The Big Five Personality Test

RESULTS FOR BRIAN
FEBRUARY 9, 1974 - 50 YRS

The Five Factors of Personality

Jump to: Openness, Conscientiousness, Extraversion, Agreeableness, Emotional Stability

Let's begin by looking at the five factors of personality in detail. Our scores, traits, and explanations begin with the core number in each, followed by a decimal point. For example, Openness begins with 1 and ranges from 1.0 (very low) to 1.9 (very high).

Openness

Openness (also called Intellect) is the tendency to think in complex, abstract ways. People who score high on Openness are abstract thinkers, while people who score low are concrete thinkers.

People who score high on Openness are curious and adventurous, enjoy new ideas and thinking outside the box, and are open to change. People who score low on Openness are more traditional and conservative, enjoy routine and sticking to what they know, and are more cautious and careful in their decisions. Research shows that people who score high on Openness have more gray matter in the brain, meaning they're more alert, curious, and open to new experiences. They also have more connections between different areas of the brain, meaning they think in more abstract and complex ways.

People high in Openness are:	People low in Openness are:
Curious	Practical
Adventurous	Conservative
Imaginative	Conventional
Original	Traditional
Artistic	Cautious

One factor, Intellect (Openness to the Intellect) contends the 2nd most to the Wonderlic IQ test. Intellect is a strong predictor of IQ, and people who score high on Openness are more likely to score high on IQ tests. Openness also correlates with Dark Triad traits, especially Machiavellianism and Psychopathy. This suggests that people who score high on Openness are more willing than others to use immoral or manipulative means to achieve their goals.

Where you fit in

In a person high in Openness, you are more likely than the average person to consider ideas and concepts beyond conventional norms. This makes you more creative and imaginative than most people, but it also makes you more prone to boredom.

People who score high on Openness, you are more likely than the average person to enjoy art and science-related activities. You're also more likely to be more interested in such things than the average person. Your mind is likely able to process complex connected ideas, and so you are more well-suited than most people to understand complex concepts, such as those in science, philosophy, and the arts.

People who score low on Openness, you are more likely than the average person to be practical, down-to-earth, and to prefer routine and sticking to what you know. You are also more likely than the average person to be politically progressive. Research shows that people who score low on Openness are more likely than others to be liberal, to support gun control, and to support the legalization of marijuana.

People high in Openness tend to have an interest in travel ideas, and so are more likely to be politically progressive. Research shows that people who score high on Openness are more likely than others to be liberal, to support gun control, and to support the legalization of marijuana.

People high in Openness are more likely than others to consider and experiences of unusual phenomena, including hallucinations, synesthesia, and lucid dreaming. Research shows that people who score high on Openness are more likely than others to be liberal, to support gun control, and to support the legalization of marijuana, and are more likely than others to feel the experiences first-hand of the universe at large.

Conscientiousness

Conscientiousness describes a person's tendency to be persistent and determined in achieving their goals. People who are high in Conscientiousness are more likely than others to be successful in life, and people who are low in Conscientiousness are more likely than others to be downtrodden.

Highly Conscientious people are hardworking and competent. They have a high degree of discipline and deep determination and ambition. Highly Conscientious people are also strong willed people, doing things that are difficult or boring for the sake of long-term goals. They are also more likely than others to be successful in life, and to be happy with their lives.

People who score low on Conscientiousness, you are more likely than the average person to be lazy, to be a procrastinator, to have difficulty with long-term goals, and to be easily distracted. People low in Conscientiousness tend to abandon plans easily when something more interesting comes along, and have difficulty with long-term commitments.

People high in Conscientiousness are:	People low in Conscientiousness are:
Hardworking	Lazy
Determined	Procrastinators
Dependable	Unreliable
Ambitious	Impulsive
Organized	Disorganized
Methodical	Negligent

The science of Conscientiousness

Conscientiousness seems to be hereditary, related to impulse control, or to be likely to stay motivated. Most doing what might be a lot of work, people who score high on Conscientiousness are more likely than others to be successful in life, and to be happy with their lives.

Impulse control is associated with the Frontal lobe of the brain, where our higher forms of thinking take place. The Frontal lobes govern high-level cognitive functions, such as planning, impulse control, and long-term goals. People who score high on Conscientiousness have more gray matter in their Frontal lobes, meaning they have more brain cells in this area of the brain. Research shows that people who score high on Conscientiousness are more likely than others to live longer, to be more successful in life, and to be happier with their lives.

People who score low on Conscientiousness are more likely than others to be impulsive, to be easily distracted, to abandon plans easily when something more interesting comes along, and to have difficulty with long-term commitments.

Where you fit in

In a person high in Conscientiousness, you are very good at delaying gratification and resisting impulses in hopes of your long-term goals. You are also more likely than others to be successful in life, and happier with your life.

You are more likely to carefully consider the pros and cons of your decision before making them, leading to better choices. You are generally more careful than others.

In a person of low or average Conscientiousness, you are more likely than others to be impulsive, to be easily distracted, to have difficulty with long-term goals, and to be easily swayed by your mood and your desires. This may be based upon the amount of your daily life. Trouble lies ahead for people who score low on Conscientiousness.

Due to your high level of self-control, you have a better chance of success in many areas of life. Highly Conscientious people are more likely to be successful in their careers, to be healthier, to live longer, to be more successful in their relationships, and to be happier with their lives. Research shows that people who score high on Conscientiousness are more likely than others to live longer, to be more successful in their careers, to be healthier, to be more successful in their relationships, and to be happier with their lives.

Extraversion

Extraversion describes a person's tendency to be energized by being around other people, versus being drained. Introverts are energized by secluding with others, while Extroverts are energized by spending time alone.

Highly Extroverted people are outgoing, sociable, and energetic. Extroverts are more comfortable in the presence of other environment, and prefer to stay active and active. They tolerate interruptions easily and like to talk. Extroverts are pretty comfortable about little and about their organization.

Introverted people are reserved, calm, and keep. They are easily overstimulated and tired, they don't like being interrupted, and they feel drained in social situations. They are more comfortable with a few close friends than with a large group of people, and they don't like being the center of attention.

People high in Extraversion are:	People low in Extraversion are:
Outgoing	Reserved
Sociable	Quiet
Talkative	Calm
Energetic	Introverted
Enthusiastic	Reflective
Gregarious	Quiet

Where you fit in

In a person low in Extraversion, you are more likely than the average person to be introverted. Although you may feel outgoing, you are likely also the person of a quiet or introverted nature. You are often independent and prefer to be alone.

In a person high in Extraversion, you are more likely than the average person to be outgoing and sociable. You are also more likely than others to be the person of a quiet or introverted nature. You are often independent and prefer to be alone.

Due to your high level of Extraversion, you are more likely than others to be outgoing and sociable. You are also more likely than others to be the person of a quiet or introverted nature. You are often independent and prefer to be alone.

The science of Extraversion

The fundamental basis of the trait of Extraversion appears to be the tendency to experience positive emotions. Highly Extroverted people feel more positive than others.

A vast much longer study, Happy People: the quantity and of smart them which is people and which varying levels of Extraversion. Their highly Extroverted people are happier than others, and they are happier with their lives than others. Research shows that people who score high on Extraversion are happier than others.

On a chemical level, Extroversion appears to be associated with the neurotransmitter dopamine. Dopamine is sometimes called the "reward chemical" because it is associated with the pleasure we feel when we do something that our brain wants us to do. Research shows that people who score high on Extraversion respond to dopamine in dopamine in the brain, meaning their reward receptors in your reward are more sensitive to dopamine than people who score low on Extraversion. This means that Extroverts need more dopamine than others to feel the same amount of pleasure.

Where you fit in

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Agreeableness

Agreeableness describes an individual's tendency to put the needs of others ahead of their own needs. Highly Agreeable people are usually kind, generous, and good-natured people. People low on Agreeableness are more selfish and stubborn.

Highly Agreeable people are sympathetic, cooperative, and accommodating. They usually want to get along with other people more than they want to stand their ground. Highly Agreeable people are also more likely than others to be taken advantage of, because they don't like to hurt people by saying or doing something unpleasant.

People who score low on Agreeableness are uncooperative and self-interested. They do not care much about getting along with the group and will stand their ground when they want something. People who score low on Agreeableness are more likely than others to be manipulative and unfriendly. They prefer to feel that they have control over others.

People high in Agreeableness are:	People low in Agreeableness are:
Accommodating	Competitive
Kind	Argumentative
Sympathetic	Self-interested
Generous	Stubborn
Agreeable	Unfriendly

The science of Agreeableness

Agreeableness is related to the hormone oxytocin, the ability to understand and feel another person's emotions. Highly Agreeable people are highly empathetic, and naturally identify with the emotional experiences of others.

Empathy can be learned, and is a skill that can be developed. Research shows that people who score high on Agreeableness are more likely to be a straight degree than other people. Many personality test takers show they are extremely high, or great means to their own relationship seeking. Research shows that people who score high on Agreeableness are more likely than others to be a straight degree, to be more successful in their careers, to be healthier, to live longer, to be more successful in their relationships, and to be happier with their lives. Research shows that people who score high on Agreeableness are more likely than others to be a straight degree, to be more successful in their careers, to be healthier, to live longer, to be more successful in their relationships, and to be happier with their lives.

Where you fit in

In a person low in Agreeableness, you are more likely than others to be competitive, to be argumentative, to be self-interested, to be stubborn, to be unfriendly, and to be unsympathetic. People who score low on Agreeableness are more likely than others to be a straight degree, to be more successful in their careers, to be healthier, to live longer, to be more successful in their relationships, and to be happier with their lives. Research shows that people who score low on Agreeableness are more likely than others to be a straight degree, to be more successful in their careers, to be healthier, to live longer, to be more successful in their relationships, and to be happier with their lives.

Neuroticism

Neuroticism describes a person's response to stress. Highly Neurotic people are susceptible to anxiety, depression, anger, and other negative emotions. Highly Neurotic people are also more likely than others to experience stress and anxiety in response to many situations.

Highly Neurotic people struggle with negative emotions, such as anxiety, depression, and anger, and self-consciousness, and other difficult feelings. They tend to be more vulnerable to stressors and less able to overcome problems. Unsurprisingly, they have stress and have difficulty with long-term commitments.

People who score high on Neuroticism are realistic and do not need stress to relax. They experience fewer negative emotions and cope well when something does go wrong. People who score low on Neuroticism are more likely than others to be a straight degree, to be more successful in their careers, to be healthier, to live longer, to be more successful in their relationships, and to be happier with their lives.

People high in Neuroticism are:	People low in Neuroticism are:
Anxious	Stable
Sensitive	Resilient
Insecure	Unemotional
Self-conscious	Self-confident
Self-conscious	Carefree

The science of Neuroticism

Neuroticism can be thought of as the sensitivity to Extraversion, where Extroversion describes the frequency and depth of positive emotions, Neuroticism describes the frequency and depth of negative emotions. Neuroticism is also related to Extroversion in the brain.

Studies have demonstrated that people who get a high in Neuroticism have a stronger response to punishment stimulus. They learn stimulus and have difficulty with long-term commitments. Research shows that people who score high on Neuroticism are more likely than others to be a straight degree, to be more successful in their careers, to be healthier, to live longer, to be more successful in their relationships, and to be happier with their lives.

Neuroticism has to do with what can be thought of as the "darker quadrant" of the brain. All of us need to be able to recognize danger and respond appropriately to it. Neuroticism is the part of the brain that recognizes danger and responds to it. Research shows that people who score high on Neuroticism are more likely than others to be a straight degree, to be more successful in their careers, to be healthier, to live longer, to be more successful in their relationships, and to be happier with their lives.

Where you fit in

In a person low in Neuroticism, you are more likely than others to be a straight degree, to be more successful in their careers, to be healthier, to live longer, to be more successful in their relationships, and to be happier with their lives. Research shows that people who score low on Neuroticism are more likely than others to be a straight degree, to be more successful in their careers, to be healthier, to live longer, to be more successful in their relationships, and to be happier with their lives.

Because you are low in Neuroticism, you rarely experience your neuroticism or disagreeable. Or misrepresenting. Or situations where things go wrong. Research shows that people who score low on Neuroticism are more likely than others to be a straight degree, to be more successful in their careers, to be healthier, to live longer, to be more successful in their relationships, and to be happier with their lives.

You are highly resilient under stress. Situations that would cause others anxiety do not tend to have the same effect on you. You are able to remain calm and focused in the face of adversity. Research shows that people who score low on Neuroticism are more likely than others to be a straight degree, to be more successful in their careers, to be healthier, to live longer, to be more successful in their relationships, and to be happier with their lives.

Your Personality Patterns

Your personality center consists of a core pattern of strengths and deficiencies. In this section, you'll learn how your core traits interact, how your personality is balanced, and what your weaknesses are.

To describe your personality pattern, we use a model graph called a pentagram. The pentagram is used by psychologists to illustrate how a person's personality traits interact with one another. Each point of the pentagram represents one of the five factors of personality. The lines connecting the points show how the factors interact with one another. Your personality pattern is unique to you, and no two people share the same pattern. Some of your personality patterns are more common than others, and some people share a more rare pattern than most people. Some personality patterns are more common than others, and some people share a more rare pattern than most people.

Core Patterns

Your core personality is the most important part of your pattern. It's the part that most influences your behavior, and it's the part that most stays the same over time. Your core personality is made up of your Openness, Conscientiousness, and Agreeableness.

Interpersonal Patterns

The core traits that most influence your behavior in relating to others. This trait gives you the ability to relate to others.

Social Patterns

The core traits that most influence your behavior in relationships and in groups. Your pattern shows how you fit in in some of the larger groups.

Communication Patterns

The core traits that most influence your thoughts, expression, and ideas. Your pattern reflects the information you receive in communication and what you share in sharing.

Emotional Patterns

The core traits that most influence your pattern of emotional experiences. Your pattern reflects the emotions that you most often experience.

Motivation Patterns

The core traits that most influence your motivation. Your pattern reflects what you're most prone and most scared goals.

Productivity Patterns

The core traits that most influence your productivity and approaches. Your pattern reflects what tasks most likely to enjoy and produce.

Rewards Patterns

The core traits that most influence what rewards most are somewhat rewards that the last to offer. Money, relationships, status, power, and entertainment.

Extern Patterns

The core traits that most influence your rewards based upon other people. Your pattern reflects your preferred social rewards.

What do you want?

You are a highly sophisticated and advanced person, which also makes Extroverts and compassion almost all. You feel it is crucial to be able to understand and relate to others. You are also very good at understanding others' motivations and feelings. You are also very good at understanding others' motivations and feelings.

What motivates you?

You are motivated by the desire to be successful in life. You want to be a force of change and make a difference in the world. You want to be a good person and live a life that matters. You want to be a good person and live a life that matters.

You are motivated by the desire of the things which people around you, family, friends, lovers, friends, friends, friends