

Jan 25, 2:45 PM

Guest4447 (Guest): I

Jan 25, 9:27 PM

Carol AnneWall: Hello, how are you doing? I'm sitting down with a cup of tea, looking forward to this discussion.

Jan 25, 9:29 PM

ShannonMinner: Hi Carol Anne. I'm fine thank you.

Jan 25, 9:30 PM

Kendra Peters: Howdy ladies!

Jan 25, 9:30 PM

KimEdsen: Hello! Keeping an ear out to make sure my girls get to bed.

Jan 25, 9:30 PM

JudiPartlo: Hi there! A cup of tea sounds good, Carol Anne.

Jan 25, 9:30 PM

Jennifer (Moderator): HELLO EVERYONE!

Jan 25, 9:31 PM

Terri-LynnTorrez: Hello

Jan 25, 9:31 PM

Jennifer (Moderator): EXCITED TO CHAT WITH YOU TONIGHT

Jan 25, 9:31 PM

ShannonMinner: Hello

Jan 25, 9:31 PM

MichelleHare: Good evening ladies! So excited to be here!

Jan 25, 9:31 PM

JudiPartlo: Hi!

Jan 25, 9:31 PM

MelanieRitchie: Hi all!

Jan 25, 9:31 PM

TaraNolley: Hi. This is one of the first book club chats I've attended where I actually read the book. I'm excited.

Jan 25, 9:31 PM

DionneJack: Hello and good evening.

Jan 25, 9:31 PM

MichelleHare: This is the first time I actually read the book and attended the chat!

Jan 25, 9:31 PM

CarrieAnderson: hello

Jan 25, 9:31 PM

Jennifer (Moderator): I REALLY LIKED HOW THIS BOOK WAS EASY TO DIGEST

Jan 25, 9:32 PM

Carol AnneWall: Me too, Tara. The whole book!

Jan 25, 9:32 PM

Jennifer (Moderator): JUST TO SET THE STAGE FOR EVERYONE, TONIGHT WE ARE DISCUSSING READING PEOPLE BY ANNE BOGEL.

Jan 25, 9:32 PM

MichelleHare: I agree Jennifer. I read the whole book in no time

Jan 25, 9:32 PM

KellySroka: Hello everyone!

Jan 25, 9:32 PM

Jennifer (Moderator): I WILL BE SHARING SHORT QUOTES FROM THE BOOK, FOLLOWED BY DISCUSSION PROMPTS. BUT FIRST, PLEASE SHARE WHERE YOU ARE FROM AND WHAT TYPES OF BOOKS YOU TYPICALLY READ.

Jan 25, 9:33 PM

[Cindy March](#): Hello Everyone.

Jan 25, 9:33 PM

KimEdsen: The chapter on Cognitive Functions had my head spinning a bit (that's a LOT of letters!) but overall I really enjoyed it

Jan 25, 9:33 PM

[Kendra Peters](#): I wasn't so lucky. About 1/2 way done

Jan 25, 9:33 PM

CarrieAnderson: from belleveue washington and mostly fiction

Jan 25, 9:33 PM

MichelleHare: I'm from Allentown, PA and typically read fiction, fantasy

Jan 25, 9:33 PM

PatriciaMoore: I found the book very interesting...read it all

Jan 25, 9:33 PM

Terri-LynnTorrez: Baltimore. I read more fiction than anything but I read a fair number of books like this.

Jan 25, 9:33 PM

TaraNolley: I'm from St. Louis, MO. I like to read nonfiction, fantasy, romance.

Jan 25, 9:33 PM

[Kendra Peters](#): Kendra from Dayton- historical fiction

Jan 25, 9:34 PM

KellySroka: Kelly from NC--mostly fiction, usually historical fiction.

Jan 25, 9:34 PM

JudiPartlo: I'm from New Mexico. I love to read a variety of books - mysteries, non-fiction, biographies but have been reading mostly non-fiction these days.

Jan 25, 9:34 PM

Carol AnneWall: Carol Anne from St. Paul, Mn. Mostly non-fiction

Jan 25, 9:34 PM

ShannonMinner: Kendra, at least you knew where you book was. I lost mine and just found it Monday.

Jan 25, 9:34 PM

EvalynUddin: Hello from the Central Valley in California. I usually read fiction but I read Anne Bogel's blog so I was interested to read her book.

Jan 25, 9:34 PM

KimEdsen: I'm from central Iowa and read a wide range...whatever catches my interest. More what I don't read - not a fan of gore or WWII/Holocaust

Jan 25, 9:34 PM

TaraNolley: I like her blog too.

Jan 25, 9:34 PM

ShannonMinner: I am from a suburb of Nashville. I typically read YA novels and mysteries. I have gotten into Historical Fiction recently.

Jan 25, 9:35 PM

MelanieRitchie: Melanie from Ottawa, fiction

Jan 25, 9:35 PM

JudiPartlo: I'll have to check her blog out!

Jan 25, 9:35 PM

DionneJack: I'm from the Greater Toronto Area (GTA) and read mostly fiction but have varied interests.

Jan 25, 9:35 PM

[Cindy March](#): I am from Long Island NY. I mostly read contemporary fiction.

Jan 25, 9:35 PM

CarrieAnderson: she also has a really fun podcast called what should i read next

Jan 25, 9:36 PM

EvalynUddin: I had bought the book but got the audio version at a great deal. Definitely a better way to read non-fiction for me.

Jan 25, 9:36 PM

KimEdsen: I have listened to the podcast before as well

Jan 25, 9:36 PM

EvalynUddin: I like her podcast too

Jan 25, 9:36 PM

JudiPartlo: Really?! How could I not know that, Carrie?!? I love podcasts!! Thanks for the info!!

Jan 25, 9:36 PM

ShannonMinner: Yes, I listen to her Podcast a lot and have gotten tons of good book recommendations from her.

Jan 25, 9:36 PM

Terri-LynnTorrez: Love Anne's blog and podcast. Honestly, that's mostly why I bought her book. I didn't think I'd like it as much as I did.

Jan 25, 9:36 PM

CarrieAnderson: judi...you will love it

Jan 25, 9:36 PM

Melissa Hurst Kier: St Augustine, FL nonfiction

Jan 25, 9:36 PM

JudiPartlo: COOL!!

Jan 25, 9:37 PM

PatriciaMoore: live un Ft Smith AR like historical fiction & learning books like this one. Don't do scary or tear jerkers

Jan 25, 9:37 PM

KimEdsen: Here is her blog: <https://modernmrsdarcy.com/>

Jan 25, 9:37 PM

JudiPartlo: Thanks much, Kim!

Jan 25, 9:38 PM

KimEdsen: I guess that's her website...there's more than the blog there...but that will get you started

Jan 25, 9:38 PM

Jennifer (Moderator): ALRIGHT, LET'S JUMP IN.

Jan 25, 9:38 PM

Jennifer (Moderator): QUOTE // "A big part of learning about personality is learning to make peace with who we are."

Jan 25, 9:38 PM

Jennifer (Moderator): QUOTE // "All the personality tests in the world won't mean anything to you if you're not honest with yourself about your own personality and the personalities of those around you."

Jan 25, 9:38 PM

Jennifer (Moderator): QUESTION // Q1. Prior to reading this book, what has been your experience with personality tests? How have they helped you understand yourself better?

Jan 25, 9:39 PM

ElisabethKnoche: I am from Minnesota and Arizona and I mostly read mysteries.

Jan 25, 9:39 PM

ShannonMinner: Didn't we take a personality test with another book we read Jennifer? I found my results to be pretty accurate.

Jan 25, 9:39 PM

JudiPartlo: I took the Myers Briggs ages ago, most recently it has been Gretch Rubin's tendencies

Jan 25, 9:39 PM

Carol AnneWall: Personality tests have helped confirm what I knew in my gut, and helped me understand why I do things and think the things I do.

Jan 25, 9:39 PM

JudiPartlo: Which really helped me see as an Obliger how much I need accountability to thrive

Jan 25, 9:39 PM

KellySroka: I was so relieved to find out in college by taking the Myers Briggs that I was an introvert. It explained so much.

Jan 25, 9:39 PM

Kendra Peters: I don't find the tests vry objective. I kind of take them with a grain of salt. So no.

Jan 25, 9:40 PM

Cindy March: I took the Myers Briggs test years ago and it was spot on.

Jan 25, 9:40 PM

EvalynUddin: My first experience with personality tests was probably 25 years ago when my employer asked me to take the Myers-Brigg test. I declined him at that time but went on to take it on my own.

Jan 25, 9:40 PM

ShannonMinner: Yes, that was it Judi.

Jan 25, 9:40 PM

MelanieRitchie: I love personality tests. I've done a few as I worked for a professor and I got to do the tests too.

Jan 25, 9:40 PM

Jennifer (Moderator): YES, WE READ "CREATIVE YOU", WHICH WAS ABOUT MYERS BRIGGS

Jan 25, 9:40 PM

Kendra Peters: I would be interested in tge myers briggs.....

Jan 25, 9:40 PM

KimEdsen: I have already gone down the personality test road - I think I'd done all of the ones she referenced except for the cognitive functions. I do think they've helped me understand myself better and also that it's ok (good, even?) that my personality differs from others..

Jan 25, 9:41 PM

JudiPartlo: My dad was a college professor who administered the Myers Briggs, so he gave it to me. Kind of a cool memory!

Jan 25, 9:41 PM

Melissa Hurst Kier: I took one many years ago to help with career training/ placement

Jan 25, 9:41 PM

EvalynUddin: I'm also a fan of Gretchen Rubin and her Four Tendencies. I'm an Obliger.

Jan 25, 9:41 PM

PatriciaMoore: This time around I learned a little more about my self, but more to figure out

Jan 25, 9:42 PM

KimEdsen: It seems my husband is always taking these sorts of assessments for work/leadership type conferences, so it is a lot of fodder for us to talk about. We joke that neither of us have 'feelings' because we're both 'thinking types'

Jan 25, 9:42 PM

Jennifer (Moderator): Aww, LOL Kim.

Jan 25, 9:42 PM

Jennifer (Moderator): That's where I have taken most of mine.

Jan 25, 9:42 PM

PatriciaMoore: Gretchen;s book was helpful. Looking forward to the next book

Jan 25, 9:42 PM

Terri-LynnTorrez: I did Myers Briggs in college and it was spot on. The last time I took it it had change slightly.

Jan 25, 9:43 PM

Terri-LynnTorrez: Personal-type tests are big in my office. Mostly the ones focused on how we communicate.

Jan 25, 9:43 PM

Terri-LynnTorrez: Rubin's book is next on my list.

Jan 25, 9:43 PM

Kendra Peters: I want to look into some of the references she made. I have heard about love languages, but never read in detail. That was interesting

Jan 25, 9:43 PM

Carol AnneWall: My whole department is taking Myers-Briggs as part of our reorganization. But I know my type and how strong.

Jan 25, 9:44 PM

ElisabethKnoche: I took Myers-Briggs for work quite a while ago. Unfortunately I just threw the results away when I was cleaning out my desk before I retire in September. I know I was in the lower right corner.

Jan 25, 9:44 PM

MelanieRitchie: Apparently I score very high in being honest on tests. I forget the term for that but it was mentioned in one of my results. So I guess my Myers Briggs is accurate. Ha!

Jan 25, 9:44 PM

ShannonMinner: Yes, I want to read Love Languages too.

Jan 25, 9:44 PM

Terri-LynnTorrez: I found the love language one really interesting.

Jan 25, 9:44 PM

KimEdsen: We totally think we're normal but sometimes get the feeling our families think otherwise! LOL!At least we have each other

Jan 25, 9:44 PM

KellySroka: I found the love languages interesting too--especially since my husband and I have totally different ones!

Jan 25, 9:45 PM

Melissa Hurst Kier: Love Languages is excellent

Jan 25, 9:45 PM

Jennifer (Moderator): QUOTE // "At the end of the night, I am aching to return to my real world, my inner world of thought."

Jan 25, 9:45 PM

Jennifer (Moderator): QUESTION // Q2. Does this statement resonate with you? Do you consider yourself an introvert or an extrovert? How does this play out in your scrapbooking habits?

Jan 25, 9:45 PM

MichelleHare: I was supposed to take the Myers-Briggs test a few years ago for my employer but found a way to skip out of it.

Jan 25, 9:45 PM

KimEdsen: I've done the Love Languages as well. The book was a bit ridiculous (seemed a bit sexist) but I think the concept is good. I want to read his Love Languages for Kids book

Jan 25, 9:45 PM

ElisabethKnoche: I read the Love Languages quite a while ago. I could not type myself from that one very easily I didn't resonate with any of them.

Jan 25, 9:46 PM

Jennifer Ferguson Slowik: A1. I listen to a lot of podcasts and I'm always hearing a lot about personality tests, introvert/extrovert, myers-briggs and most the enneagram. I've taken Gretchen Rubins 4 tendencies quiz - Obliger. I also took the Myers-Briggs test but can't remember my results - maybe INFP? Btw - This is my first time here and falling behind

here. I'm from Northern MI and read popular fiction, lots of YA (I have a 15 yo) and non-fiction (parenting, self-help, etc.).

Jan 25, 9:46 PM

AleceNewell: Love Languages for Kids is a great parenting tool.

Jan 25, 9:46 PM

ShannonMinner: I am an Introvert. I have no problem with going up into my scrapbooking room to escape and have some time to myself. I also don't mind if I go to a crop where I don't know anyone because I can get more work done.

Jan 25, 9:46 PM

MelanieRitchie: I am very much an introvert.

Jan 25, 9:46 PM

TaraNolley: I'm an introvert.

Jan 25, 9:46 PM

JudiPartlo: I'm an extrovert who needs and enjoys time alone. I think my inner world of thought gets expressed in my journaling and ideas for what I want to scrap.

Jan 25, 9:46 PM

Terri-LynnTorrez: I loved that idea of my real world being an internal one. I hadn't ever heard it put quite that way and I love that. I really need to read Quiet.

Jan 25, 9:46 PM

Carol AnneWall: Yes! I have a rich inner world full of thoughts and words. It's more fun to live there, sometimes. I think because I have so many words that's why I journal a lot in my scrapbooking. I've thought the story through and have much to say.

Jan 25, 9:46 PM

KimEdsen: I'm most definitely an introvert. I can scrapbook with others but am happy to work on my own as well.

Jan 25, 9:47 PM

ShannonMinner: Hi Jennifer, and welcome. Just hop in where we are at.

Jan 25, 9:47 PM

Jennifer (Moderator): Me too Terri-Lynn!

Jan 25, 9:47 PM

MichelleHare: I don't know if the statement resonates with me that much really. I consider myself an extrovert now but was definitely an introvert when I was young. The book suggests that your personality does not really change throughout your life, just your behaviors.

Jan 25, 9:47 PM

Melissa Hurst Kier: I am introverted and have learned that I love to scrap alone

Jan 25, 9:47 PM

TaraNolley: I have Love Languages for Kids on my shelf and have yet to read it.

Jan 25, 9:47 PM

AleceNewell: I think I am an introvert even though the world sees me as an extrovert probably

Jan 25, 9:47 PM

PatriciaMoore: I Have been confused on the I or E type until this time. I am a social E

Jan 25, 9:47 PM

CynthiaBroadbent: I'm from Montana. I usually read historical fiction and travel books.

Jan 25, 9:47 PM

Cindy March: Extrovert. I am happiest in the thick of things.

Jan 25, 9:47 PM

EvalynUddin: Definitely an introvert! I'm like Shannon--I like to be in my craft room but will go to a crop and it doesn't bother me if I don't know anyone there. I can sit there and scrapbook by myself.

Jan 25, 9:47 PM

KimEdsen: Terri-Lynn - I've read Quiet and really enjoyed it.

Jan 25, 9:48 PM

Jennifer (Moderator): I love spending time with my family on the weekend, but I always look forward to when they go away on Monday.

Jan 25, 9:48 PM

TaraNolley: I liked Quiet

Jan 25, 9:48 PM

Kendra Peters: Introvert. I'm not very "wordy." 'I've seen some scrappers that wax poetic about their families, situations. That's not me. I'm direct and to the point. And it looks funny when I try to be eloquent

Jan 25, 9:48 PM

ShannonMinner: Ha, ha Jennifer!

Jan 25, 9:48 PM

TaraNolley: I feel the same way Kendra.

Jan 25, 9:48 PM

ShannonMinner: When the boys go away my youngest will come back and ask how my "peace and quiet" was.

Jan 25, 9:48 PM

Jennifer Ferguson Slowik: A1 - The biggest lightbulbs for me before this book were: 1) figuring out I was an Introvert and exactly what that means and 2) finding out I was an Obliger and all that means.

Jan 25, 9:48 PM

MelanieRitchie: My craft area is definitely my safe haven/happy place where I can retreat and restore my energy.

Jan 25, 9:48 PM

PatriciaMoore: oops social Introvert

Jan 25, 9:49 PM

KimEdsen: Oh, Jennifer...I can relate! I'm in the HSP camp as well, so when there is a basketball game on TV, one daughter is listening to music, and one is playing a video game all at the same time...my head wants to explode. I have been known to put in ear plugs...

Jan 25, 9:49 PM

Kendra Peters: Ha! I like to be "around" people.....not necessarily interact with them....

Jan 25, 9:49 PM

EvalynUddin: I absolutely need to schedule "alone time", especially when I know I'll be around others for several days in a row.

Jan 25, 9:49 PM

KellySroka: Definitely an introvert--I love spending alone time my studio.

Jan 25, 9:50 PM

Jennifer (Moderator): QUOTE // "For highly sensitive people, the world often feels as though it's just too much."

Jan 25, 9:50 PM

Jennifer (Moderator): QUESTION // Q2. Does this statement resonate with you? If so, what do you use to cope with this personality trait?

Jan 25, 9:50 PM

PatriciaMoore: I am comfortable in a group or alone.

Jan 25, 9:50 PM

KimEdsen: Uh...ear plugs?!?!

Jan 25, 9:50 PM

CarrieAnderson: i am DEFINITELY HSP

Jan 25, 9:50 PM

Terri-LynnTorrez: Kendra - that reminds me of my family. We'll often all be in the family room, reading our own books or playing our own video games. We're together but not.

Jan 25, 9:50 PM

CarrieAnderson: and i dont cope very well

Jan 25, 9:50 PM

Jennifer (Moderator): Kim just mentioned ear plugs. I sometimes have to walk outside if I am at a loud, crowded event.

Jan 25, 9:50 PM

AleceNewell: I just have to take a break from noise

Jan 25, 9:50 PM

MelanieRitchie: Kim, I'm a HSP too! Plus I also have sensory issues due to illness so I get cagey when there's noise!

Jan 25, 9:50 PM

KimEdsen: I also avoid content that I find unsettling (see note above about avoiding books involving gore or WWII/Holocaust....so hard for me!) I also don't watch a lot of news...

Jan 25, 9:51 PM

Kendra Peters: Shannon-i think we share the same kid 🤖 🤖 🤖

Jan 25, 9:51 PM

ElisabethKnoche: I was an extrovert by the Myers Briggs but I think I'm changing as I get older.

Jan 25, 9:51 PM

JudiPartlo: I had never read/heard about HSP and it definitely range some bells. I feel things so deeply - can hardly watch some news or movies and do get overwhelmed at times by bright lights/loud noises.

Jan 25, 9:51 PM

Jennifer (Moderator): Yes, me too! I can't watch those sad animal commercials.

Jan 25, 9:51 PM

Carol AnneWall: I think I am borderline sensitive. Either that, or it's just that I get annoyed/overwhelmed once in a while. But not all the time.

Jan 25, 9:51 PM

ShannonMinner: I don't know if the world overwhelms me. I think my job and family responsibilities do that well enough. I know there are times when I just need a break and crafting and reading gives me that.

Jan 25, 9:51 PM

PatriciaMoore: I am more sensitive then I was when younger. She did say we tend to be slightly more introverted with age. Light & noise didn't use to bother me.

Jan 25, 9:51 PM

Jennifer (Moderator): My husband is an extrovert and not at all HSP, so it's sometimes hard for him to understand me.

Jan 25, 9:51 PM

ShannonMinner: How many do you have Kendra? I have 2 boys.

Jan 25, 9:51 PM

KimEdsen: OMG, those ASCPA commercials!?! GAH!

Jan 25, 9:52 PM

JudiPartlo: Yes!!!!

Jan 25, 9:52 PM

Guest3626 (Guest): i had a really hard time when i visited nyc for that reason. there was too much stimulation. so yes, i keep ear plugs in my purse, & ear buds. it's nice to go in a room & shut the door, or even to the car.

Jan 25, 9:52 PM

Terri-LynnTorrez: I was very sensitive to sound when I was younger but seem to have grown out of it. I'm definitely sensitive to textures but I dont' resonate enough with the HSP attributes.

Jan 25, 9:52 PM

KimEdsen: My husband and I think both girls are introverted, so we're all pretty happy doing our own thing...together, but not together. Not to say we don't do things together, but we all like our down time

Jan 25, 9:52 PM

Kendra Peters: I'm ok in a large noisy crowd as long as i can find a spot to watch it. Just leave me alone. Lol

Jan 25, 9:53 PM

PatriciaMoore: ditto Kim

Jan 25, 9:53 PM

MichelleHare: Not a fan of really loud environments or when trying to have a conversation with the radio on...too much stimulation.

Jan 25, 9:53 PM

AleceNewell: Maybe my sensitivity results from my loud chaotic job

Jan 25, 9:53 PM

Jennifer (Moderator): This is related, but I discovered the other day that cosmic bowling bothers me less than normal, full lights bowling. Something about the dimmed lights offering a sense of security?

Jan 25, 9:53 PM

Melissa Hurst Kier: Definitely HSP here too. That was a lightbulb moment for me.

Jan 25, 9:53 PM

TaraNolley: I have a daughter who has a lot of HSP traits. It helps to think about it that way, not as something she needs to change.

Jan 25, 9:53 PM

Kendra Peters: Shannon - 2 boys. My youngest always is checking on me 😊

Jan 25, 9:54 PM

Guest3626 (Guest): i can be extremely social though & so when i'm at a crop i don't get anything done because i'm talking. although after a social event i'm exhausted.

Jan 25, 9:54 PM

KimEdsen: Tara, I agree that it's a comfort to not look at it as something that needs to be 'fixed'

Jan 25, 9:54 PM

Jennifer (Moderator): My daughter is super in tuned with her HSPness and mine... she is like "mama, can we put on some soft music to help us calm down and relax?"

Jan 25, 9:54 PM

Cindy March: I missed something: what is HSP?

Jan 25, 9:54 PM

AleceNewell: Sometimes I'm exhausted by being "social"

Jan 25, 9:54 PM

CynthiaBroadbent: I didn't realize I had so many HSP tendencies until I read this book...

Jan 25, 9:54 PM

MelanieRitchie: I totally resonate with this. I have my kids use headphones. I turn off overhead lights. My in laws get angry at the cottage because I don't want to be constantly in a group from dawn to dusk. They're all extroverts and can't fathom

Jan 25, 9:55 PM

JudiPartlo: Jennifer, that is so cool!

Jan 25, 9:55 PM

Jennifer (Moderator): HSP = highly sensitive person

Jan 25, 9:55 PM

MelanieRitchie: That it wears me out.

Jan 25, 9:55 PM

CynthiaBroadbent: Speaking of noises.. I'm fine with some noises - like the cars honking in NYC don't bother me, but kids being loud a lunchtime immediately puts me on edge!

Jan 25, 9:55 PM

KimEdsen: Guest3626 - yes, that is one thing I've learned from these types of books over the years...I'm a sociable introvert, so a lot of people wouldn't think I'm as introverted as I am, but it's more a matter of energy than sociability

Jan 25, 9:55 PM

PatriciaMoore: Alece, /social outing are exhausting even though I do fine at the even I don't get energy for going.

Jan 25, 9:56 PM

CarrieAnderson: me too Kim

Jan 25, 9:56 PM

AleceNewell: Yes Patricia

Jan 25, 9:56 PM

CynthiaBroadbent: Jennifer, speaking of soft music to calm down.. I find that if I have a really tight deadline(s), instrumental music for some reason can really help me stay focused! But, words with lyrics immediately puts me over the edge when I'm crunched for time working on a project with a deadline.

Jan 25, 9:56 PM

KimEdsen: Hugs, Melanie....I've learned it's good for me to go for walks, solo or with my husband or a daughter, to take occasional breaks during my husband's big family functions

Jan 25, 9:56 PM

MelanieRitchie: I used to work in a tiny office and the janitor agreed to turn off the fluorescent light over my desk and I used a desk lamp. It made such a positive difference in my comfort level.

Jan 25, 9:56 PM

Guest3626 (Guest): i bet kim & carrie that most people think you're life of the party though right?

Jan 25, 9:57 PM

Terri-LynnTorrez: I've been known to take really long trips to the bathroom when my in-laws gather.

Jan 25, 9:57 PM

Jennifer (Moderator): Totally agree Cynthia!

Jan 25, 9:57 PM

CarrieAnderson: ha...well...maybe

Jan 25, 9:57 PM

Jennifer Ferguson Slowik: Re: Love Languages - episode 80 of Happier with Gretchen Rubin podcast discusses the 5 Love Languages

Jan 25, 9:57 PM

KimEdsen: I'm pretty chatty...my childhood nickname was 'Gabby'...the gift of gab

Jan 25, 9:57 PM

Terri-LynnTorrez: I do it at work too. 5-minutes in the bathroom in between meetings makes all the difference.

Jan 25, 9:57 PM

Guest3626 (Guest): me too terri-lynn.

Jan 25, 9:58 PM

AleceNewell: That is a great suggestion Terri-Lynn

Jan 25, 9:58 PM

Melissa Hurst Kier: I agree, bathroom great suggestions

Jan 25, 9:58 PM

KimEdsen: That's awesome, Terri-Lynn. I worked in retail pharmacy...we barely took bathroom breaks,much less 5 minute ones My husband always suggested I just tell people I had a horrible case of diarrhea....no questions....I never did it though

Jan 25, 9:58 PM

MelanieRitchie: Lol Terri, I'll have to try that! Actually, this past year I decided my inlaw family can just think what they want and now I prioritize self-care.

Jan 25, 9:58 PM

Kendra Peters: I don't know what this says about me, but, i find if i have some back ground noise(radio,group of people , etc) i am more productive. Like it forces me to focus

Jan 25, 9:59 PM

Jennifer (Moderator): QUOTE // “The point [of Keirse’s temperaments] is to get us out of the boxes we’re trapped in by helping us grasp the insights we need for improved empathy through better understanding.”

Jan 25, 9:59 PM

Jennifer (Moderator): QUESTION // Q4. What do you think your temperament is? (Artisan, Guardian, Idealist, Rationalist) How might we apply empathy to our scrapbooking?

Jan 25, 9:59 PM

AleceNewell: Kim I am a retail pharmacist and bathroom escapes are hard but I'm trying it.

Jan 25, 9:59 PM

KimEdsen: I think it matters what type of background noise it is...do you control it? is there a lot of variability (like occasional loud ringing of phones, etc?) Some noises are more pleasant than others!

Jan 25, 10:00 PM

KimEdsen: Alece, I learned when you gotta go, you gotta go!

Jan 25, 10:00 PM

Guest3626 (Guest): i guess empathy helps with telling stories from others points of view, or maybe being empathetic to different audiences?

Jan 25, 10:00 PM

Terri-LynnTorrez: I'm clearly a Rational but I found this one to be the least useful. At least based on this book.

Jan 25, 10:00 PM

Kendra Peters: Alece - pharmacist here too! I fell ya

Jan 25, 10:01 PM

AleceNewell: I really liked this part of book and want to explore more.

Jan 25, 10:01 PM

KimEdsen: I automatically think about empathy for myself. Not to expect 'perfection' (whatever that is?!). Sometimes, to be empathetic to the story being told, if it's a tough it, especially or didn't work out as hoped

Jan 25, 10:01 PM

Jennifer (Moderator): Here's a cool

diagram: <https://i.pinimg.com/originals/e0/3f/86/e03f866ee14d23c249739fd48f13ca56.jpg>

AleceNewell: It seems hard to separate the work personality I have and the private me- they are different.

Jan 25, 10:03 PM

Jennifer (Moderator): The links go to images. It is possible your computer or device is downloading them.

Jan 25, 10:03 PM

KimEdsen: I used this Keirseey link to get more clarification: https://www.keirseey.com/synergyleaders/overview_all.aspx



[Keirseey Temperament Website](#)

Jan 25, 10:03 PM

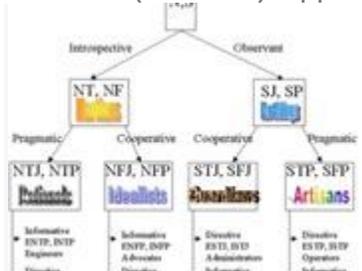
Jennifer (Moderator): The temperaments correspond with your middle two letters of Myers-Briggs

Jan 25, 10:03 PM

Jennifer (Moderator): NT = Rational

Jan 25, 10:04 PM

Jennifer (Moderator): apparently, I am a martian: <http://edgeoforder.org/images/KTtree2.gif>



edgeoforder.org/images/KTtree2.gif

Jan 25, 10:04 PM

PatriciaMoore: Some test said I was a Defender...is that what you are looking for Jennifer

Jan 25, 10:04 PM

MichelleHare: `I think I'm a guardian

Jan 25, 10:04 PM

JudiPartlo: Another Idealist here

Jan 25, 10:05 PM

Guest3626 (Guest): i'm an idealist too,

Jan 25, 10:05 PM

KimEdsen: Oops, I had that wrong...abstract utilitarian is Rational...the action step is where I got confused between Idealist and Rational, but after talking with my husband we had lots of examples of my utilitarian nature

Jan 25, 10:05 PM

Jennifer Ferguson Slowik: Idealist here but didn't get as much from this chapter as others.

Jan 25, 10:05 PM

Kendra Peters: Idealist i think

Jan 25, 10:07 PM

Jennifer (Moderator): QUOTE // “You may see yourself fitting into one of three or four different [Myers-Briggs] types. But according to MBTI, you are one type, not a hybrid.”

Jan 25, 10:07 PM

Jennifer Ferguson Slowik: That link helped Jennifer Wilson, thanks!

Jan 25, 10:07 PM

Jennifer (Moderator): Here's a helpful diagram: <https://upload.wikimedia.org/wikipedia/commons/thumb/1/1f/MyersBriggsTypes.png/1200px-MyersBriggsTypes.png>



<https://upload.wikimedia.org/wikipedia/commons/thumb/1/1f/MyersBriggsTypes.png/1200px-MyersBriggsTypes.png>

Jan 25, 10:07 PM

Jennifer (Moderator): QUESTION // Q5. What do you think your type is? What is one example of how that plays out in your creative life?

Jan 25, 10:07 PM

Kendra Peters: Now i HAVE to take these tests!!

Jan 25, 10:08 PM

MichelleHare: yea....the myers-briggs chapter had my head spinning. I probably should have taken that test at work when I had the chance!!!

Jan 25, 10:08 PM

ElisabethKnoche: That link did help. I am an idealist and now I think I am ENFP.

Jan 25, 10:08 PM

Jennifer (Moderator): I am going to share my example as a quote from the book..."This function [Introverted Intuition] is great at simplifying ideas to their core, working convergently to narrow all available options to a single comprehensive solution."

Jan 25, 10:08 PM

Carol AnneWall: Looking at the chart -- guardian administrator. Sounds like a gatekeeper, kind of

Jan 25, 10:09 PM

KimEdsen: I typed myself in the past as INTJ. My I and J are pretty strong, but the N and T not so much. This time through I was questioning if INTJ was the best fit for me, but after discussion and reading I think it's the 'best fit'

Jan 25, 10:09 PM

MelanieRitchie: I'm INFP. I laughed when it mentioned Anne Of Green Gables being INFP. Creative dreamer. Lots of ideas but not always the follow through.

Jan 25, 10:09 PM

PatriciaMoore: What is ESFJ.....I have some trouble with the functions, but think I have it figured out.

Jan 25, 10:10 PM

Kendra Peters: ISTJ at first glance

Jan 25, 10:10 PM

KimEdsen: I think where it get really hard is knowing what is my natural inclination vs. learned behaviors? I had to sit with some of that awhile.

Jan 25, 10:10 PM

CarrieAnderson: INFP here too

Jan 25, 10:10 PM

CynthiaBroadbent: I got bogged down in a couple of these sections and I think it was because I was listening on Audible instead of reading an actual book where you can easily look back at something.

Jan 25, 10:10 PM

Guest3626 (Guest): INFP or ENFP i can't decide. anne of green gables is my fave.

Jan 25, 10:10 PM

Jennifer (Moderator): I have sometimes felt more F than T as I have gotten older.

Jan 25, 10:10 PM

Jennifer (Moderator): That is mentioned later in the book too.

Jan 25, 10:10 PM

KellySroka: I am an ISTJ. Although as I have gotten older, I have worked on opening up the NFP side--being more open and creative.

Jan 25, 10:11 PM

Carol AnneWall: ISTJ, like all the other geeks at work.

Jan 25, 10:11 PM

MelanieRitchie: The new Anne series on Netflix is awesome, btw!

Jan 25, 10:11 PM

JudiPartlo: ESFJ-T. Hmm, not sure how it fits in with my creative life....I do go by feelings a lot, so there's that.

Jan 25, 10:12 PM

Jennifer Ferguson Slowik: I took the test long ago and can't find where I put the results but I'm 90% sure I'm INFP. I think the (P)erceiving part really get in the way of me making decisions. Too many options! But the (F)eeling part helps me with heartfelt journaling.

Jan 25, 10:12 PM

Jennifer (Moderator): My need to have a clear plan for my projects, to see how it all fits together, I think connects to my INTJ

Jan 25, 10:12 PM

DionneJack: I am INTP although it was tough to decide between that and INFP. I wonder as Kim mentioned how much of it is learned and that's what we perceive and how much of it is our core.

Jan 25, 10:13 PM

Terri-LynnTorrez: I wasn't an INTP in college but now I'm an INTJ. Not sure if it changed over time or if I was borderline before.

Jan 25, 10:13 PM

KimEdsen: I like to have information...not sure if this is so much an INTj thing (?) but when I started scrapbooking I pretty much immediately started taking classes by Cathy Zielske and Ali Edwards...no messing around figuring it out, gathered information and wanted to apply it!

Jan 25, 10:14 PM

Jennifer (Moderator): I think as we deal with the real world, there is a necessity of getting organized.

Jan 25, 10:14 PM

CynthiaBroadbent: I get bogged down in scrapbooking because I can never decide for sure how I want something to be in the end... For example, my kids' school albums. I haven't decided on a format and so I haven't started and now 3 of the 4 have graduated! My big goal is to get through their albums and I figure it'll take me 2-3 years!

Jan 25, 10:14 PM

PatriciaMoore: Yes, I use more P than I did when I was younger....living with my Engineer husband has influenced my decision making process

Jan 25, 10:14 PM

Jennifer (Moderator): That could explain your P to J Terri-Lynn

Jan 25, 10:14 PM

Terri-LynnTorrez: I did read somewhere that it's not uncommon to change as you get older between a couple of them. I know P to J was one of them.

Jan 25, 10:14 PM

Guest3626 (Guest): just like certain things in the real world encourage or discourage personality traits.

Jan 25, 10:15 PM

Jennifer (Moderator): QUOTE // “And we are all happiest when we get to capitalize on our strengths and be appreciated for them.”

Jan 25, 10:15 PM

Jennifer (Moderator): QUESTION // Q6. What do you consider to be your strengths in scrapbooking?

Jan 25, 10:15 PM

KimEdsen: I also like to be very rational about my decisions...wanting them to make sense. If I want to buy something just because I want it...well, that seems silly. I need a REASON

Jan 25, 10:15 PM

Kendra Peters: In all things- i would like to feel that it is intuitive - that one thing naturally flows to the next.

Jan 25, 10:15 PM

CynthiaBroadbent: I'm so indecisive on some things, yet on other things no can do! Sometimes my family and friends just shake their heads that I can be the President of our corporation, be the administrator for a couple of volunteer organizations, yet I can't decide on a crockpot or album type!

Jan 25, 10:15 PM

Terri-LynnTorrez: That could be. I also have ADHD that wasn't diagnosed until I was an adult. But then I had already developed so many coping mechanisms. I had to be organized.

Jan 25, 10:15 PM

CarrieAnderson: color matching and design principles

Jan 25, 10:16 PM

Carol AnneWall: My strength is journaling. I love writing the story. I don't write too much - I've learned to be more concise, but descriptive.

Jan 25, 10:16 PM

Guest3626 (Guest): strengths: finding the story, pattern mixing

Jan 25, 10:16 PM

JudiPartlo: Being open to trying new things, not overthinking decisions

Jan 25, 10:17 PM

KimEdsen: organization. following through on projects I start. making connections between people, times, and places

Jan 25, 10:17 PM

Terri-LynnTorrez: I did wonder frequently in this book how much my ADHD added to or contradicted by personality. Or how much of my personality is shaped by my ADHD?

Jan 25, 10:17 PM

CarrieAnderson: terri....adult adhd here too...i wonder how much that plays into our scores on these tests

Jan 25, 10:17 PM

MelanieRitchie: I think my strengths are sometimes at odds and under appreciated in the “real work”, but in scrapbooking (and creative world) they’re appreciated. I can’t really articulate what m strengths are at the moment but I know they fit well with scrapbooking.

Jan 25, 10:17 PM

CynthiaBroadbent: My strength in scrapbooking is probably in putting together our travel albums. A clear beginning and ending, chronological story telling of the trip and/or pages by location...

Jan 25, 10:17 PM

Jennifer (Moderator): I think I am good at connection-making, both visually and with ideas

Jan 25, 10:18 PM

KimEdsen: Cynthia...Oooh, I love travel albums!

Jan 25, 10:18 PM

Terri-LynnTorrez: My strength is in journaling and making connections. Making connections is what makes me good at my job too. (I'm a data analyst.)

Jan 25, 10:18 PM

Guest3626 (Guest): creating titles, & not needing photos to document the story or mood. i can draw or something.

Jan 25, 10:18 PM

JudiPartlo: I'm good at gift albums

Jan 25, 10:18 PM

MelanieRitchie: I agree Jennifer... connection making. Yes!

Jan 25, 10:18 PM

DionneJack: My strengths would be flexibility, openness to things, making connections and telling the story.

Jan 25, 10:19 PM

Jennifer Ferguson Slowik: A6: I'm good at journaling. I'm great at smaller projects especially the planning of the project. I often think that I like the planning part more than the actual creating.

Jan 25, 10:19 PM

Kendra Peters: I'm good with connections too. I like to think i am organzd.....but i don't thnk i am as much as i thought

Jan 25, 10:19 PM

PatriciaMoore: People say my photos are beautiful & they like the colors I use

Jan 25, 10:19 PM

JudiPartlo: I know what you mean, Jennifer - I love the planning part, too!

Jan 25, 10:20 PM

TaraNolley: I love planning too. I've been making my own pretty goal & planner pages this month.

Jan 25, 10:20 PM

PatriciaMoore: I thought I planned out my steps until this study & I realize I wing it a lot

Jan 25, 10:20 PM

KellySroka: I think my strength is getting projects finished. Big or small--I love it when I have something completed.

Jan 25, 10:20 PM

MichelleHare: Similar to the travel album idea, in which it's easiest to create an album that documents the flow of the trip, I like to scrapbook all my books chronologically.

Jan 25, 10:20 PM

KimEdsen: @Jennifer Slowik...planning makes me happy! The possibilities! Corraling all that info into action steps!

Jan 25, 10:21 PM

Jennifer (Moderator): I think I get more excited about the planning and possibilities than the finishing.

Jan 25, 10:21 PM

EvalynUddin: Planning makes me happy. I wish I was more of a finisher though!

Jan 25, 10:21 PM

Guest3626 (Guest): i don't like to plan much. i do like to start projects. i'm most likely to finish if i'm making it for someone else. my favorite type of photos to take are the ones that show relationships.

Jan 25, 10:22 PM

Guest3626 (Guest): my husband excels in photos of nature.

Jan 25, 10:22 PM

Jennifer Ferguson Slowik: I'm SO glad I'm not alone in my love for planning my scrapbook projects!

Jan 25, 10:22 PM

Terri-LynnTorrez: Jennifer - I'm definitely more excited about the planning than the finishing. No doubt about it.

Jan 25, 10:22 PM

Terri-LynnTorrez: THat pretty much applies to everything.

Jan 25, 10:22 PM

TaraNolley: Finishing is harder for me too. That's why I like Simple Scrapper's finishing class. I need the extra help.

Jan 25, 10:22 PM

JudiPartlo: Me too!! But I am trying hard to become more of a finisher

Jan 25, 10:22 PM

Jennifer Ferguson Slowik: @EvalynUddin finishing is a problem of mine too!

Jan 25, 10:22 PM

KimEdsen: yes, when I'm finished I don't really savor it, I'm ready to start the next thing

Jan 25, 10:23 PM

CynthiaBroadbent: I wonder if the HSP in me is having a hard time following the threads here in this format? Am I the only one who wishes it were a FB format where you could click a "like" for someone's comment and read each question in a new post??? Sorry, I know that's off topic. Just had to mention it while I'm thinking of it as this crossed my mind during the last book discussion as well.

Jan 25, 10:23 PM

TaraNolley: I usually start the next thing before I finish the last one. It's not very effective.

Jan 25, 10:23 PM

Jennifer (Moderator): I *try* to keep everyone on track Cynthia, but it's hard.

Jan 25, 10:23 PM

PatriciaMoore: Kim one of my goals this year is to enjoy the moment/the finished project

Jan 25, 10:24 PM

CynthiaBroadbent: Tara, I'll have to take a look at the Finisher class! Thanks for the reminder.

Jan 25, 10:24 PM

Kendra Peters: I just love doing it. Project or no

Jan 25, 10:24 PM

JudiPartlo: Great goal, Patricia!

Jan 25, 10:24 PM

CynthiaBroadbent: Jennifer, I wasn't complaining .. Just sharing how this is format is visually frustrating for my personality type

Jan 25, 10:24 PM

KimEdsen: Patricia, I think that is smart. When I do go back and look at my scrapbooks, I'm always like "I'm AWESOME! Look at this!"...maybe I should do that more often?

Jan 25, 10:24 PM

MelanieRitchie: I'm like that Tara. I've been trying to be mindful about it lately and it's helping. I actually finished my Dec Daily without allowing myself to get distracted!

Jan 25, 10:25 PM

JudiPartlo: I went through my 2017 for one of the Refresh lessons, and it made me feel so happy to look through!!

Jan 25, 10:25 PM

PatriciaMoore: Cynthia, I notice that things are moving fast & the topics are varied. I like to read the transcript later to really take all the comments in to my brain.

Jan 25, 10:26 PM

Jennifer (Moderator): Some of you may remember an exercise we did awhile back, and there's a variation in SSS, but the idea is to think about where you get the most enjoyment and ease.. from the planning, the doing, or the appreciating.

Jan 25, 10:26 PM

JudiPartlo: Great insight, Patricia.

Jan 25, 10:26 PM

Kendra Peters: Doing

Jan 25, 10:27 PM

Jennifer Ferguson Slowik: Cynthia, I keep wanting to heart people's comments (like on instagram). LOL

Jan 25, 10:27 PM

Jennifer (Moderator): If you can get 2 out of 3, you are more likely to finish. For the 3rd, that's where you should optimize to make it easier.

Jan 25, 10:27 PM

Guest3626 (Guest): doing for sure. i do like the appreciating too, but the doing most.

Jan 25, 10:27 PM

Cindy March: I am an ESFJ.

Jan 25, 10:27 PM

JudiPartlo: Planning and doing

Jan 25, 10:27 PM

EvalynUddin: Planning. And if I finish, the appreciating.

Jan 25, 10:28 PM

PatriciaMoore: a match Cindy

Jan 25, 10:28 PM

CynthiaBroadbent: Patricia, I think it's just my personality type.. I would like to go deeper into some of these questions, but there isn't time here.. And, I agree Jennifer Ferguson... I would like to be able to heart or like some of the comments!

Jan 25, 10:28 PM

TaraNolley: My digital pages are the screen saver on my computer. I just finished a new batch, and seeing them come up has been very rewarding.

Jan 25, 10:28 PM

JudiPartlo: That is great, Tara!!

Jan 25, 10:28 PM

Carol AnneWall: Tara, that's a great idea

Jan 25, 10:28 PM

Cindy March: 😊

Jan 25, 10:29 PM

MichelleHare: I think doing and appreciating!

Jan 25, 10:29 PM

AleceNewell: Tara that's a great way to truly enjoy your work

Jan 25, 10:29 PM

Carol AnneWall: Appreciating is my forte'

Jan 25, 10:29 PM

Kendra Peters: Uh oh- getting fidgety - time for bed! Night all!!

Jan 25, 10:29 PM

Jennifer (Moderator): QUESTION // Q7. What is your #1 takeaway from this book or from your previous experiences with personality tests?

Jan 25, 10:29 PM

CynthiaBroadbent: What is the SSS you're referring to?

Jan 25, 10:29 PM

KimEdsen: Cynthia - definitely if there is something you'd like to expand on, post in the FB group! No time limit there!

Jan 25, 10:29 PM

JudiPartlo: To work with my personality instead of against it.

Jan 25, 10:30 PM

KimEdsen: Cynthia - SSS = Simple Scrapbooking School - a class you get within the membership

Jan 25, 10:30 PM

KimEdsen: Judi nailed it!

Jan 25, 10:30 PM

DionneJack: Yes, Judi that's what I found to be beneficial as well.

Jan 25, 10:30 PM

Jennifer (Moderator): Yikes, I have so many more questions. I will leave it at #7 and post a follow up in the FB group.

Jan 25, 10:30 PM

Jennifer Ferguson Slowik: I love that Jennifer Wilson! Planning definitely and appreciating for sure. Once I finish a project I flip back through it so many times. I finished my OLW January prompts last week and I've looked at my pages so many times. It's embarrassing! LOL

Jan 25, 10:30 PM

Carol AnneWall: In all honesty -- that's there's nothing wrong with me. There are others like me, just not necessarily with me.

Jan 25, 10:30 PM

MichelleHare: I read this book with a certain coworker in mind with the hope of being able to be more patient with her. I began to understand myself a little better and why I easily become

Jan 25, 10:31 PM

MichelleHare: oops....impatient with her. It has offered some insight and I hope some ability to work with her more effectively.

Jan 25, 10:31 PM

PatriciaMoore: Helps me work with my strengths & not push my weaknesses

Jan 25, 10:31 PM

AleceNewell: To appreciate all personality types and learn how to build good relationships with my personality type and theirs

Jan 25, 10:31 PM

KellySroka: I realized that the things that I'm not are not weaknesses but just area in which I can grow.

Jan 25, 10:31 PM

JudiPartlo: I'm really glad to hear that, Michelle - hope it helps!

Jan 25, 10:31 PM

Jennifer (Moderator): I think there also is an increased patient with yourself, that you can gain from this understanding.

Jan 25, 10:32 PM

JudiPartlo: Yes!!

Jan 25, 10:32 PM

MelanieRitchie: I'm not sure I learned anything new from the book but I enjoyed the topic. Learning years ago that introverts recharge with alone time was important. I'd been seeing myself as flawed instead of respecting my needs.

Jan 25, 10:32 PM

Jennifer (Moderator): The world can sometimes make you feel different, but if you can know yourself better and have words for it, you can cope and help others understand YOU

Jan 25, 10:33 PM

PatriciaMoore: I understand myself better

Jan 25, 10:33 PM

MichelleHare: Yes Jennifer.... that it a good point too. Recognizing that we are all different and perceive and interact with the world differently has helped with that understanding.

Jan 25, 10:33 PM

EvalynUddin: @MelanieRitchie that was so important to learn that about myself as well.

Jan 25, 10:34 PM

Jennifer (Moderator): I want to thank everyone for joining me here tonight! I love having these discussions and learning from all of you.

Jan 25, 10:35 PM

Carol AnneWall: It was fun!

Jan 25, 10:35 PM

Cindy March: Thanks Jennifer.

Jan 25, 10:35 PM

KimEdsen: This hour flew by!

Jan 25, 10:35 PM

JudiPartlo: Great topic!!! Thanks, everyone, goodnight!

Jan 25, 10:35 PM

Jennifer (Moderator): Next month we are reading Chasing Slow by Erin Loechner of <http://designformankind.com/>



[Home - Design For Mankind](#)

Jan 25, 10:35 PM

KimEdsen: Thanks, all!

Jan 25, 10:35 PM

DionneJack: Thanks Jennifer and ladies. Interesting chat as always.

Jan 25, 10:35 PM

MichelleHare: Thanks everyone and have a great night. Looking forward to next month's book! Probably another topic I really need!!!

Jan 25, 10:35 PM

ShannonMinner: Thanks Jennifer. I will add this to my TBR pile.

Jan 25, 10:36 PM

Jennifer Ferguson Slowik: My first experience with personality tests was Gretchen Rubin's tendencies. Figuring out I was an Obliger (do good with external expectations but not internal) has helped me to try to look for ways to create external expectations. Also, like Melanie said, finding out I was an Introvert and what it really meant.

Jan 25, 10:36 PM

Jennifer (Moderator): So wonderful to see growth and exploration happening each month in the book club. <3

Jan 25, 10:36 PM

Jennifer (Moderator): Take care.

Jan 25, 10:36 PM

Jennifer Ferguson Slowik: Thanks Jennifer Wilson!