

A Different Perspective
Personality GPS – Which Personality Type Am I? (2)
09-44-4
The Carer (4 o'clock)

Some people use their emotions in life more than others. In fact these are the people who are always talking about how they feel. It seems that feelings are more important to them than say thinking through things logically or exercising their wills to overcome circumstances.

These are the people who Keith Henry calls the 'heart' people. And if you've been listening in over the last couple of weeks you'll know that Keith's been explaining, in quite some detail, the nine different personality types based on Romans chapter 12 in the New Testament. He's organised them into a simple tool called Personality GPS.

Just a straight forward clock face where he arranges the personality types around the numbers on the clock and this week we've been interviewing people with each of the different personality types. We're going to continue that today and we'll be meeting Ally and Ally is one of the two personality types in the second quadrant on the clock face from 3 o'clock to 6 o'clock.

These are the heart people. These are the people who come at the world more through their emotions than they do through their mind or their will.

Berni: Am I getting the hang of this Keith, am I starting to get this right?

Keith: You've become an expert at it Berni.

Berni: That's a worry. Ally, welcome to the program, great to have you with us.

Ally: Hi, thanks, it's good to be here.

Berni: Now Keith, tell us a bit more about these heart people. What are they like?

Keith: They're loving and caring Berni. They're very sensitive to people's feelings and they can really pick up, they can be in a room and see somebody hurting. They can pick up on it and go and talk to them. They have great empathy. They're people who are warm and you want to be with.

Berni: Okay. You've bought Ally in to talk with us today because she's which personality type?

Keith: She's 4 o'clock which is the carer.

Berni: Okay, she's the carer. She's the first of the two personality types in this heart or emotions quadrant from 3 'til 6, right?

Keith: That's right.

Berni: Now just refresh our memories, where have we been in the last few days?

Keith: Well remember Berni, over the last few days we've been up in the soul quadrant. This is from 12 o'clock to 3 o'clock on the GPS clock face. These are the people who are the big thinkers, you know the fun people. We met an 'achiever' at 1 o'clock, the 'encourager' at 2 o'clock and the 'teacher' yesterday at 3 o'clock. And today we're at 4 o'clock on the same GPS clock face looking at the 'heart' people, the emotion people in the heart and emotion quadrant. And today we're talking to the 'carer'.

Berni: Okay, so Keith tell us quickly about Ally's personality type, the 'carer'. How do we know if we're one of those? How do we know if someone that we know is a carer? What are we looking for to say 'this person is really a carer'?

Keith: People who easily empathise with other people. They can sense when somebody's hurting but they also can think a lot about their own feelings and that's what draws them down and they can become a little depressed if they do that. So they've really got to be set free to look at other people.

Berni: Okay. Well I know I'm not that. We're going to Church and my wife said, 'Oh, so and so wasn't looking well today' and I go, 'wasn't she?' I have no idea. Ally, it's great to have you with us. I'm going to ask you to react to what Keith said in a little while but tell us a bit first about yourself. What do you do? What living, what do you do?

Ally: For work I work in a small company as an operations manager which basically means that I'm responsible for the day to day running of things to make sure that the suppliers get paid, all the invoices get done. Basically everything is happening that needs to be happening in the office but more on a day to day basis than a long term.

Berni: And in your life, what do people tend to come to you for?

Ally: When they have problems. Basically I'm the one that they come because they know that I'll always listen and care about them. Like if they're hurting then I hurt as well because I have that empathy for people.

Berni: Oh okay.

Ally: So yeah, I'm very much a friend orientated person.

Berni: That's awesome. We need people around like that. As a Christian, in your Church life, how do you express your faith to other people given who you are? How do you live it out?

Ally: I think by being available to talk to them and journey with them through their lives. I also love doing things for people as well. Whether it's calling them up and saying hi and seeing if they're okay or baking someone a cake or just making them feel better, that's my aim.

Berni: I'll give you my address later. Nice people to be around - the carers. If you look at how you operate and how you function, how do you feel different to the other people that you're with?

Ally: I guess I don't say that they care as much about relationships as me. For instance, I find it very easy to get offended by the way people act around me. If I perceive them as not caring enough about me or doing things that may offend me even if, to them, they're a different personality so they think a different way so it doesn't mean the same thing to them. But to me, I have to be really careful of not interpreting things as someone specifically doing something to hurt me.

Berni: Okay. What don't you enjoy doing? What are you not so good at?

Ally: I'm not so good at thinking in the big picture, long term. I tend to get overwhelmed very easily so I'm a lot better at living day to day than trying to think too far into the future.

Berni: That's cool. Tell you a funny story. I was speaking at a conference once, it was a small conference, and I was speaking in the morning and then I decided to have a pastoral care thing in the afternoon and I said, 'look my hotel room is this room, anyone who wants to come up and chat and just have some time of prayer come

up.' In the four days no-one came. I don't think I was effective. I should have taken Ally along right? Keith, tell my why is it that Ally is our classic carer?

Keith: I think because of her feelings and the feelings, as you heard, for other people. So this sensitivity is not built into most of us. As Ally said, we don't readily see people hurting.

Berni: And if you don't have those people around, it's a pretty sad old world isn't it?

Keith: Yeah, isn't it lovely to be looked after and loved.

Berni: I guess it would be easy for other personality types like me as the leader and, maybe less so, you the encourager to kind of roll over the top of these emotional people.

Keith: Yes, it is. It's too easy and as Ally said we can hurt them so easily if we don't think about those.

Berni: I never really thought of that because when you come, as I do, from the will quadrant and you have that strength, the idea of hurting, I mean no-one hurts me much, you know what I mean? I don't ever feel that where as you come from your emotions more and I guess that's the case isn't it?

Ally: It is and it is something I have to be very careful of because it is a good thing because you have empathy for other people. It can be a very bad thing because you can get depressed very easily. Basically because a situation can happen and a day goes by, a week goes by and I'm still thinking about it in my head and I can very easily make it into something that it wasn't. So a lot of the time I go very inwards into my emotions and into my thoughts and if I'm not careful it very quickly spirals into depression.

Berni: Well thanks for sharing that with us. It really is awesome. Thanks for joining us today Ally.

Ally: No worries.

Berni: And Keith, we'll talk again.

Keith: Thanks Berni.