

# The Big Five Personality Traits and You

Name \_\_\_\_\_

Date \_\_\_\_\_

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## Where are you on the Big Five personality traits?

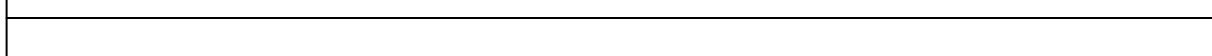
Directions: For each of the Big Five factors, place an "X" on the line closest to where you think you are on that dimension. For example, someone with a great deal of introversion would mark an "X" far to the left on the first trait. After you place the X, briefly describe why you said this for each trait. Give a real life example of how it might be true for you.

### **EXTROVERSION**

(talkative, social and assertive)

*Introversion*

*Extroversion*

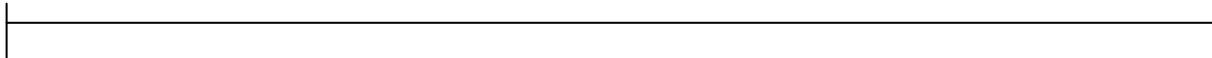


### **AGREEABLENESS**

(tendency to be good natured, cooperative, compassionate)

*Agreeableness*

*Disagreeableness*

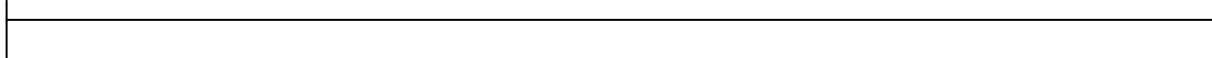


### **CONSCIENTIOUSNESS**

(being responsible, dependable, careful, hardworking, and organized about the things you do)

*Conscientiousness*

*Carelessness*

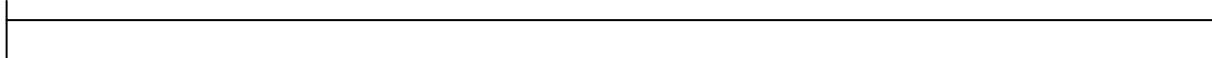


### **OPENNESS**

(imaginative, independent minded, like to explore the unfamiliar)

*Openness to New Experiences*

*Close-mindedness*



### **NEUROTICISM**

(anxious, prone to depression and worries a lot)

*Emotional Stability*

*Emotional Instability*

