



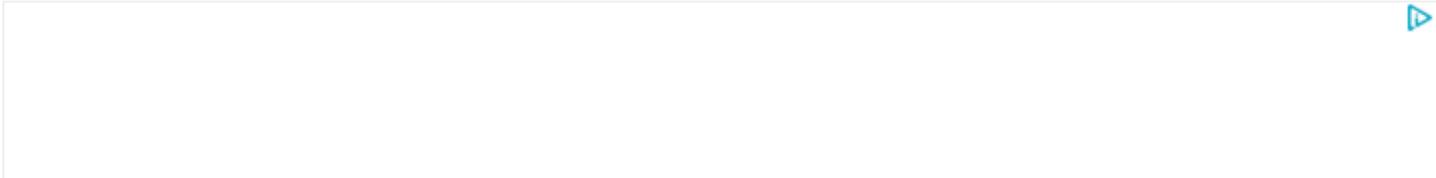
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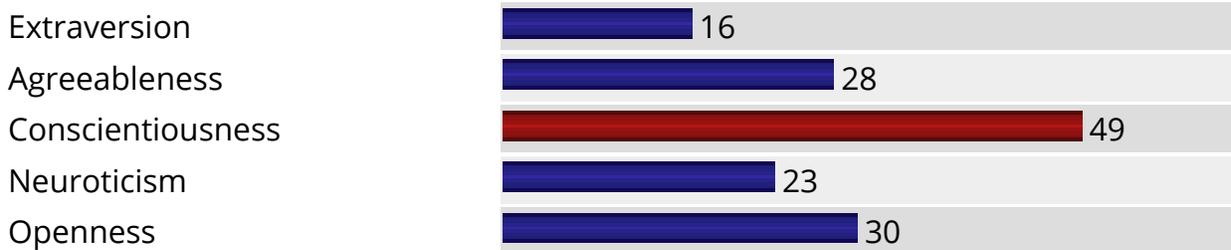
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# Your Personality Test Results



The personality test that you've just taken is based on the Five Factor Model of personality. Personality psychologists believe this is a pretty good description of the broad traits or general areas that go to make up a person's core personality. Personality isn't set in stone, however, so keep that in mind if you see anything you'd like to alter below. Teenagers and young adults should take the below results with a bit of caution, as their personalities are still under development (personality is generally pretty well formed by one's mid 20's).

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

## 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 low on this trait, suggesting you may be more of an introvert than most.



## 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.

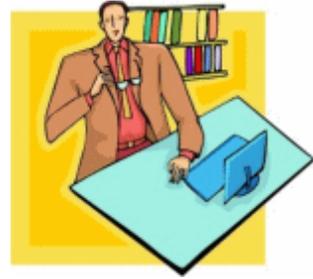
You scored average for this trait, suggesting you have average friendliness and agreeableness.



## 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.

⚠️ You scored really high on this trait, suggesting you're a well-organized, focused and methodical person.



## Neuroticism

This trait reflects the tendency for a person to experience negative thoughts and feelings. People who score high on this trait tend to be more prone to insecurity and emotional distress. People who score lower tend to be more relaxed, less emotional and less prone to distress.



You scored average for this trait, suggesting you've struck a balance between expressing negative emotions and being relaxed.

## Openness to Experience

This trait reflects a person's open-mindedness, and interest in culture and art. People who score high on this trait tend to be imaginative, creative, and to seek out cultural and educational experiences. People who score lower on this trait tend to be more down-to-earth, less interested in art and more practical in nature.



You scored average for this trait, suggesting you're balanced between your interest in art, and your interest in more practical things.

## Recommendations

⚠️ You have **1 significant personality trait** that we've identified.

If the traits are hurting your life, you may consider seeking out further assistance for them, by consulting a psychologist or other mental health professional.

You have **1 personality trait** that you've scored very low on.

**Please remember, this is not an official diagnostic test.** It is only a general quiz to give you a broad understanding of common personality factors.