

Representative Items from the NEO Personality Inventory

Indicate the extent to which each of the following statements applies to you by selecting the best answer from the scale below (1-5). Place the number in the space provided before each statement.

	1	2	3	4	5	
	Strongly Disagree				Strongly Agree	
_____	1. When I am under a lot of stress, I am filled with anxiety.					
_____	2. I seem to get angry very easily lately.					
_____	3. Sometimes I feel so blue that I don't want to get out of bed.					
_____	4. I probably care too much about how I come across to others.					Total 1-6: _____
_____	5. I usually surrender to my impulses.					
_____	6. Sometimes I feel emotionally exposed.					
_____	7. I find it easy to talk to people, even those I have just met.					
_____	8. I love to attend social activities.					
_____	9. In group projects, I usually take the leadership position.					
_____	10. I have an energetic work style.					Total 7-12: _____
_____	11. I like scary movies.					
_____	12. Other people consider me to be a cheerful person.					
_____	13. I enjoy daydreaming on a regular basis.					
_____	14. I like to attend art shows.					
_____	15. I am always aware of my inner emotions.					
_____	16. Having a hobby just for fun is very important to me.					Total 13-18: _____
_____	17. I frequently engage in intellectual discussions with my friends.					
_____	18. I am tolerant of other people's ideas, even if I disagree with them.					
_____	19. I believe that most people are basically honest.					
_____	20. I often talk people into doing what I want them to do.					
_____	21. I consider myself to be an altruistic person.					
_____	22. I have a very competitive disposition.					Total 19-24: _____
_____	23. I like to brag about my achievements.					
_____	24. I am sympathetic to the plight of those less fortunate than me.					
_____	25. I try to be as efficient at work as possible.					
_____	26. I like to keep my things organized so that I know where everything is.					
_____	27. When I make a commitment, I can be counted on to follow through.					
_____	28. I try my best at any task assigned to me.					
_____	29. I always finish a job I start.					Total 25-30: _____
_____	30. When I make a decision, I carefully consider all sides of the issue.					

Add up the totals for each section of statements in the right-side column. Scores will range from 6-30. Higher scores mean a higher endorsement of each personality trait: 1-6 = Neuroticism, 7-12 = Extraversion, 13-18 = Openness to experience, 19-24 = Agreeableness, 25-30 = Conscientiousness