

Reading People

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A discussion guide for the Simple Scrapper Book Club.

QUOTE // “A big part of learning about personality is learning to make peace with who we are.”

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.”

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

QUOTE // “At the end of the night, I am aching to return to my real world, my inner world of thought.”

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?

QUOTE // “For highly sensitive people, the world often feels as though it’s just too much.”

QUESTION // Q3. Does this statement resonate with you? If so, what do you use to cope with this personality trait?

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.”

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

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.”

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

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

QUESTION // Q6. What do you consider to be your strengths in scrapbooking?

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