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| Extraersion | Agreeableness | Openness | Conscientiousness | Neuroticism |
| Extraversion can be extremely energetic, and gregarious on one end or insular, and measured on the other. | Highly trusting and empathetic, or rude and manipulative on the other. | Imagination and insight at one end, or in social settings a willingness to try new things, or a closed off mind and a set routine for life on the other. | Thoughtfulness, impulse control, and goal directed behavior on one end, or impulsivity and hatred of structure and schedules. | Emotional Instability, stress, and anxiety(not in the clinical definition) at one end, or good emotional structures and control on the other. |

I think that the most likely trait to be using if you think that a teacher is mad at you, even if they are not, is neuroticism – when “high” it is the most likely to project anxieties. In this situation, *YOU* are the one worried about a bad grade, and are imaging that anger you feel at yourself on to a teacher.

Rogers believed that a gap is between a person and self when we feel that we don’t meet the social criteria, or find the validation, of others. This is for obvious reasons extremely harmful for the psychological health of a person, as relying on others for your own sense of self is a recipe for harm.

If people only had an “id”, we would be doing nothing but satisfying base desires – food, leisure, comfort, sex.

If people only had an ego, we would all be conformists to a societal mean.

If people only had a superego, we would all be either extremely moral and virtuous citizens or nothing but self-serving sophists(in the Platonic definition). It is the high ceiling, low floor of mental characteristics.