



DESCRIBING YOURSELF



Vocabulary I'm (a bit of)...

...an introvert: I'm kind of reserved, I'm pretty quiet when I am in a group of people.

...an extrovert: I'm really outgoing, I'm bubbly, I'm pretty sociable, I'm a warm person.

- ...party animal (I love parties)
- I'm a... ...a wet blanket (I am negative and ruin other's fun)
- ...a rolling stone (I move and change a lot)
- ...a chatterbox (I speak a lot)
- ...a bright spark (I'm very clever)

Activities & Hobbies

I'm (quite) keen on - I like - I really like - I love...

I'm not so keen on - I don't really like - I hate - I can't stand...

The above are all followed by a Noun or -ING

- ...football
- ...cycling
- ...art
- ...going to the cinema

I'm not so keen on tennis - I'm quite keen on painting
I absolutely love cooking - I can't stand discos

AN EARLY BIRD

Someone who is awake and active early in the morning.



A NIGHT OWL

Someone who is awake and active later in the day.



Warm Up...

- Do you have any hobbies or interests?
- Are there any hobbies or activities that you don't really like?
- What's your favourite pastime?



Zoom in...

- Do all of your friends have the same traits / hobbies?
- What traits/ hobbies are important for you in a romantic partner?
- What traits/ hobbies can you not stand in a romantic partner?

Big Picture...

- What is your strongest personality trait?
- What traits are most important for you in others?
- What traits do you not like?



SELF STUDY SUGGESTION:

We love this personality test: [16 Personalities](#) and we invite you to take it as a way to get to know your personality traits better. It is based on the famous Myers - Briggs Personality Test.