倾向于将自己的情感理智化，这会让你在沟通和建立深厚联系时遇到困难。

As a result, you may withdraw from others in order to protect yourself, which can come across as aloof and detached. Overall, it's important for you to find a balance between your desire for independence and the importance of social connections and relationships.

因此，你可能会为了保护自己而远离他人，这可能给人一种冷漠和疏远的印象。总的来说，对你而言，在渴望独立和重视社交联系与关系之间找到平衡是很重要的。

Personality Traits 个性特质

As a Type 5, you are known for your curiosity and desire to learn more. You are thoughtful and perceptive, able to think things through and come up with insightful conclusions.

作为第五型人格，你以好奇心和渴望学习更多而著称。你深思熟虑，洞察力强，能够深入思考并得出有见地的结论。

Even in stressful situations, you tend to remain cool-headed and level-headed. You also tend to be introverted and prefer to spend time alone with your thoughts. You may also be somewhat withdrawn, preferring to stay invisible until you feel ready to reveal yourself.

即使在压力情境下，你也能保持冷静和理智。你倾向于内向，喜欢独自思考。你可能也有些孤僻，倾向于保持低调，直到你觉得准备好了才展示自己。

Additionally, you are generally competent and attentive to details, making you skilled at picking up new skills. These traits make you a deep thinker and independent learner, with a strong focus on knowledge and understanding.

此外，你通常具备较强的能力和对细节的关注，这使你擅长学习新技能。这些特质使你成为一个深思熟虑的独立学习者，对知识和理解有着强烈的专注。

Motivations 动机

As a Type 5, your core fear is feeling useless, incompetent, and overwhelmed. You may have an aversion to having demands placed on you by others because you fear being unable to meet those demands or because you fear that the drain on your time and resources will prevent you from pursuing the intellectual pursuits that you value.

作为第五型人格，你的核心恐惧是感到无用、无能和不知所措。你可能回避他人对你提出要求，因为害怕无法满足这些要求，或者担心这会消耗你的时间和资源，阻碍你追求重视的智力探索。

Your core desire, on the other hand, is the accumulation of knowledge. You are motivated by a need to feel competent in all situations and to have a deep understanding of the world around you. You seek to expand your knowledge and understanding

in order to feel more confident and capable.

然而，你的核心渴望是知识的积累。你被一种在所有情况下都感到胜任的需求所驱动，并且渴望深刻理解周围的世界。你寻求扩大自己的知识和理解，以便感到更加自信和有能力的。

These fears and desires can shape your behavior and how you approach new situations and challenges. It's important for you to find ways to balance your desire for knowledge and understanding with your fear of feeling overwhelmed and incompetent.

这些恐惧和渴望可以塑造你的行为以及你如何应对新情况和挑战。对你来说，找到方法平衡对知识和理解的渴望与害怕感到不知所措和无能为力是很重要的。

Strengths and Weaknesses

优点和缺点

As a Type 5, you have many strengths that make you a unique and valuable individual. You are highly self-sufficient and thrive when given the opportunity to follow your own intellectual pursuits. Your love of learning and desire to acquire new knowledge make you great at research and allow you to constantly develop new areas of expertise and skills. You are known for your analytical thinking and ability to maintain objectivity, even in situations where others might let their emotions get in the way.

作为第五型人格，你拥有许多优势，使你成为一个独特且有价值的人。你高度自给自足，在有机会追求自己的智力探索时茁壮成长。对学习的热爱和获取新知识的愿望使你在研究方面表现出色，并让你不断开发新的专业领域和技能。你以分析性思维著称，即使在他人可能让情绪影响判断的情况下，也能保持客观。

Despite your tendency towards solitude, those who get to know you well will find that you are loyal and supportive of your loved ones. However, it's important to find a balance in your desire for solitude. If you take it too far, you may become socially

withdrawn and find it difficult to engage with others. Your tendency to intellectualize everything can also lead you to become detached from your own emotional life, making it difficult for you to recognize or name your own feelings and to forge strong, intimate connections with others. You may be resistant to vulnerability and may come across as arrogant or condescending due to your insistence on being logical in every situation.

尽管你倾向于独处，但那些深入了解你的人会发现你对亲人忠诚且支持。然而，重要的是要在渴望独处的欲望中找到平衡。如果太过极端，你可能会变得社交退缩，发现难以与他人交往。你凡事倾向于理性化的倾向，也可能导致你与自己的情感生活脱节，使你难以识别或命名自己的感受，以及建立深厚、亲密的人际关系。你可能对脆弱性有所抵触，在每种情况下都坚持逻辑性，这可能会让你显得傲慢或居高临下。

It's important for you to find a balance between your analytical approach and your emotional needs, and to be mindful of how your actions and words may be perceived by others.

对你来说，找到分析方法和情感需求之间的平衡很重要，并且要注意自己的行为和言语可能被他人如何理解。

Type 5s in Growth and Stress

成长与压力下的 Type 5 人格

As a Type 5, it's important to be aware of how you may behave in times of growth and stress. When going through periods of growth, you may "move towards" Enneagram 8, the Challenger, and adopt some of their positive traits. This may include becoming more decisive and confident, pursuing your goals without concern for setbacks or imperfect circumstances, inspiring others with your purpose-driven leadership, and being more in touch with your own emotions and able to open up to others. While you will always remain a Type 5 at your core, incorporating these positive traits of a Type 8 can help you grow and

develop in healthy ways.

作为第五型人格，了解自己在成长和压力时期可能如何表现非常重要。在经历成长阶段时，你可能会“趋向”第八型人格，即挑战者，并采纳他们的一些积极特质。这可能包括变得更加果断和自信，不顾阻碍或不完美的情况追求目标，以目标导向的领导力激励他人，以及更贴近自己的情感，能够向他人敞开心扉。虽然你的核心始终是第五型人格，但融入第八型人格的这些积极特质能帮助你以健康的方式成长和发展。

On the other hand, when you are under stress, you may begin to mimic the negative behavior patterns of an unhealthy Enneagram 7, the Enthusiast. This may include abandoning long-term goals in favor of pleasure-seeking and instant gratification, making impulsive decisions without considering consequences, coping with stress through hoarding and excessive consumption of stimuli, and withdrawing from your emotions and social relationships.

另一方面，当你处于压力之下时，你可能会开始模仿不健康九型人格 7 号——热爱者的负面行为模式。这可能包括为了追求快乐和即时满足而放弃长期目标，不考虑后果就做出冲动的决定，通过囤积和过度消费刺激物来应对压力，以及从自己的情感和社会关系中抽离。

It's important for you to be aware of these tendencies and to find healthy ways to cope with stress in order to maintain your well-being and growth.

了解这些倾向并找到健康应对压力的方法对保持你的福祉和成长很重要。

Instinctual Variants 本能变体

As a Type 5, you may have one of the three instinctual variants: self-preservation (SP), social (SO), or sexual (SX). These instincts influence your motivations and behaviors in different ways.

作为第五型人格，你可能拥有三种本能变体之一：自我保存（SP）、社交（SO）或性本能（SX）。这些本能以不同方式影响你的动机和行为。

If you have the self-preservation (SP) instinct, you are likely the most introverted and retreating of the Type 5s. Your drive for self-preservation expresses itself in a need for clear boundaries between yourself and others, and you may fear that the outside world is hostile and unsatisfying to you. You may create a haven for yourself to retreat to when you feel threatened, and you may become so accustomed to solitude that the thought of re-engaging with the world makes you anxious. You may also have difficulty processing and expressing your emotions, and you may cope with unpleasant emotions by retreating, hiding, or keeping quiet.

如果你拥有自我保护（SP）本能，你可能是 5 号类型中最内向和逃避的。你对自我保护的渴望体现在需要自己与他人之间有明确的界限，你可能害怕外面的世界对你来说是敌对且不满足的。当你感到威胁时，你可能会为自己创造一个避风港，而且你可能变得如此习惯独处，以至于一想到要重新融入世界就会感到焦虑。你也可能在处理和表达自己的情感方面遇到困难，并且可能通过逃避、隐藏或保持沉默来应对不愉快的情绪。

If you have the social (SO) instinct, your need for community is transformed into a need for connection with extraordinary ideas. You may seek out knowledge from individuals who share and exemplify your ideals, rather than seeking close interpersonal relationships with your peers. You may admire these individuals from a distance or in a professional setting, fulfilling your need to be part of something extraordinary through your engagement with their ideas rather than the people themselves. However, you may also risk becoming disenchanted with daily life and disdainful of the ordinary as you search for

meaning and try to escape your fear of living a purposeless life.

如果你具有社交（SO）本能，你对社区的需求就会转化为与非凡思想建立联系的需求。你可能会从分享并体现你理想的人那里寻求知识，而不是寻求与同辈的亲密人际关系。你可能在远处或专业环境中钦佩这些人，通过与他们的思想互动而非与他们本身建立联系，满足了你成为非凡事物一部分的需求。然而，你在寻找意义的过程中，也可能面临对日常生活感到幻灭，并对平凡产生鄙视的风险，因为你试图逃避过着没有目标的生活的恐惧。

If you have the sexual (SX) instinct, you seek to connect with the world through your ideals, which are grounded in the pursuit of perfect romantic connection. You are the most in touch with your emotions of all the Type 5s, and you yearn to share them with an idealized partner. However, your exacting standards may make it difficult for you to find and maintain relationships, and you may create idealized versions of your partners in your head, which can lead to disappointment when they inevitably fall short of your expectations. You may also struggle with intimacy due to your tendency to retreat into your own thoughts to protect yourself from hurt when you feel that trust has been betrayed.

如果你拥有性（SX）本能，你会通过你的理想来寻求与世界的连接，这些理想植根于追求完美的浪漫联系之中。在所有第五型人格中，你最能感受到自己的情感，并渴望与一个理想化的伴侣分享这些情感。然而，你严格的标准可能会让你难以找到并维持关系，你可能会在脑海中构建理想化的伴侣形象，当他们不可避免地未能达到你的期望时，这会导致失望。你也可能在亲密关系中挣扎，因为你倾向于在感到信任被背叛时退回到自己的思想中，以保护自己不受伤害。

Healthy vs. Unhealthy Type 5s

健康与不健康的 5 号性格者

As a Type 5, it's important to be aware of how your behavior and mindset may change as you move along the spectrum of health.

作为第五型人格，了解自己在健康谱系中移动时行为和心态可能如何变化是很重要的。

When you are healthy, you may pursue a wide range of interests with insatiable curiosity and excitement, feel confident in your abilities, and be able to solve impossible problems and produce brilliant, original work. You may also be able to communicate and share your ideas with others easily, leaving room for diplomatic debate and discussion.

当你健康时，你可以带着无法满足的好奇心和兴奋追求广泛的兴趣，对自己的能力充满信心，能够解决看似不可能的问题，并创作出杰出的、原创的作品。你也可能轻松地与他人沟通和分享你的想法，为外交式的辩论和讨论留有空间。

At an average level of health, you may become caught up with planning and preparing for the perfect time to take action, become preoccupied with delving into your subjects of choice, and detach from reality and become engrossed in the world of the mind. You may also become defensive of your ideas and combative when you feel others are trying to interfere with your work.

在一般的健康水平下，你可能会忙于规划和准备采取行动的最佳时机，沉迷于研究你选择的课题，脱离现实，沉浸在思想的世界中。你也可能会对自己的想法变得防御性，当你觉得别人试图干涉你的工作时，变得好斗。

At an unhealthy level, you may retreat into increasingly radical ideas and react with hostility when your ideas are challenged. You may feel crippling doubt about your ideas and become obsessed with maintaining a sense of intellectual superiority. You may also become detached from your emotions and the emotions of others, and withdraw from the social world, rejecting people and severing social attachments.

在不健康的情况下，你可能会退缩到越来越激进的想法中，并在你的想法受到挑战时以敌对方式回应。你可能对自己的想法感到严重的怀疑，并变得痴迷于维持一种智力上的优越感。你也可能与自己的情绪和他人的情绪脱节，远离社交世界，拒绝他人并切断社交联系。

It's important to be aware of these tendencies and to work on finding a balance and maintaining a healthy level of functioning. 了解这些倾向很重要，并努力寻找平衡，保持健康的运作水平。

Growth Recommendations 增长建议

As a Type 5, it's important to make an effort to prioritize your relationships and make room for trusted friends in your life. This may mean seeking out the company of others and leaning into your relationships, even if it feels uncomfortable or vulnerable.

作为五号性格的人，重要的是要努力把人际关系放在优先位置，并在生活中为值得信赖的朋友留出空间。这可能意味着要主动寻求他人的陪伴，投入你的关系中，即使这可能会让你感到不舒服或脆弱。

It's also important to be picky about the projects you take on and to ask yourself whether they contribute to your well-being. It's okay to say no to things that may not be a good fit for you or that may leave you overworked and overextended.

选择承担的项目时也很重要，要问问自己这些项目是否有助于你的福祉。对于那些可能不适合你或可能导致你过度工作和负担过重的事情，拒绝是没问题的。

It's also important for you to schedule in downtime and find soothing strategies that work for you to help you unwind. This might include physical exercise, deep breathing, and meditation.

安排休息时间并找到适合您的放松方法也很重要，这可能包括体育锻炼、深呼吸和冥想来帮助您放松。

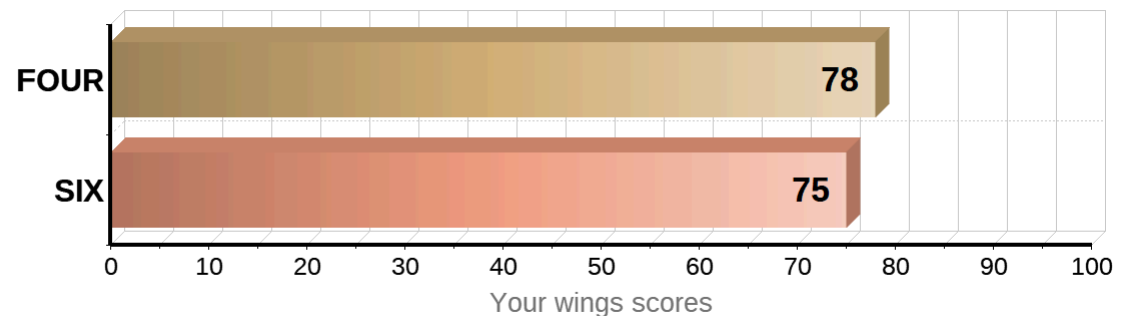
Remember that not everything can be approached with logic, and it's important to cultivate emotional understanding as well as intellectual understanding. Approach your own emotions and the emotions of others with kindness and try to get in touch with

your feelings in a healthy way.

请记住，并非一切都能用逻辑解决，培养情感理解与理智理解同样重要。以善意对待自己和他人的情绪，并尝试以健康的方式去感受自己的情感。

Your Wing Expression 您的翼表情

The enneagram wings are the numbers next to your core type. Even though they are contradictory, the person may have various traits. This means that Type Fives may have either Type Four or Type Six wings.



九型人格的翼型是指紧邻你的核心类型的数字。尽管它们可能是矛盾的，但这个人可能具备各种特质。这意味着五号人格可能拥有四号或六号翼型。

You seem to be a Type 5 Wing 4.

你看起来像是一个五号翼四人格。

As a 5w4, you are passionate about truth and beauty and may have a sensitive and creative nature. You may also tend towards self-reflection and may have a positive outlook, although you may become despondent if you feel overwhelmed by the demands of the outside world. You may be less interested in social interactions than 5w6s, who tend to depend more on others. You may also find it difficult to share and express the deep emotions that you feel, due to your reserved 5 type. It's

important for you to find healthy ways to process and express your emotions, and to seek support when you need it.

作为 5w4，你对真理和美充满热情，可能具有敏感和创造性的天性。你也可能倾向于自我反思，并且通常持乐观态度，尽管当感到外界需求压力过大时，你可能会变得沮丧。相比于更依赖他人的 5w6，你可能对社交互动的兴趣较少。由于你保留的 5 号性格，你可能发现分享和表达深层情感较为困难。对你而言，找到健康的方式来处理和表达情绪，以及在需要时寻求支持非常重要。

Careers for a Type 5

类型 5 的职业

As a Type 5, you may thrive in careers that challenge you to make ground-breaking discoveries, give you ample opportunity to grow as an individual, and allow you to contribute to the greater good. Your ability to see things with fresh eyes may make you well-suited for roles that involve coming up with new tools, finding improvements, and improving efficiency. You may not respond well to external pressure and may do best when given creative freedom and allowed to pursue your ideas to their conclusion.

作为第五型人格，你可能在那些激励你做出突破性发现、为你提供个人成长的广阔机会，并允许你为更大的福祉贡献力量的职业中茁壮成长。你以全新的视角看待事物的能力可能使你在涉及开发新工具、寻找改进方法和提高效率的角色中非常合适。你可能对外部压力的反应不佳，当给予创作自由并允许你将想法追求到底时，你可能会表现得最好。

Some careers that may be well-suited for Enneagram 5s include engineering, system analysis, writing, psychology, data analysis, librarianship, and teaching. If you are interested in any of these fields, you may want to consider pursuing them as a career. Remember that it's important to find a career that aligns with your values and interests, and that allows you to use your

unique strengths and abilities.

一些可能非常适合五号人格的职业包括工程、系统分析、写作、心理学、数据分析、图书馆学和教学。如果你对这些领域中的任何一个感兴趣，你可能会考虑将其作为职业追求。记住，找到一个与你的价值观和兴趣相匹配的职业很重要，它能让你发挥自己的独特优势和能力。

Compatibility With Other Types

与其他类型的兼容性

Most compatible with: 与之最兼容的是：

As a Type 5, you may find that you have a strong compatibility with Type 1, the Perfectionist, and Type 2, the Helper.

作为第五型人格，你可能会发现自己与第一型人格，完美主义者，以及第二型人格，助人者，有着很强的兼容性。

Type 1s and 5s have many similarities, including a reluctance to express their emotions directly and an insistence on rationality. Both types are idea-oriented, but while Type 5s are interested in mental puzzles, Type 1s prefer for their ideas and philosophies to have practical implications. In a relationship between these two types, Type 5s may admire their Type 1 partners for their ability to think for themselves, their curiosity, and the passions that they share. Meanwhile, Type 1s may find solace in a Type 5's lack of judgment and their stability. This can create a strong foundation of trust and reliability within the

partnership.

类型 1 和类型 5 有很多相似之处，包括不愿意直接表达情感，以及坚持理性。两种类型都以思想为导向，但类型 5 对智力谜题感兴趣，而类型 1 更倾向于他们的想法和哲学具有实际应用。在这两种类型之间的关系中，类型 5 可能会欣赏他们的类型 1 伴侣的独立思考能力、好奇心以及他们共享的热情。同时，类型 1 可能会在类型 5 的不评判和稳定性中找到安慰。这可以在伙伴关系中建立一个信任和可靠的强大基础。

Type 2s and 5s may have different ideas about what matters in life and in a relationship, but rather than finding these differences alarming, this pair may find the mystery of the other very appealing. Type 2's laid-back demeanor may encourage their Type 5 partner to be more gregarious and at ease with themselves, while the Type 5's focused intent on the task at hand may motivate the enamored Type 2 to give their full attention to whatever they are trying to accomplish. This dynamic can create a harmonious balance within the relationship.

类型 2 和类型 5 可能对生活和关系中重要事项有不同的看法，但这对组合可能会发现对方的神秘感非常吸引人，而不是觉得这些差异令人不安。类型 2 的放松态度可能会鼓励他们的类型 5 伴侣更加外向并自在地做自己，而类型 5 对当前任务的专注可能会激励迷恋的类型 2 全心投入到他们试图完成的事情上。这种动态可以在关系中创造出和谐的平衡。

It's important to remember that compatibility is not the only factor to consider when building a relationship with someone. It's important to have shared values and to communicate openly and honestly with your partner. Regardless of your Enneagram type, it's possible to have a fulfilling and healthy relationship with someone who is compatible, as well as with someone who may not be a traditional "match" based on Enneagram type.

重要的是要记住，在与某人建立关系时，兼容性不是唯一需要考虑的因素。拥有共同的价值观并与伴侣开放诚实地沟通是非常重要的。无论你是哪种九型人格类型，都有可能与一个兼容的人，或者可能不是基于九型人格类型的传统“匹配”建立一个充实和健康的关系。

Least compatible with: 与之最不兼容的是:

As a Type 5, you may find it difficult to connect with and understand the emotional needs of a Type 4. You may feel overwhelmed by their need for emotional intimacy and physical closeness, as you prefer to keep your distance and maintain your independence. This can lead to misunderstandings and hurt feelings in the relationship. It may be challenging for you to express your own emotions, which can make it hard for your Type 4 partner to feel understood and supported. On the other hand, your Type 4 partner may feel that you are not invested in the relationship and don't care about their needs. It's important to try to understand each other's needs and make an effort to communicate and connect in a way that works for both of you. It may be helpful to seek the guidance of a therapist or coach to learn how to navigate these challenges and strengthen your relationship.

作为五号人格，你可能会觉得难以与四号人格建立联系并理解他们的情感需求。你可能会对他们的情感亲密和身体亲近的需求感到不知所措，因为你倾向于保持距离并维持独立性。这可能导致关系中的误解和受伤情绪。对你来说，表达自己的情感可能也是一大挑战，这会让你的四号人格伴侣难以感受到被理解和支持。另一方面，你的四号人格伴侣可能会觉得你对这段关系不够投入，不关心他们的需求。重要的是要尝试理解彼此的需要，并努力以双方都适应的方式进行沟通和连接。寻求治疗师或教练的指导来学习如何应对这些挑战并加深你们的关系可能会有所帮助。

Conclusion 结论

As a Type 5, or Investigator, you are an analytical and deep-thinking individual who is highly curious and loves to acquire knowledge. You approach new information in a logical way and are skilled at noticing patterns and synthesizing ideas. You tend to be introverted and may struggle with socializing or maintaining personal relationships. You may also find it difficult to communicate and forge strong connections due to your tendency to intellectualize your emotions. To protect yourself from

feelings of overwhelm, you may withdraw from others, appearing aloof and detached as a result.

作为第五型人格，即探究者，你是一个分析力强、思考深刻的人，对知识充满极高好奇心并热爱学习。你以逻辑性的方式接近新信息，擅长发现模式和整合思想。你倾向于内向，可能在社交或维持个人关系上遇到困难。由于倾向于将情感理性化，你可能也觉得沟通和建立深厚联系较为艰难。为了保护自已免受过度负荷的感受，你可能会从他人那里抽离，因此显得疏远和超然。

To make the most of who you are, try to lean into your relationships and seek out the company of others. You may find it hard to commit to relationships, but the right people will enrich your life rather than limit it. Don't be afraid to ask for help when you need it and embrace the discomfort of vulnerability. It's important to schedule in downtime and find soothing strategies, such as physical exercise, deep breathing, and meditation, that help you unwind. Remember that not everything can be approached with logic and try to cultivate emotional understanding as well as intellectual understanding.

为了充分利用你的个性，尝试着依赖于人际关系，并寻求他人的陪伴。你可能会发现很难对关系做出承诺，但合适的人会让你的生活更加丰富多彩，而不是限制它。当你需要帮助时，不要害怕寻求帮助，并接受脆弱带来的不适。安排休息时间并找到能帮助你放松的舒缓策略很重要，比如体育锻炼、深呼吸和冥想。记住，并非所有事情都能用逻辑解决，也要努力培养情感理解以及智力理解。

In terms of career, Enneagram 5s thrive in roles where they can make groundbreaking discoveries, have ample opportunity to grow, and contribute to the greater good. Some suitable careers for Type 5s include engineering, system analysis, writing, psychology, data analysis, librarianship, and teaching. In terms of compatibility with other Enneagram types, Type 5s are most compatible with Type 1, the Perfectionist, and Type 2, the Helper. They may have conflicts with Type 4, the Individualist, due to

incompatible needs and a lack of understanding of each other's emotions and needs.

在职业方面，五号人格在能够做出开创性发现、有大量成长机会以及能为公益事业做出贡献的岗位上茁壮成长。适合五号人格的职业包括工程、系统分析、写作、心理学、数据分析、图书馆学和教学。就与其他九型人格的相容性而言，五号人格与一号人格（完美主义者）和二号人格（帮助者）最为兼容。他们可能与四号人格（个人主义者）产生冲突，原因在于不兼容的需求和对彼此情感与需求的缺乏理解。

Your Personal Development 个人发展

Gain insights into your personal **relationships**, **work** and **learning**.

了解您的个人关系、工作和学习的深入见解。

Your Learning 您的学习

Your temperament is Visionary (NF). Visionaries often love the humanities. They enjoy subjects such as literature, language, psychology, art and religion. Their compassionate nature attracts them to topics that are related to helping others.

您的气质是理想主义者（NF）。理想主义者通常热爱人文科学，他们喜欢文学、语言、心理学、艺术和宗教等科目。他们富有同情心的天性使他们对有助于他人的主题感兴趣。

Visionaries thrive in affirming environments. They often seek the approval of their teachers. Learning is personal because the process of knowing is infused with their values and ideals. Their desire to learn is connected to their desire to express themselves and make a difference.

愿景者在肯定的环境中茁壮成长。他们常常寻求老师的认可。学习是个人化的，因为认识的过程融入了他们的价值观和理想。他们学习的渴望与表达自己和做出改变的渴望息息相关。

Your learning styles indicate that you learn best by pictures, illustrations, diagrams, charts, demonstrations, videos and visual presentations. This is your Visual learning style. Although you also learn by hearing and doing, seeing is your main mode of learning.

您的学习风格表明您通过图片、插图、图表、示意图、演示、视频和视觉展示学得最好。这是您的视觉学习风格。虽然您也通过听和做来学习，但视觉是您主要的学习方式。

Personalized Learning Strategies

个性化学习策略

- Consider taking advantage of learning opportunities that will train you for work that allows you to help others.
考虑利用学习机会，这些机会将培训你从事能够帮助他人的工作。

- Seek educational opportunities that will foster your sense of idealism and creativity.
寻找能够培养你的理想主义和创造力的教育机会。
- Take advantage of education that allows you to work with independence and flexibility.
利用教育机会，让自己能够独立和灵活地工作。
- Take advantage of visual learning by converting what you hear into note form. Use color coding, illustrations, diagrams and concept maps.
利用视觉学习，将所听内容转化为笔记形式。使用颜色编码、插图、图表和概念图来辅助。
- Study areas of interest that you enjoy (increases motivation) and that you have a natural talent for.
研究你感兴趣的领域（提高动力）并且你在这些领域有天赋。

Your Relationships 您的关系

The essence of life is relationships. Individual success is closely related to interpersonal abilities. Knowing how your personality plays a role in

Strategies for Your Relationships

人际关系策略

- Read about how you can learn to be effective at dealing with conflict situations.
了解如何学习有效地处理冲突情况。
- Recognize and maximize your strengths with people including your ability to understand others.

relationships is crucial to living a fulfilling life.

认识并发挥你在人际交往中的优势，包括理解他人的能力。

- Listen to criticism you receive and consider whether or not it is constructive.

倾听你收到的批评，并考虑它是否有建设性。

- Focus on developing your listening and communication skills to a maximum. They are important elements in every relationship.

专注于将你的听力和沟通技巧发展到极致。它们是每段关系中的重要元素。

- Be yourself when pursuing a new romantic relationship. Otherwise, with time, your partner will perceive that you have changed.

在追求新的浪漫关系时，要做自己。否则，随着时间的推移，你的伴侣会感觉到你已经改变了。

生活的本质是人际关系。个人的成功与人际交往能力息息相关。了解你的性格如何在人际关系中发挥作用，对于过上充实的生活至关重要。

Visionaries are caring, passionate and loyal. They seek genuine and authentic relationships and are affectionate with the people they love. Because they are sensitive to the needs of others and dislike conflict, they strive for win-win situations. They are generous with praise and like to receive recognition themselves. Others find them encouraging and supportive. Visionaries

look for opportunities to make a difference in other people's lives.

愿景者充满爱心、热情且忠诚。他们追求真实和真诚的人际关系，并对他们所爱的人充满温情。由于对他人需求敏感并厌恶冲突，他们努力寻求双赢的局面。他们慷慨地给予赞扬，并希望得到他人的认可。其他人觉得他们鼓舞人心且支持他人。愿景者寻找机会去改变他人的生活。

In their romantic relationships, Visionaries look for a soulmate. They seek spouses that will relate to them on a deep level with plenty of warmth and affirmation.

在他们的浪漫关系中，梦想家寻找灵魂伴侣。他们寻求能够与他们在深层次上建立联系的配偶，充满温暖和肯定。

Your Work and Career

您的工作与职业

Adults spend many hours at work. This reality is why career decisions are among the most important in life. Meaningful work experiences are energizing and fulfilling. Understanding how personality is connected to career satisfaction is important.

成年人在工作中花费许多小时。这一现实是为什么职业决策在生活中最为重要的原因之一。有意义的工作经历令人充满活力并感到满足。了解个性如何与职业满意度相关联是很重要的。

Visionaries bring valuable qualities to the workplace. They are intuitive, service-oriented and caring. One of their greatest strengths is their genuine concern for people. Their friendly and sensitive nature allows them to work well with others.

愿景者为工作场所带来了宝贵的品质。他们具有直觉、服务导向和关怀他人的特点。他们最大的优点之一是他们对人们的真正关心。他们友好而敏感的天性使他们能够与他人很好地合作。

Their ability to decipher other people's feelings and intentions helps them to foster growth in their coworkers. Their constant quest for meaning makes them inspiring to work with. To Visionaries, their work must not simply be a job, but a *calling*.

他们解读他人情感和意图的能力有助于促进同事的成长。他们对意义的不懈追求使他们成为富有启发性的合作伙伴。对于远见者而言，工作不仅仅是一份职业，而是一种使命。

Strategies for Your Work

工作策略

- When pursuing a career, ask yourself if it is in line with your mission and purpose. Seek your calling.
在追求职业时，问问自己这是否符合你的使命和目标。寻找你的召唤。
- Focus on your work-related strengths including your adaptability and focus on the future.
关注你的工作相关优势，包括你的适应能力和对未来的专注。
- Seek positions that allow you the freedom to put your idealism into action.
寻找能够让你将理想付诸行动的职位。
- Use your Visual learning style to your advantage when learning new skills that will help you work better and further your career.
在学习新技能以提高工作效率和促进职业发展时，充分利用你的视觉学习风格。
- When pursuing a career or position, choose one that matches your personality, talents and interests.
在追求职业或职位时，选择与你的性格、才能和兴趣相匹配的。

Your Career Matches

您的职业匹配

Earlier in your report, general career matches were shown for your personality type, temperament and intelligences. Listed below are careers related specifically to *your personal results* across many categories (**top matches in bold**). Keep in mind that these are only suggestions. There are other careers that you might enjoy.

在您之前的报告中，已经展示了与您的性格类型、气质和智力相匹配的一般职业。下面列出的是与您在多个类别中的个人结果特别相关的职业（最匹配的选项以粗体显示）。请记住，这些只是建议。还有其他您可能会喜欢的职业。

Activist 活动家	Employee Development Specialist 员工发展专员	Holistic Health Practitioner 整体健康从业者	Physical Therapist 物理治疗师
Actor/Actress 演员			Professor 教授
Artist 艺术家	Engineer 工程师	Human Resources 人力资源	Psychologist 心理学家
Church Worker 教会工作人员	Entrepreneur 企业家	Inventor 发明家	Researcher 研究者
Composer 作曲家	Farmer 农民	Journalist 记者	Scientist 科学家
Computer Specialist 计算机专家	Fashion Designer 时装设计师	Librarian 图书管理员	Social Scientist 社会科学家
Counselor 顾问	Filmmaker 电影制作人	Minister 部长	Social Worker 社会工作者
Editor 编辑器	Park Ranger 公园管理员	Missionary 传教士	Speech Pathologist 言语病理学家
Educational Consultant 教育顾问	Graphic Designer 平面设计师	Musician 音乐家	Teacher 老师
	Historian 历史学家	Philosopher 哲学家	Theologian 神学家
		Photographer 摄影师	Therapist 治疗师

Translator/Interpreter 翻译员/口译员

Video Editor 视频编辑器

Web Designer 网页设计师

Web Developer 网页开发者

Writer 作者

Your Strengths 你的优势

The following list of strengths was compiled based on your personal results. We want to encourage you with this list. Focus on what you are good at. If there are strengths on this list that you do not feel you possess, you may be able to develop them with relative ease since they are closely related to your personality.

以下的优势列表是根据您的个人结果编译的。我们希望这份列表能激励您。专注于您的长处。如果列表中有些优势您认为自己不具备，但它们与您的性格紧密相关，您可能能够相对容易地发展这些优势。

Healthy sense of idealism

健康的理想主义观念

Able to work independently

能够独立工作

Naturally artistic 自然艺术的

Interested in what is meaningful

对有意义的事物感兴趣

Loyalty is a top priority

忠诚是首要任务

Concerned about the future

关心未来

Able to understand how others feel

能够理解他人的感受

Flexible in different situations

在不同情况下灵活应对

Caring and gentle with others

对他人关怀体贴

Highly creative and imaginative

极富创造力和想象力

Able to bring peace to others

能够给别人带来和平

Able to see possibilities

能够看到可能性

Self-aware 自我意识

Adept at looking inward

擅长内省

Skilled at visual learning

擅长视觉学习

Able to picture things in your mind

能够在脑海中想象事物

Notices visual details 注意视觉细节

Sharing and Saving Your Report

共享和保存您的报告

We hope you enjoyed your Personality Max report. You might like to keep a copy or show a friend. Here's how you can do that.

希望您喜欢您的 Personality Max 报告。您可能想保留一份副本或给朋友看。以下是如何操作的方法。

Your Report URL

https://personalitymax.com/report/?pt=5-11-47-32&mi=37-43-30-33-33-20-53-17&ls=54-38-38&bh=38&et=208d208d0071209c20a44096008500784091&name_key=2ce9021131

Sharing Your Report 分享您的报告

Simply share this page to let others read your report and take the test themselves. You can **blog about it** or **share on social media** — or just **email a friend**. We rely on participants like you to help get the word out. Thank you

Saving Your Report 保存您的报告

Simply **bookmark this page** to revisit your report at any time. Notice that the URL for your report contains all of your result data itself. This way we don't need to store any of your information or ask you to register for an account. Your report is also **printer-friendly** so you can fire off a

for supporting this project by telling others.

只需分享此页面，让其他人阅读您的报告并自己进行测试。您可以撰写博客或在社交媒体上分享——或者只是给朋友发封电子邮件。我们依靠您这样的参与者来帮助传播消息。通过告诉他人来支持这个项目，谢谢您。

hard copy if you'd like.

只需将此页面添加到收藏夹，即可随时查看您的报告。请注意，您的报告的 URL 中包含了所有的结果数据。这样，我们就不需要存储您的任何信息或要求您注册账户。您的报告也支持打印，如果您需要，可以随时获取纸质版。

"Personality is that which is most intimate to me—that by which I must act out my life. It is that by which I belong to man, that by which I am able to reach after God; and He has given to me this pearl of great price. It is an immortal treasure; it is mine, it is His, and no man shall pluck it out of His hand." — Hugh Reginald Haweis

“个性是最贴近我的东西——是我必须用以演绎生命的。它是使我属于人类、能够追求上帝的方式；而祂赐给了我这颗无价的珍珠。它是一份不朽的宝藏；它是我的，也是祂的，没有人能从祂手中夺走。”——休·雷金纳德·霍维斯

