

Soomin's  **TMI !**

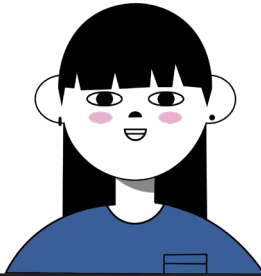


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1. My MbtI Is Infp-T



What is your MBTI ? As it says in the title, my MBTI is INFP-T. When I first MBTI testing my MBTI was 'ISFP' . But I came to the school testing again. My MBTI is INFP until now. MY role model MBTI is 'ENTJ' . Among my MBTI components, 'I' makes up about 72%. I'm a very shy person. So It's been a long time since I made new friends. I am almost alone, I like that. Also, I don't like crowds of people or long time with other people. I'm exhausted meeting people. But I rarely enjoy meeting people. 'N' makes up about 77%. I always think about the future, imagining fantastic things, etc. I am seemed to be still, but inside of me, a lot of various thoughts are going on. Sometimes, I have a headache from thinking about a lot of things. 'F' takes up about 58%. I' m sensitive, especially too much at dawn and I easily shed more tears than I look. Whenever I watch the movie' s sad scenes, I have tears. Have you seen any movie that made you sad? I laterly, I watched the movie 'CoCo' . I shed tears of the movie's last scenes. 'P' takes up about 67%. I'm a lazily perfectionist. It contradicts the sentence. Actually, I'm just lazy. I delayed my homework and got in under the wire and I like to make a plan but I' m not practicing. Sometimes I deliberately

behave. Also, I act extempore. So I went on a trip off the cuff. I live an impromptu life, not bad. 'T' takes up about 82%. 'T' means careful. I am very very careful. For example, I buy clothes online or in shops. I agonize over buying something all day. When I need to be careful, this is good but not many. I'm not trying new things, so I always eat the same menu. But my life needs to try new things. I try new things little by little. Also, I have almost no opinion for oneself. I mostly follow other's opinions.

One-time, I'm very immersed in MbtI. I searched for MBTI matches from Naver. I found one result saying the suitable spouse of the INFP person is 'ENFJ'. It was a surprising result. In my experience I didn't have the right chemistry with 'ENFJ'. The other hand, INFP's worst partner is 'ESTJ'. I like 'ESTJ' for the opposition 'ENFJ'. Be that as it may, I don't hate 'ENFJ'. Don't get me wrong. Anyway, it was an incredible result. Since then, I'm not immersed in MBTI any more and now I know that a person's personality doesn't define just one type of MBTI. I don't judge people by MBTI no more. If you define the people by the MBTI, I hope it stops right now. But sometimes, I enjoyed searching or watching the video about MBTI. Also, I like to talk about MBTI with friends. Just for fun. When I talk to an awkward friend, MBTI is a good subject for starting a conversation. I think this is a good tip. Give it a chance!

2. My Strengths and Weaknesses

Sometimes I'm depressed all day. For example, When I tried something, but I had a bad result or I was disappointed in myself. Other than this, there are many situations. At times like this, I have four symptoms. First, lethargic comes to me. Most people will get this symptom. I don't want to do anything, just keep being still like a stone on the bed. So I sleep or watch Netflix all day. I mostly watch action, romance movies or animations. I recommend 'Toy Story 1,2,3', 'Amazing Spider Man 1,2' and 'Little Women'. Anyway, these symptoms are as short as a day, as long as a week. Second, I think negative things. When I think negatively, negative thinking happens one after another and it gets deeper and deeper. So, I get to have minor worries or anxieties. I try to think positively. But it is not easy. Third, when I listen to music I shed tears. To find a reason to shed tears, I listen to music. I need an excuse, so I get less sad. What is your playlist? I often listen to 'take a look' youtube playlists or meenoi playlist. I recomade it ! Four, I go on a binge eating food like Tteobokki. This is not good for the body. When I went on a binge eating, I had a stomach ache twice a day. So I have diarrhoea day in, day

out. But I can't stop binge eating.

Next, There are 4 ways to recover from depression. First, I clean my room because I move quickly, I don't have time to think. Only I concentrate on cleaning my room. but it is so hard. Second, I have shower for a long time. I become very relaxed when I wash my hair, my face, my tooth, my body and afterwards, I wear a face mask or I do a facial massage with lotion. Finally, I do a stretch. Trapezius from calf. This is what I do as a routine whenever I'm depressed. It's good to have your routine. If you're not sure, search for it on YouTube. Third, sometimes I work out. I move my fat body that has been standing still. When I live at home, I watch home training videos. Also when I live at school, I go to the gym and do weight training, aerobic exercise. After that, I shower with warm water. It is healing. Finally, I take a nap on the weekends. This way to fill the lack of energy is good. But If you sleep too much it can actually make your body more tired and you may not be able to sleep at night. Please take note of that. I think the opportune time is 1~ 2 hours. Each person is different, so just refer to it. This is it. There's nothing much, but If you need to heal It is good to follow !

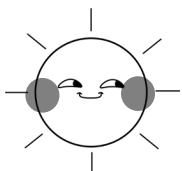
3. My Hobby

Do you usually like watching movies or reading books? I like it ! First, I recommend Korean novels, ‘Complete Bliss’ by the writer Jeong Yujeong and ‘My Name Is Sunflower’ by the writer Han Kang. ‘Complete Bliss’ is a thriller. Briefly, I will tell you a story.

The heroine in the book. She fell under narcissism, so she does something by fair means or foul for her complete bliss. Even if it kills people. Saying any more is a spoiler, so I will say it right here. Anyway, The process of how she acts is complete bliss written macabrely well. This book is read to take notice of night or dawn. When I read this book, it uniquely got dumped from the beginning and was more interesting than I thought. So, I bought another book by writer Jeong Yujeong. The book is ‘The Origin of Species’ . I haven't read this book yet, but I hughley excited about the book. Next, ‘My Name Is Sunflower’ is a Korean novel. But it is like a fairy tale book and this book often has inserted pictures. The pictures and sentences are harmonious. So it is easy to read for everyone. Actually, this book was recommended to me by Nadan. Briefly, I

will tell you a story. The book compares people to plants. One plant that the main character wrote about is about the process of growth. When you have free time, read this book well.

Next, I recommend Movies. Do you like Spiderman? I like it ! Many of the Spider Man series recommend 'Amazing Spider Man1, 2' Have you seen these movies? I will tell you a storyline. Series 1 tells how Peter Parker became Spider Man and how date with Gwen Stacy. series 2 tells how he combat Electro and Green Goblin. Series 1,2 has a sad ending, so I like this movie. It is especially like the ending of series 2. It is a big spoiler so, if you don' t like spoilers, go on to something. Spider Man lost his girlfriend Gwen Stacy to Green Goblin in the clock tower, so this is one of the best scenes in the movie. Also, After Spider Man How he overcame being sick of losing her. and her commencement speech showed in the end, very touching. Next movie is ' Little Women' . I watched this movie twice. The movie is made up of four sisters' ordinary stories. It is more uniquely directed than other movies. and each character expressed emotions and stuff. The movie created a warm tonality and atmosphere. I recommend two books and two movies. When you have free time, it is worth seeing.



4. My Ideal Type

When I'm bored, I write a notebook about My bucket list. I will tell you five of My bucket list.

First, I want to go to New York in a year, because I usually watch Youtube videos, Channel name is 'Mojave' This video uploads a New York Vlog, so I thought about going to New york. Also, I' ve never been on a plane and I want to make a new friend from abroad.

Second, I want to live apart from one' s own family. I have dreamed of cook for myself since junior high, because I want to have my own room. When I was a junior high, I used the same room with my older brother. Now, I have my room but I live a lot of time in a dreamy school dormitory, so My room has changed storage. Also, I have a Romantic idea about living alone. Anyway, when I am an adult, I will leave alone. I get out of my mom's nag constantly, but I would be scared of sleeping alone at home.

Third, I want to open a cafe. Originally, I didn't like coffee but I joined the IDEALE 1 year and 6 months ago, so I was interested in making coffee and fun to learn about coffee.

Now I enjoy coffee and make myself proficient in coffee, ade, smoothie and croiffle. Also, I will develop a technology for steaming and latte art. This is so difficult but, feels pleasant and interesting. If I have a part-time job, I' m a great help to Learning. Besides, I will get a barista license this year.

Four, I want to camp in a car. Few months ago, car camping was popular for people. So if I get a driver' s license, I drive and car camping alone. I parked at the ocean view and I space out for eating some snacks. For reference my dream car is Mercedes Benz g63 amg. Color is white. I will save money for a car, I should work hard.

Five, I want to take a body profile picture. Last semester I joined Chirstan' s Sport class so I was interested in exercise and learned how to do exercise, diet in detail. Sometimes I go to the gym to do weight training for about 1 hour and aerobic exercise for 10 minute.

I thought about taking a body profile picture after. It' s a high probability of failure if I do it alone, so I am together with my friends.

5. Recommend Books & Movies

Do you have a hobby? I think many people have one by one hobby. If you don't have a habit, this article is of help to find hobbies. Hobby is to help the depressed, bored etc.

I have Three hobbies: First, I draw pictures for my iPad and Oil painting. I enjoy painting, listen to music. The beginner has a nice start for ipad and Oil painting. Also, everyone joins the one-day class.

Second, I do knitting. It is a limited winter and killing time is one of good habits. I usually knit by watching Netflix or youtube. I mostly knit a muffler. It's timely to start knitting in September or October. It's a presentable gift for anyone's birthday. When you first try to knit, You feel difficulty, but it's okay. You watch the various knit technique teaching videos on Youtube.

Third, I play basketball with friends or alone. When I'm feeling under the weather, I practice basketball for about 30minte or 1hour. It's one of my ways of beating stress. Sometimes, I play basketball with friends and teachers.

I' m getting excited. When I started playing basketball probably last summer. I played basketball for about 2 hour a day. Also, the gym wasn't completed yet, so I played the basketball court outside.

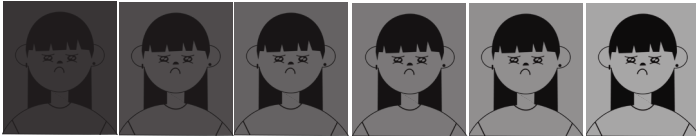
Four, sometimes I read books. I read most novels or essays. I usually get a book recommendation from friends or YouTube. Also, I go to a bookstore near my house and pick up books. Let me introduce you to the book I'm reading now. I' m reading the 'Origin of the species' , 'The Moon and Sixpence' . I don't have time to read any books, so I will read a lot during summer vacation. In addition, I try other new habits. These days, I am concerned about reform clothes. I saw a video of changing clothes on Instagram or YouTube, and it was interesting.

6. When I'm Depressed

One of my strengths is artistic sense. I draw pictures very well and decorate things too.

When I was 11 year old, I started drawing pictures, until now I draw pictures. In addition, I cook very well. I usually stay alone in my home, so I cook various foods. Most of all I cook Kimchi bokkeumbap very well. My mom admitted that they taste good. This summer vacation, I will cook aglio e olio pasta, restaurant doenjang stew, and soft tofu stew.

Also, I'm good at listening. When I talk to someone, I mostly just listen. Sometimes I do reactions or sayings. By any possibility I can be awkward or silent with someone, but when the someone is having a rocky time, I can listen to someone tell a story. Moreover, I'm able to remember the little things.



Next is my weaknesses. One of my weaknesses is music. I like music, but I just listen to music. I am not very good at singing and dancing. I' m tone-deaf, a bad dancer and have no sense of rhythm. So I don' t prefer singing and dancing. I respect good singers and good dancers. Also, I can' t play an instrument. My instrument ability is close to an elementary school kids level. Maby, elementary school kids are better than me. Anyway, I have no talent for music.

And, I act very extempore and lazy. I am always fiddling around and pressed for time. Also, I make plans but I don' t keep to them. I try to make up for the weak points, but it is difficult. So I talk about weaknesses with my friends, I read a famous saying or good wording and I watch a video about improving my shortcomings.

Before I write this, I thought about my strengths and weaknesses. My weaknesses come to mind a lot, but strengths don' t come to mind. I hope that when I grow up, I think about a lot of my strengths and not my weaknesses.



7. Something To Be careful

I will talk about my bad and good habits. I have a habit of biting nails. I involuntarily bite my nails, so my nails are very ungly. Furthermore, the nails have a lot of germs, and it's bad for one's health. I am trying to correct this habit. First I tried to stick a band-aid on some fingers. It worked, but I needed too many band-aids. Second, I got nail care. It worked too, but I think it didn't look good to me so, I gave it up now. So I asked my friends to stop me whenever I bite my nails. I hear a lot of nagging around me.

Also, I have a habit of shaking my leg. I would shake one's leg when I am nervous or uneasy. My leg could not stop shaking so I heard a lot of nagging from people

around me. My grandmother says “If you shake your leg, luck will fly away.” When I was young, I really believed in that saying so I tried not to shake my leg, but as I grew up, I didn’ t believe it. Less than before, I’ m shaking my leg again.

Next, I have a habit of stretching in the morning and the evening or both for about 10 ~ 20 minutes. I follow the exercise while watching YouTube videos. Stretching steadily changed my body shape and my health improved. You have got to try stretching in the morning or evening. I will try yoga next time.

Also, I have a habit of wearing sunscreen all day. Sunscreen improves your skin condition and narrow the pores. so you should always slather sunscreen on your face. Also, you need to wash your face, because if you don’ t wash it well, It will bring on eruption of the skin. So you should wear sunscreen and wash your face well.

Habits affect our lives more than I think. I hope you will take the time to find out what bad and good habits you have. Even small habits can change your life.

8. My bad and good Habits

I think this title is very interesting. don' t you? If not, no problem. Anyway, what' s your ideal type? I think this is so important. Sometimes I talk about Ideal types and Ideal type balance games with my friends. I can talk all night on this topic. I will cut a long story short.

I'm a little bit concerned about appearance. First, he is taller than me. He doesn't have double eyelids. He just has good inner double eyelids and I like straight hair. Also, I prefer a man who is self-disciplined and is the same age or older. Anyway, we have to know that our inner person is more important than appearance. I prefer a kind personality, but who can support me. And I like a respectable person. Moreover, he needs leadership and should be more active than I, but not too much.

Also, he should like to watch TV shows or movies because my dream is to watch them together all night. He should have a similar sense of humor to mine and he must not be obsessed with getting in touch with me any time.

He respects each other' s privacy. But most importantly, he has

to be Christian. No matter how handsome or tall he is, he must be a Christian.

Out of the blue, this is really TMI, but I want to get married at 28 years old. Anyway, I talked about a man of my Ideal type, but people say “you meet someone who is the opposite of your ideal type.” Whether true or not, God chooses my partner, so I should start praying for my partner right now.

9. My Bucket list Top 5

While I live, I have some things that I have to be careful with. Everyone likes to say ‘Everybody makes mistakes.’ But, I make a lot of mistakes. I never repeat the same mistakes. I have kind of my own rules for being careful.

The First rule is not to be equivocator. I usually miss the timing of speaking because I speak not clearly. I make someone misunderstand and often don’ t convey what I’ m trying to say. So I decided not to speak vaguely, and practice speaking correctly so that I can convey exact intention. I envy people who can speak well. I hope I can speak well.

Second, do not say “I’ m sorry.” to other people when it’ s not necessary. There were many times when I said I was sorry, even if there was no need to apologize. It lowers my self-esteem, so I am trying to say thank you more than I’ m sorry. Furthermore, I will try to cut back complaints, negative words and thoughts, so I can use positive words and thoughts.

Third, do not perpetrate a hoax to my friends. Sometimes, when I play with my friends, I feel high tension without realizing I perpetrated a hoax. So, sometimes I unintentionally hurt my friends, so I try to filter jokes to make the same mistake again.

Four, do not put myself down. It's better now, but in the past, I used to be self-deprecating. Even I did not believe when someone complimented me. But now, when I get compliments, I say thank you without denying. Also, instead of blaming me, I'm trying to comfort myself but not be too generous. I try to do keep this rule which is to be careful but I fail many times. On all such occasions I get disappointed. However, I will try not to give up and make a constant effort.

10. About In the Future



Finally, I will talk about the future. The first plan is to go to New York. I should make money by doing various part-time jobs and I will prepare my art portfolio, so I will send my portfolio to several companies by email. I will raise awareness about my art and experience by joining a design company or working as a freelancer. Also, I will set up a private studio and I will recruit artists to support and teach other people who can't do art on account of money or circumstances. By extension, I hope to preach the Gospel with them for someone who needs help.

The second plan, I hope I will be able to gain valuable experiences and learn while visiting the mission field by applying to the Korea OM Mission Group missionary recruitment for short-term about 1~ 2 years. When I think of the future, I have many questions. I was anxious and excited about my future. In order to achieve my future goals, I will live harder from now on.

Sumin's 10 TMI

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Publish on / July 2022

Published in / English Writing Class, Dreamy School

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