

Big Five Personality Traits Test

Name:	Date:
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TRAIT	STATEMENT	1 NOT AT ALL	2 RARE- LY	3 SOME- TIMES	4 OFTEN- TIMES	5 VERY OFTEN
Openness to Experience	I am open to new experiences and enjoy trying new things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I am imaginative and have a rich inner life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I am adventurous and seek out new experiences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conscientiousness	I am thorough and pay attention to detail.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I am responsible and dependable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I am organized and like to keep things tidy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Extraversion	I am talkative and enjoy being around others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I am outgoing and enjoy being the center of attention.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I am sociable and make friends easily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Agreeableness	I am considerate and care about other people's feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I am compassionate and empathetic towards others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I am cooperative and work well with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Neuroticism	I am easily stressed and worry about things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I am easily upset and prone to mood swings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Once you've completed the test, you can interpret your scores as follows:

Openness to Experience

- High score (15-25): You are open to new experiences, enjoy trying new things, and have a rich inner life. You are likely imaginative, curious, and creative.
- Low score (5-14): You prefer routine and familiarity, and may be more traditional and conventional in your thinking. You may be more practical and down-to-earth.

Conscientiousness

- High score (15-25): You are responsible, dependable, and pay attention to detail. You are likely organized and self-disciplined.
- Low score (5-14): You may be more impulsive, spontaneous, and disorganized. You may struggle with procrastination and following through on commitments.

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Extraversion

- High score (15-25): You are outgoing, sociable, and enjoy being around others. You may be energetic, talkative, and assertive.
- Low score (5-14): You may be more reserved and introverted, preferring to spend time alone or with a small group of close friends. You may be more reflective and introspective.

Agreeableness

- High score (15-25): You are considerate, compassionate, and caring about other people's feelings. You may be more cooperative and empathetic.
- Low score (5-14): You may be more independent and self-focused, and may prioritize your own needs over others. You may be more competitive and assertive.

Neuroticism

- High score (15-25): You may be more prone to worry, anxiety, and mood swings. You may be more sensitive to stress and have a greater emotional response to events.
- Low score (5-14): You may be more emotionally stable, resilient, and able to cope with stress. You may be more calm and more relaxed in difficult situations.

Remember:

No single score is "good" or "bad" - each trait has its strengths and weaknesses, and a balanced personality incorporates aspects of all five traits. Use your scores to gain insight into your own tendencies and preferences, and consider areas where you may want to focus on personal growth and development.

ADDITIONAL NOTES: