

Why do I react differently than others to similar situations?

People differ. Here's personality explained.



Every human being is unique, but this uniqueness originates from the combination of 5 personality traits we all share.

Big Five personality traits



Openness

indicates how open-minded and authority-challenging a person is.



Conscientiousness

indicates how self-disciplined and organized a person is.



Extraversion

indicates how outgoing and social a person is.



Agreeableness

indicates how warm, friendly and tactful a person is.



Neuroticism

indicates a person's ability to remain stable and balanced.

Several independent sets of researchers discovered and defined five broad traits based on empirical, data-driven research. The Big Five traits of personality (Openness, Conscientiousness, Extraversion, Agreeableness and Neuroticism), commonly referred to as **OCEAN**, are five broad domains which define human personality and account for individual differences. A low or high score on each trait gives you more insight in the way you behave the way you do.

References

- Allport, G. W.; Odbert, H. S. (1936). *Trait-names: A psycho-lexical study*. Albany, NY: Psychological Review Company
- Goldberg, L. R. (December 1990). "An alternative "description of personality": The Big-Five factor structure". *Journal of Personality and Social Psychology*. **59** (6): 1216-1229

Each main trait breaks down into six facets on which you score low-high compared to others. Here's an example of how this relates to 'extraversion'.

Extraversion

Friendliness

Gregariousness

Assertiveness

Activity level

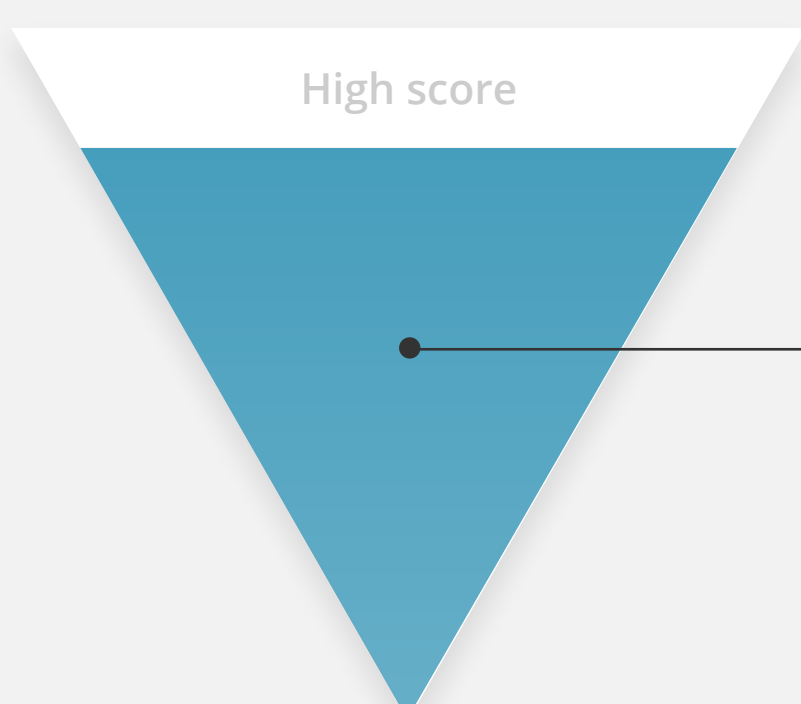
Excitement-seeking

Cheerfulness

Extraversion indicates how outgoing and social a person is. A person who scores high in extraversion on a personality test is the life of the party. They enjoy being with people, participating in social gatherings, and are full of energy. A person low in extraversion is less outgoing and is more comfortable working alone.

Here's an example of how this relates to the sub-trait 'assertiveness'.

Assertiveness



High score:

Energetic, assertive, cheerful, outgoing, sociable

I take control of situations



I try to be in charge - to lead others



I wait for others to take the lead



I like to take charge of situations and events



Want to determine your Big Five traits and find out what your personality is?

Take the free online personality test at 123test!
www.123test.com/personality-test/