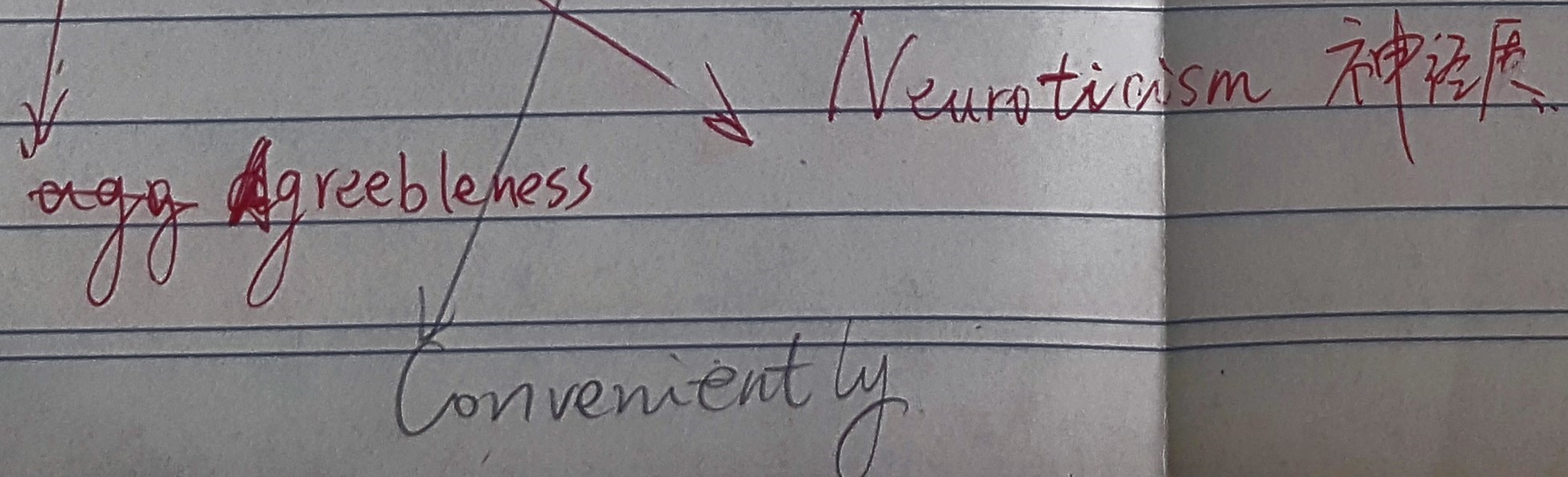


What makes who you are as a person?   
 You probably have <sup>some ideas</sup> many ~~questions~~ of your own personality <sup>type</sup> ~~are~~ you <sup>bubbly</sup> ~~for~~ reserved? Sensitive or <sup>thick</sup> ~~skin~~ skinned? Psychologists who try to ~~tease~~ <sup>tease out</sup> the science of who we are ~~x~~ define personality as ~~an~~ individual difference in the way people ~~tende~~ to think, feel and behave.   
 There are many ways to measure personality, but psychologists ~~are~~ <sup>have</sup> ~~mostly~~ <sup>mostly</sup> given up on ~~trying~~ to divide humanity <sup>neatly</sup> ~~in~~ to types: ~~first out~~ <sup>traits</sup> traits.   
 Instead, they focus on personality ~~tease~~ <sup>traits</sup> ~~traits~~. The mostly <sup>accepted</sup> ~~are~~ of this ~~traits~~ are the Big Five:   
 Openness, ~~conscientiousness~~ <sup>conscientiousness</sup> Extraversion ~~are~~ and Agreeableness.   
 Conveniently, you can remember this ~~traits~~ <sup>traits</sup> with the handy ~~OCEAN~~ <sup>OCEAN</sup>. (or, if you prefer, due CANOE. E. works too).



P Psychologist.

开玩笑 tease Out

traits

trait 性状, 特征

Openness 正直, 直爽

Conscientiousness 外向自觉

Agreeableness Extraversion 外向

Agreeableness Agreeableness

Neuroticism 神经质

Canoe 独木舟