

The Big Five Personality Test

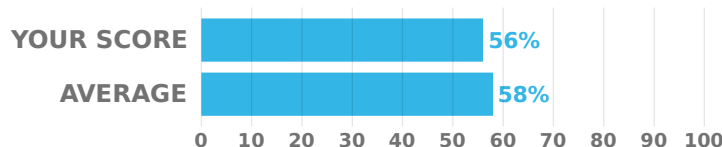
RESULTS FOR: TWATANABE
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The Five Factors of Personality

Let's begin by looking at the five factors of personality in detail. For each factor, we'll explain how high and low scores manifest in daily life. You'll see your own scores on each dimension, and how they compare with the average score for all people who took the test.

Openness

Openness describes an individual's tendency to think in complex, abstract ways. People who are high in Openness are abstract thinkers, while people who are low in Openness are concrete thinkers.



People who are high in Openness are comfortable with abstract ideas. They enjoy talking and thinking about theories and concepts, even if the concepts are unproven. They appreciate creative, original, innovative ideas, and enjoy thinking about the future and what it might hold. Because they appreciate ideas for their own sake, they usually enjoy the arts and other cultural pursuits. They are interested in having experiences that expand their minds and encourage them to think about things in a new way.

People who are low in Openness are concrete, straightforward thinkers. They distrust ideas and theories that do not have practical, real-world applications. They prefer tradition and conventional ways over new, untested ideas. They are more realistic than creative and often have difficulty imagining things that they have not personally experienced. Because of this, they may be uninterested in trying new experiences, preferring instead to stick with what they know.

People high in Openness are:

- Creative
- Unconventional
- Imaginative
- Original
- Artistic

People low in Openness are:

- Practical
- Traditional
- Conventional
- Conservative
- Habitual

The science of Openness

Although little is known about how Openness might relate to our biology, scientists have theorized that this personality trait has to do with how the brain is networked.

According to the prevailing theory, people who are low in Openness have brains where tasks and concepts are kept relatively distinct. One concept is considered in isolation and does not lead to connections to other concepts. In contrast, people high in Openness have highly networked brains. Asking them to think about one concept touches

off a web of activation in the brain, leading them to think about many loosely associated concepts as well.

One study related Openness to the brain's default network, the term used to describe what the brain is doing when it is not actively focused on a task. Activities of the default network include daydreaming and letting the mind wander. Researchers at Harvard University showed that in people high in Openness, the default network is more efficient at processing information. This suggests that when their minds are in a state of wakeful rest, they are more apt to make conceptual connections and associations.

Where you fit in

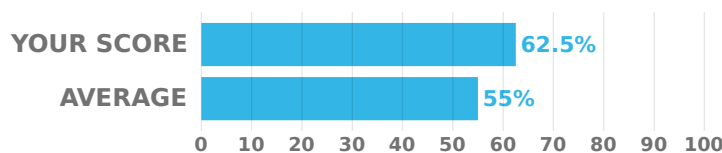
As a person who is moderate in Openness, you are about as likely as the average person to think in an abstract, creative way. You are neither especially offbeat nor overly conventional in your thinking. You tend to think of yourself as practical, but open to new ideas.

Openness correlates highly with an interest in art and cultural experiences, and as someone who is moderate in this trait, you will probably have some level of interest in art. You may enjoy the occasional museum or symphony performance, but you likely have more conventional interests as well (for instance, sports or popular music). You may also have some artistic hobbies, like painting or dancing, although you may feel that you are not creative enough to really excel. You probably dislike very unusual or experimental forms of art, and prefer to enjoy cultural activities that are a bit more mainstream.

Openness also correlates with political ideas. Because you are moderate in Openness, you are likely moderate politically as well. You likely feel that many of the traditional ideas in politics have value and would be reluctant to overhaul things too radically. However, you also see that there is room for improvement, and you are ready to consider new ideas—especially if they have some evidence behind them, or appeal to common sense. You shy away from politicians that are either too radical or too traditional in their ideology.

Conscientiousness

Conscientiousness describes a person's tendency to be persistent and determined in achieving their goals. People who are high in Conscientiousness tend to work hard to put their plans into action, while people who are low in this trait tend to change course and get distracted easily.



Highly Conscientious people are hardworking and responsible. They have a high degree of willpower and resist temptation and distraction to stay focused on their goals. Conscientious people are able to delay gratification, doing things that are difficult or boring in the moment in order to work toward a long-term achievement. They tend to be orderly, organized, and reliable.

People who are low in Conscientiousness are less interested in long-term goals and more interested in responding to the moment. They are more fun-loving than hardworking, and are easily distracted. People low in Conscientiousness tend to abandon plans easily when something more attractive arises. They are often disorganized and go about tasks in a haphazard manner.

People high in Conscientiousness are:

- Orderly
- Dependable

People low in Conscientiousness are:

- Spontaneous
- Adaptable

- Determined
- Ambitious
- Dutiful
- Impulsive
- Disorganized
- Haphazard

The science of Conscientiousness

Conscientiousness seems to be fundamentally related to impulse control, or our ability to stop ourselves from doing what might be fun or appealing in the moment in order to pursue a more important long-term goal. We more often refer to this as willpower in everyday language.

Impulse control is associated with the frontal lobe of the brain, where our highest levels of thinking take place. The frontal lobes govern high-level planning, problem-solving, judgement, and other important cognitive abilities. The frontal lobes are the part of the brain that make us uniquely human; they take the more animalistic impulses sent by the rest of the brain ("There's food there! Eat it!") and modulate them to suit our more complex plans and goals ("I'm not going to eat this donut because I am trying to lose weight.").

In one brain imaging study, people high in Conscientiousness showed a higher level of activation in the frontal lobes when doing a task that required them to control their behavior. This suggests that the brain areas that are responsible for controlling impulses are more active in people high in Conscientiousness.

Where you fit in

Because you are moderate in Conscientiousness, you can assume that you have about as much self-control as the average person. You are probably fairly good at following through with your plans, although you are occasionally distracted and sometimes make impulsive decisions.

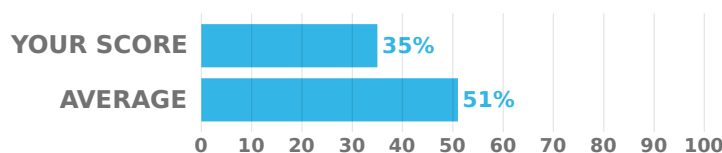
Your level of personal organization is likely to be average. You probably keep some areas of your life in better order than others. You may make a special effort to be organized at work, where it is more crucial, while letting yourself slack a bit at home. An average amount of disorder does not bother you, although you may feel disconcerted if your surroundings are in total disarray. You may benefit from using organizational systems and tools to impose more structure on the way you do things.

You are fairly careful and cautious in making decisions and usually do not make very poor or impulsive choices. You generally consider the major pros and cons of a decision before going forward, although sometimes you just go with your gut.

You are somewhat goal-oriented in your life. You set a moderate number of goals for yourself, and you are fairly determined in pursuing them. You may abandon goals which seem too difficult to achieve, or which you lose interest in over time. However, when something is important to you, you are able to muster the persistence to keep at it.

Extraversion

Extraversion describes a person's tendency to be energized by being around other people versus being by oneself. Extraverts are energized by socializing with others, while Introverts (people low in Extraversion) are energized by spending time alone.



Highly Extraverted people are outgoing, energetic, and friendly. They enjoy stimulation from other people and their

environment, and gravitate to busy and active places. They express themselves easily and like to talk. Extraverts are enthusiastic about life and describe their experiences with colorful expressions of positive emotion.

Introverted people are reserved, calm, and low-key. They are easily overstimulated and avoid busy and noisy environments as they find them to be overwhelming. They often find it difficult to express themselves and may prefer others to do the talking. They are generally placid and not easily excited.

People high in Extraversion are:

- Enthusiastic
- Energetic
- Excitable
- Friendly
- Gregarious

People low in Extraversion are:

- Reserved
- Calm
- Aloof
- Introspective
- Quiet

The science of Extraversion

The fundamental basis of the trait of Extraversion appears to be the tendency to experience positive emotions. Highly Extraverted people feel more positive emotions, with more intensity, and more often.

In one brain imaging study, happy images like puppies and ice cream were shown to people with varying levels of Extraversion. The highly Extraverted subjects showed more activation in areas of the brain associated with positive emotion, showing that their brains were more responsive to happy stimuli.

On a chemical level, Extraversion appears to be associated with the neurotransmitter dopamine. Dopamine is sometimes called the “reward chemical,” because it is associated with behavior that leads us to seek rewards like attention, status, power, or pleasure. Highly Extraverted people appear to have an enhanced response to dopamine in the brain, making them more motivated to pursue rewards and more satisfied when they achieve them. People low in Extraversion appear to get less of a thrill out of positive experiences, and thus are less interested in spending a lot of energy chasing them.

Where you fit in

As a person low in Extraversion, also known as an Introvert, you are not easily excited by life. Although you may feel content, you rarely describe yourself as joyful or enthusiastic. You do not often experience strong desires.

Because Introverts are not particularly excitable, they are less interested in pursuing the various thrills that life has to offer. You may notice that you are less motivated than other people to achieve things like money, status, adventure, romance, or popularity. You simply don’t get much of a kick out of achievements like this, so you don’t see a reason to spend a lot of time or energy going after them.

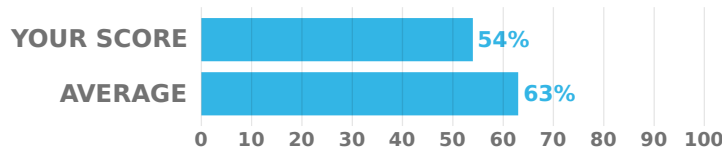
As an Introvert, you are likely to keep your social life fairly simple. You may find that dealing with people saps your energy and is often unrewarding. You prefer to interact with people you know well.

A common misconception about Introverts is that they are shy. However, shyness describes *anxiety* about socializing, which is more closely related to the trait of Neuroticism. In general, Introverts simply don’t have much interest in interacting with people. It is more accurate to describe them as *aloof*, rather than shy. As an Introvert, you probably feel that socializing is often not worth the trouble or energy it requires.

Agreeableness

Agreeableness describes an individual’s tendency to put the needs of others ahead of their own needs. Highly Agreeable people are mostly concerned with getting along with others. People low in Agreeableness are mostly

concerned with serving their own interests.



Highly Agreeable people are sympathetic, cooperative, and accommodating. They usually want to get along with other people more than they want to achieve their own individual goals, so they are willing to compromise to help others. They are altruistic and may spend significant time and energy helping other people.

People who are low in Agreeableness are competitive and self-interested. They do not care much about getting along with the group and are willing to upset others to pursue their own goals. They are disinterested in compromise and do not get satisfaction out of helping others selflessly. They prefer to feel that they have come out on top.

People high in Agreeableness are:

- Accommodating
- Helpful
- Sympathetic
- Selfless
- Altruistic

People low in Agreeableness are:

- Competitive
- Argumentative
- Self-Interested
- Rational
- Brash

The science of Agreeableness

Agreeableness is very closely related to empathy, or the ability to understand and feel another person's emotions. Highly Agreeable people are highly empathetic, and naturally identify with the emotional experiences of others.

Empathy can be defined as the mirroring of another person's emotions in one's own mind. Highly Agreeable people experience this mirroring to a larger degree than other people; they genuinely feel sadness when they see someone crying, or get a boost to their own mood when watching someone laugh. As a consequence, highly Agreeable people find it especially rewarding to help others; they feel the echo of any positive feelings they are able to bring to someone else. People low in Agreeableness, on the other hand, do not feel a personal boost from bringing happiness to others, and consequently are less willing to put their energy into being helpful or altruistic.

Agreeableness has to do with two aspects of what is often termed emotional intelligence. Specifically, to be highly Agreeable, a person must be able to both conceptualize the emotions of others (understand how they might feel, what their concerns and priorities might be) and prioritize another person's feelings in their decision making. In short, they must be both aware and concerned about the feelings of others.

Where you fit in

As a person who is low in Agreeableness, you prioritize your own needs and interests. You do not frequently empathize with others, and tend not to feel a lot of concern about their needs.

Because you do not identify much with the emotions of others, it is not of central importance to you that you make other people feel good. Although you probably do not actively work against others, you are not much motivated to make other people happy, content, or comfortable. You would rather spend your time pursuing your own interests and doing things that have a personal impact for you.

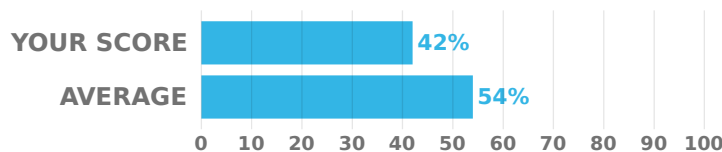
When negotiating with others, you tend to be tough and look out for your own needs. You rarely see the point in letting others get their way, unless there is also a benefit to you. You don't trust others to be concerned for your

needs and desires and feel you must strongly advocate for yourself.

Although those who are low in Agreeableness are not totally devoid of compassion, they tend to save it for people who really matter—family members and close friends. You may not be particularly nurturing to those close to you, but you are probably there for them when it's truly needed.

Neuroticism

Neuroticism describes an individual's response to stress. Highly Neurotic people are susceptible to anxiety, depression, anger, and other negative emotions when subjected to stressful conditions. People low in Neuroticism resist stress and tend not to experience many negative emotions.



Highly Neurotic people struggle with negative emotions. They frequently feel anger, sadness, anxiety, self-consciousness, and other difficult feelings. They tend to be more vulnerable to stressors and less able to overcome problematic situations. They doubt their abilities and feel uncomfortable with themselves.

People who are low in Neuroticism are resilient and do not react easily to stress. They experience few negative emotions and cope well when life is difficult. They easily overcome stressful situations to get back on track. They are not often sad, angry, or depressed, and generally feel confident in themselves.

People high in Neuroticism are:

- Vulnerable
- Unstable
- Anxious
- Moody
- Self-conscious

People low in Neuroticism are:

- Stable
- Resilient
- Optimistic
- Self-Confident
- Carefree

The science of Neuroticism

Neuroticism can be thought of as the corollary to Extraversion; where Extraversion describes the frequency and depth of positive emotions, Neuroticism describes a person's tendency to experience negative emotions like fear, anxiety, sadness, anger, and worthlessness.

Studies have demonstrated that people who are high in Neuroticism have a more dramatic response to negative stimuli. Their brains become more activated, for longer periods of time, when they are shown something sad, frightening, or distasteful.

Neuroticism has to do with what can be thought of as the "alarm system" of the brain. All of us need to be able to recognize danger and anticipate negative outcomes, but we vary in terms of how sensitive our personal alarm systems are. People high in Neuroticism are especially vigilant to the possibility of bad things happening. People who are low in Neuroticism are more likely to brush off danger signals, assuming that things will probably turn out just fine.

Although Neuroticism describes a personality trait, not a mental health diagnosis, people high in Neuroticism are nonetheless more likely to be diagnosed with disorders such as anxiety or depression. People low in this trait are more likely to recover easily from life stressors and avoid developing mental health conditions.

Where you fit in

As a person who is low in Neuroticism, you experience less negative emotion than the average person. You rarely feel anxious, sad, or self-conscious, and are not troubled much by negative thoughts.

Because you are low in Neuroticism, you rarely interpret your environment as dangerous or threatening. In situations where others might become fearful, you feel that there is no reason to fret. You rarely worry about how things will turn out and go about your business without fear of negative consequences.

You are highly resilient under stress. Situations that would cause others anxiety do not tend to have the same effect on you. You are able to handle stressful life circumstances without becoming overly affected. Although you are not immune to mental health issues, you are much less likely than the average person to develop a condition like anxiety or depression.

Your Personality Patterns

Your personality traits interact to create unique patterns of thought and behavior. In this section, you'll learn how your traits create key synergies that drive the way you think and live.

To describe your personality patterns, we use a circular graph called a circumplex. The circumplex is used by psychologists to illustrate how two traits intersect to create more complex patterns of thought and behavior. Each circumplex has four sections, with each section describing a typical pattern. The area of each section shows how well that pattern describes you. A larger area indicates a better fit for that pattern.

Some of your circumplex graphs will show a clear preference for one pattern. Others will show a more even spread over two or even three patterns. Where you have nearly equal scores for two or more patterns, you can expect that both patterns may describe you equally well.

Core Pattern

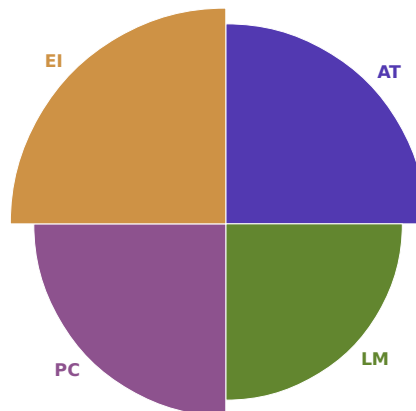
This circumplex describes the essential role you take on in approaching the world. This role is a reflection of your core values and motivations, as well as the way you think about things.

EMPATHIC IDEALIST

Uses insight and creativity to help others. Thinks about how the world could be a better and more beautiful place.

PRACTICAL CARETAKER

Helps other people in practical, everyday ways. Uses established institutions to maintain stability and security.



ANALYTICAL THINKER

Solves logical problems with rational, complex analysis. Thinks about innovative ways to improve systems.

LOGICAL MECHANIC

Ensures accuracy and efficiency in logical systems. Uses proven methods to accomplish real-world goals.

Interpersonal Pattern

This circumplex describes the style you use in relating to others. This style governs the way you socialize and

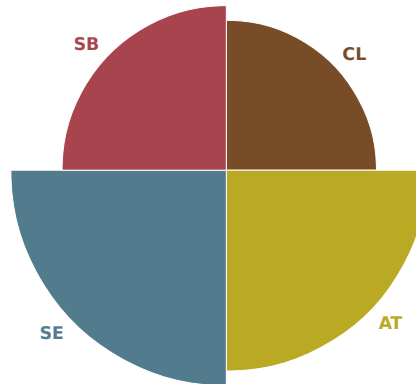
develop relationships.

SOCIAL BUTTERFLY

Is friendly and amiable. Loves people and approaches them without hesitation.

SYMPATHETIC EAR

Gentle and kind. Tends to be quiet and appreciate close, supportive relationships.



COMMANDING LEADER

Takes command of situations with a blunt, dominant style. Likes to be in charge.

ALOOF THINKER

Maintains independence and distance from others. Selective about relationships.

Social Pattern

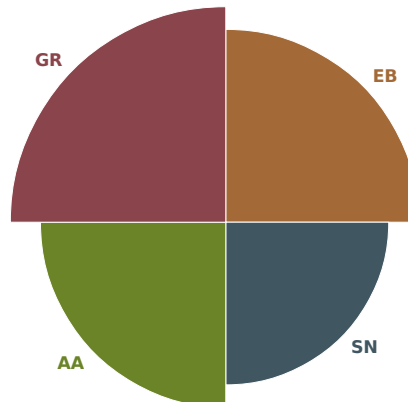
This circumplex describes how you position yourself in relationship to social groups. Your pattern shows how you feel you fit in within the larger society.

GLEEFUL REBELLION

Enjoys a feeling of uniqueness. Embraces alternative cultures and takes pleasure in being different. Likes showing individuality.

ANXIOUS ALIENATION

Feels a sense of being uncomfortably different. Rarely meets others with common interests. Often feels alienated and excluded from society.



EASY BELONGING

Feels a sense of belonging in social circles. Enjoys being surrounded by similar people and fitting in. Easily finds commonality with others.

SAFETY IN NUMBERS

Seeks stability in belonging. Wants to feel similar to others to ease anxiety. Takes comfort in traditional institutions.

Communication Pattern

This circumplex describes how you communicate your thoughts, experiences, and ideas to others. Your pattern reflects the information you choose to communicate as well as your style in doing so.

SHARED VISION

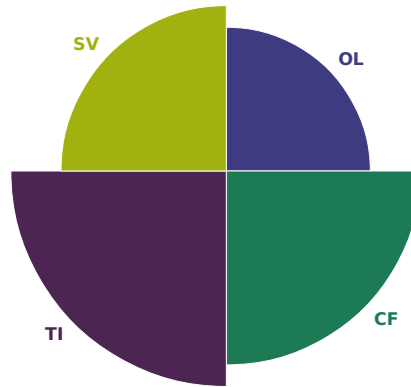
Enjoys expressing ideas and vision. Loves to brainstorm and discuss possibilities. Tends to focus on future goals and abstract ideas.

OPEN LINES

Freely communicates to keep everyone informed. Recounts events, shares information, and compares experiences with others.

THOUGHTFUL INSIGHT

Thinks deeply before speaking. Thoughtfully shares insights once they have been carefully considered. Tends to focus on interpretations.



CONCISE FACTS

Communicates when necessary to convey specific information. Dislikes talking for the sake of talking. Keeps discussions to essential facts.

Emotional Pattern

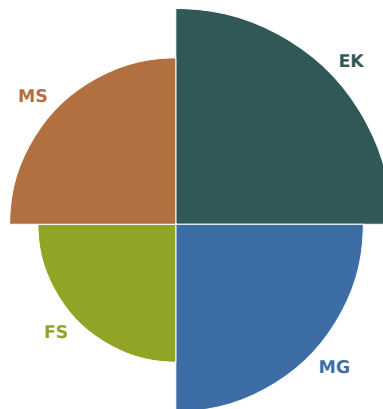
This circumplex describes your pattern of emotional experiences, specifically the emotions that are most often part of your experience of life.

MOSTLY SUNNY

Tends to be mostly happy and content. Shrugs off stress and easily finds things to look forward to. Most emotional experiences are positive.

FULL SPECTRUM

Feels a full range of emotions, from bursts of pure joy to the deepest sadness. Moods change easily and emotions are a central part of life.



EVEN KEEL

Mostly calm and placid, experiencing few emotional spikes. Is rarely either very happy or very sad. Emotions do not play a large part in experience.

MOSTLY GLOOMY

Tends to be somewhat glum. Rarely feels strong positive emotions like joy or excitement. Easily becomes anxious, sad, and/or angry.

Motivation Pattern

This circumplex describes how you get and stay motivated. Your pattern reflects what drives you to take action and work toward goals.

CONFIDENT DRIVE

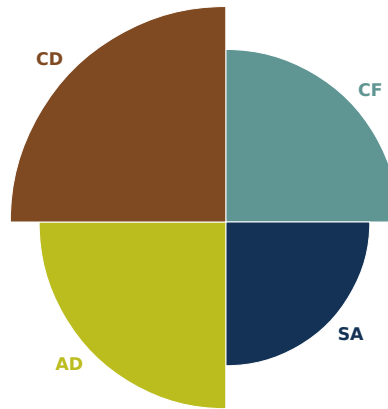
Enjoys chasing goals and realizing successes. Confident in own potential to achieve. Works hard and expects accomplishment.

CAREFREE FUN

Prefers to avoid responsibility and enjoy life. Tends to abandon difficult projects when alternatives appear. Feels little pressure to work.

ANXIOUS DILIGENCE

Highly motivated to achieve goals and avoid errors. Tendency to overwork. Feels relief when projects are completed correctly.



SCATTERED ANXIETY

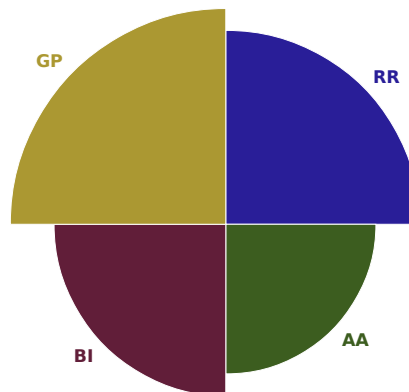
Has a difficult time focusing on work and staying motivated. Tends to worry about outcomes and have a hard time getting started.

Productivity Pattern

This circumplex describes your style in approaching tasks and activities. Your pattern shows which tasks are most likely to attract your attention and effort.

GRAND PLANS

Has big, innovative ideas and formulates plans to put those ideas into action. Persistent in chasing even the most ambitious goals.



RELIABLE RESULTS

Does what is expected in an orderly, systematic manner. Wants to follow clear instructions to achieve correct outcomes.

BRIGHT IDEAS

Most excited when exploring ideas and possibilities; less interested in taking action. Likes starting projects more than finishing them.

ADAPTABLE ACTION

Wants to see quick results. Prefers straightforward, hands-on tasks that can be completed in a short time frame.

Rewards Pattern

This circumplex describes your attitude towards the potential rewards that life has to offer: money, attention, status, power, and achievement. Your pattern describes your interest in achieving these rewards and your style in pursuing them.

FOCUSED AMBITION

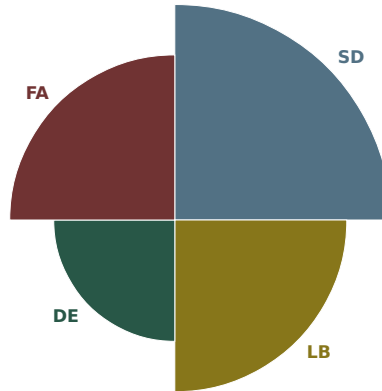
Desires many things in life and willing to work hard to get them. Seeks fame and fortune and is persistent in working to increase personal status and achievement.

STEADY DRIVE

Driven by a sense of duty. Works toward goals out of sense of responsibility rather than anticipation of rewards. Persistent even when work is unexciting.

DIZZY EXCITEMENT

Enthusiastic but lacking in follow-through. Impulsive and easily tempted by the promise of pleasure and attention from others. Hedonistic and distractible.



LAID BACK

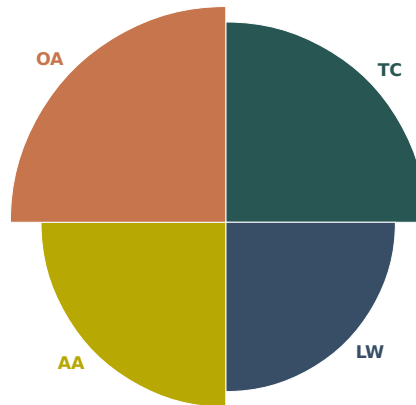
Has little need for excitement or achievement. Pleasures are low-key and often passive, i.e. food, reading, television. Uninterested in pursuing status, money, or attention.

Esteem Pattern

This circumplex describes your attitude toward yourself and others. Your pattern reflects your esteem for yourself and for other people.

OPEN ARMS

Is confident in the goodness of self and others. Gives trust freely, with no worries of being betrayed. Feels empowered to improve the lives of others.



TAKE CHARGE

Prefers to rely on own abilities. Sees self as more capable, competent, intelligent than average. Does what is needed without waiting for others.

ANXIOUS AFFECTION

Relies on others for support and comfort. Feels less competent and worthy than others, and works to be helpful and accommodating in order to gain acceptance.

LONE WOLF

Sees people as fundamentally weak and untrustworthy. Interactions with others are often unpleasant. Tends to suffer alone, believing others will be of no help.

Your Traits in Action

Now we'll look at how your personality traits express themselves in all areas of life, from your daily routine to your relationships and your work life. Each section covers one key area and explains how your individual traits influence your experiences in this aspect of life.

Your Inner Life

Your personality governs the most fundamental things about you, including how you think, what you value, and what motivates you. This section explores how your traits drive your internal life.

How does your mind work?

You take in real-world information about the world around you and apply your own interpretations. You are good at noticing details, although you also want to understand the larger meaning of what you observe so that you can put things in context. You can be quite creative when you are working in an area of special expertise or knowledge, although you also know when it is time to abandon fantasy and get back to the real world.

You are a critical thinker and often analyze how things (and people) around you could be improved. You are keenly aware of the ways in which others disappoint you, and you often think about ways in which you can gain the upper hand. You are not afraid to point out what is wrong in the world, and your thoughts are blunt and unsparing in their judgment.

What do you value?

You value personal accomplishment and advancement, and want to get ahead. You do not expect help from anyone, and instead put the onus on yourself to attain what you want in life. Because you feel people are responsible for their own needs, you are usually unwilling to spend time or energy helping others. You value competence, self-sufficiency, and a ruthless pursuit of one's own interests.

You value a mix of tradition and innovation. You are usually content to do things the conventional way, until it stops working, at which time you are happy to explore novel approaches. Politically, you are probably moderate, appreciating leaders who are neither pie-in-the-sky idealists nor slaves to tradition. You are not interested in impractical flights of fancy, but you do see a place for new ideas that may improve the way we live.

What motivates you?

You are motivated by achievement as well as by enjoyment. You have some core life goals which you are willing to work hard for, however you also try to have plenty of fun. You are persistent and driven when it matters, working steady to achieve your plans. However, you are not entirely motivated by achievement; you also want to enjoy the ride.

You are unmotivated by many of the things that other people pursue: money, power, status, fame. Instead, your focus on the things that you personally enjoy. Although you are rarely enthusiastic about things, this does not mean you are unmotivated; it simply means that you feel a quieter drive to achieve the things that truly matter to you. You tend to do things because they are in accord with your values and interests, rather than to gain the attention or admiration of others.

You often seek to come out on top and may be motivated by the desire to best other people. Your motivation is occasionally aggressive, such as seeking revenge on a person who has wronged you. You like to win, and are willing to put in a certain amount of effort in order to feel better than other people.

Your Social Life

Your traits drive the way you relate to others—people in general, as well as friends and loved ones. Your traits affect the way others see you, what you seek out in connections with others, and the common themes that tend to arise for you across all your relationships.

What do you need from your relationships?

You need little from other people and are generally self-sufficient. You develop relationships selectively, and only when you feel a true, deep connection with another person. Your primary goal in relationships is to have a mutual understanding, which may often be unspoken. You are content to give your friends and loved ones plenty of space and appreciate when they do the same. Although you often prefer to be on your own, this does not mean that you do not value your relationships. In fact, when you do connect with a like-minded person, you treasure your bond.

You do not need much support from other people, and so you may not identify with the idea that you have “needs”

in your relationships. Rather, you probably feel that what you need is to be free of drama and demands from others. You like people who are tough and independent and do not look to you for emotional tending. You seek out relationships for their pragmatic benefits, not for sentimental reasons.

What kinds of people do you connect with?

You get along with a wide range of people, crossing social groups to connect with others on a variety of common interests and ideas. Because you enjoy a diversity of activities, you might find yourself connecting with different social groups to enjoy different interests—one group to attend sports games, another to go to art museums, yet another to discuss your favorite movies. You are a versatile friend, able to easily adapt to a variety of group activities.

You are slow to trust others and let few people into your inner circle. You tend to have disagreements and fall out with people, and your lasting relationships are with people who are not easily pushed away. You get along best with thick-skinned people who appreciate your blunt style of communication. You are close with very few people, and only when they have shown themselves to be of the utmost integrity and trustworthiness.

What kind of friend are you?

You are a person who challenges others to be their best. You don't suffer fools gladly, and you don't hesitate to point out when someone else is not living up to expectations. Not everyone can handle this approach, and you may fall out with people who are not able to deal with your brand of honesty. However, those who you do click with will appreciate that they know where they stand with you.

You are a self-sufficient person and do not demand a lot of support or appreciation from your friends. In general, you take care of yourself, and you expect them to do the same.

You are quiet and unassuming and do not demand a lot of attention from your friends. You don't need constant interaction, but you do seek true connection. You usually prefer to have a few friendships which are deep and genuine rather than a wide circle of lesser acquaintances. You maintain your independence in relationships, allowing your friends plenty of space—and expect that they will do the same for you. You often take on the role of listener in your relationships, and will typically only take the floor when encouraged to do so.

Your Work Life

The type of work you choose, whether you find it satisfying, and even the jobs you'll be talented at are all heavily influenced by your personality traits. Understanding who you are can help you to choose a career that suits you. If you've already chosen your career path, you can gain a better understanding of the jobs, roles, and workplaces that will suit you based on your personality traits.

What do you want out of your career?

You seek a job that will allow you to feel successful while balancing your personal life. Although you are ambitious, you do not want an overly demanding career; you want to be able to earn a good living while still enjoying your free time. Your career is an important part of your identity, but not the only part.

Your ideal job allows you to feel a sense of personal accomplishment and success. You have a competitive spirit and especially like work that allows you to pit yourself against others in a battle to the finish line. You want work that offers rewards with a clear benefit to you, such as monetary bonuses or promotions. At the end of your workday, you enjoy feeling that you have prevailed.

You want a career that allows you to use your creativity as well as your practical knowledge. You enjoy building competence in an area and then using your knowledge to solve problems. You enjoy seeing tangible results for your work, although you do not always need a product to feel satisfied; you are also comfortable working with ideas and can gain satisfaction out of purely intellectual work. You prefer work which is not overly repetitive, although you can tolerate some routine. You enjoy learning new things on the job so long as you still have an

opportunity to practice your existing skills as well.

What are your natural talents?

You have a high degree of independence and can focus well on solitary tasks. You do not depend on the encouragement or attention of others to get the job done, instead working according to your own internal drives. You are especially good at work that requires quiet thought and focus. You are rarely distracted by office politics or drama, and maintain a composed demeanor.

You excel at putting personal concerns aside to get the job done. While others may get caught up trying to please others, you have a laser focus on what needs to be done to further your goals. Conflict does not bother you and you have no issue making controversial or unpopular decisions if they are the most rational option.

You are good at maintaining balance in your workload, putting in extra time when it is needed, and taking time to relax when you have fewer responsibilities. Although you can be highly productive when you are working on an especially interesting or demanding project, for the most part, you work at a steady pace with ample time for rest. You are not prone to workaholism, but still do what needs to be done.

What kinds of roles and workplaces suit you?

Your ideal job requires a mix of precision and creativity. You like a feeling of competence and want a job that frequently uses skills that you have practiced and refined. However, you also want the opportunity to learn new things and get out of your comfort zone once in a while. Jobs that require focused expertise in a particular area, with occasional opportunities to learn and develop, will be a good fit.

You gravitate towards companies and industries with a stable history, but an eye toward the future. You tend to feel comfortable when a field has a proven track record, but you do not want to feel stuck in the past.

Your ideal career allows you to work primarily on your own, solving problems and pursuing goals on your own schedule. You dislike having to interact with others on a regular basis, as you feel that you work best alone.

Your ideal workplace will be one where an individualist work style is appreciated. You will be stymied in workplaces where raucous team sessions are the norm and group brainstorming is expected. Instead, look for calm workplaces with plenty of quiet space to work.

Your ideal career takes advantage of your natural instinct toward competition. You have an aggressive streak, and although it may not be obvious to others, you can harness this drive to excel at work. Jobs that allow you to prove yourself and achieve personal rewards will be the most satisfying to you.

You will be most satisfied in workplaces which value results over relationships. Your sense of success is based on your own competence, not your ability to schmooze, and you want a workplace that rewards you accordingly. You will do best to avoid work environments that focus heavily on cooperation or being “friends” with your coworkers.