

What do each of the 5 traits mean?

- Extraversion - Energy, enthusiasm, socialable
- Agreeableness - Altruism, helping others, affection, friendliness
- Conscientiousness - Control, will, constraint, dependability
- Neuroticism - Negative emotions, nervousness
- Openness to Experience - Originality, culture, open-minded, intellect

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## Extraversion

This trait reflects a person's preference for certain kinds of social situations, and how they like to behave in such situations. People high in extraversion are energetic and seek out the company of others. People low in extraversion – what some might call introverts – tend to be more quiet and reserved.



📌 You scored really high on this trait, suggesting you have a lot of energy and tend to enjoy most social situations.

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## Agreeableness

This trait reflects how we tend to interact with others, especially in terms of our altruism and friendliness. People who score higher in agreeableness tend to be more trusting, friendly and cooperative than others. People who score lower tend to be more aggressive and less cooperative.



📌 You scored really high on this trait, suggesting you are a very friendly, cooperative and trusting person.

## Conscientiousness

This trait reflects how organized and persistent a person is in pursuing their goals. People who score high on this trait tend to be more methodical, well-organized and dutiful than others. People who score lower tend to be less careful, less focused and more likely to be distracted from tasks.

