

Understand Myself

Personality Assessment Report

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The Understand Myself personality assessment and report is based on the Big Five Aspects Scale, the scientific model that describes your personality through the (Big Five) factors and each of their two aspects. This report describes where you stand in comparison to others in the general population on these traits and aspects.



The traits and aspects of the Big Five personality model are:

- Agreeableness: Compassion and Politeness
- Conscientiousness: Industriousness and Orderliness
- Extraversion: Enthusiasm and Assertiveness
- Neuroticism: Withdrawal and Volatility
- Openness: Intellect and Aesthetics

In the original Big Five Aspects Scale model, the openness factor was entitled "Openness to Experience," and its aspects were called "Intellect" and "Openness". For the sake of clarity, we have deviated from this, and use "Openness" or "Openness to Experience" to refer to the factor level trait and "Intellect" and "Aesthetics" to refer to its aspects.

Our systems have compared your-self-ratings to those of thousands of other people. You are being compared to men and women of all ages. This means that if you are young, your scores on neuroticism will be higher and on agreeableness and conscientiousness will be lower than if you were compared to people of your own age (with the reverse being true for older individuals). For men, their scores on agreeableness and on neuroticism will be lower than if they were just being compared to men. We decided to make the comparisons simple, so that you know where you stand in comparison to the typical person (with age and sex regarded as irrelevant).

Your scores are presented as percentiles. A percentile indicates where you stand on a particular trait with respect to the population. A percentile score of, say, 63, indicates that your score is as high or higher than 63% of the population.

Remember that each personality trait and aspect (and your relative position with respect to them) has advantages and disadvantages. It is for that reason that variation exists in the human population: there is a niche for each personality configuration. Much of what constitutes success in life is therefore the consequence of finding the place in relationships, work and personal commitment that corresponds to your unique personality structure. Good luck with your expanded self-understanding!

Note also that if you find the descriptions harsher than you might consider appropriate this may mean that you were more self-critical than necessary when completing the questions (remember, the results are based on your own self-report, compared to that of others). This can occur if you were feeling temporarily or chronically unhappy or anxious, or hungry, angry or judgmental when you completed the questions.

Agreeableness: Moderately Low

You are moderately low in agreeableness, which is the primary dimension of interpersonal interaction in the Big Five personality trait scientific model. The two aspects of agreeableness are compassion and politeness.

Your score puts you at the **35th** percentile for agreeableness. If you were one of 100 people in a room, you would be lower in agreeableness than **64** of them and higher in agreeableness than **35** of them.



Agreeableness is a very complex trait, with marked positive and negative elements all along its distribution. Because of this, higher scores and lower scores need to be explained at the same time. People high in agreeableness are nice: compliant, nurturing, kind, naively trusting and conciliatory. However, because of their tendency to avoid conflict, they often dissemble and hide what they think.

People low in agreeableness are not so nice: stubborn, dominant, harsh, skeptical, competitive and, in the extreme, even predatory. However, they tend to be straightforward, even blunt, so you know where they stand.

People with moderately low levels of agreeableness are seen by others as somewhat competitive, colder and less empathic. They are less likely to look for the best in others, and are not particularly tolerant (an attitude that is much valued by agreeable people). They are less concerned about the emotional state of others, willing to engage in conflict, and will sacrifice peace and harmony to make a point or (if conscientious) to get things done. People find them straightforward, even blunt. They tend towards dominance, rather than submission (particularly if also below average in neuroticism).

People with moderately low levels of agreeableness are not particularly forgiving, accepting, flexible, gentle or patient. They don't easily feel pity for those who are excluded, punished or defeated. They are also not easily taken advantage of by disagreeable, manipulative or otherwise troublesome people, or by those with criminal or predatory intent. Their skepticism plays a protective role, although it may interfere with their ability to cooperate with or trust others whose intentions are genuinely good. They can appreciate cooperation, but like competition, with its clear losers and winners. They will not easily lose arguments (or avoid discussions) with less agreeable people. They tend to be good at bargaining for themselves, or at negotiating for more recognition or power. They are likely to have higher salaries and to earn more money, in consequence. They are therefore less likely to suffer from resentment or to harbour invisible anger, although this tendency may be increased, if they are very high in neuroticism. In addition, because of their tendency to engage in conflict, when necessary, moderately disagreeable people tend not to sacrifice medium- to long-term stability and function for the sake of short-term peace. This means that problems that should be solved in the present are often solved, and do not accumulate counterproductively across time.

Women are higher in agreeableness than men. The mean percentile for women in a general population (women and men) is 61.5. For men it is 38.5. The fact that men are lower in agreeableness than women helps explain their much higher rates of criminal incarceration (90% male). The primary difference between criminals and non-criminals is disagreeableness. If the typical criminal is more disagreeable than 98% of people in the general population, then almost all those criminals will be male. This difference in agreeableness between men and women is largest in countries such as Norway and Sweden, where the most has been done to ensure equality of outcome between the sexes. This provides strong evidence that biological factors rather than environment and learning account for the dissimilarity.

Agreeableness, per se, is not strongly associated with political liberalism or conservatism, but this is because the aspects of agreeableness predict such political belief in opposite ways, and cancel each other out. Liberals are higher in aspect compassion, and conservatives in aspect politeness. However, alliance with the category of belief that has come to be known as politically correct is strongly predicted by agreeableness (particularly compassion). What this appears to mean is that agreeable people strongly identify with those they deem oppressed, seeing them, essentially, as exploited infants, and demonize those they see as oppressors, seeing them as cruel, heartless predators.

There are large differences between men and women in terms of spontaneous interest, and these also appear associated with agreeableness. Agreeable people, caring as they do for others, are more likely to enter professions associated with people, such as teaching and nursing, which are dominated by women. This is true even in the Scandinavian countries, where attempts to produce gender-equal societies has reached a maximum.

Disagreeable people, by contrast, appear to prefer systematizing over empathizing, and are more interested in things – machines and technology. In consequence, professions such as engineering and trades associated with construction and machinery tend to be dominated by relatively disagreeable men.

Compassion: Moderately Low

You are moderately low in compassion. Compassion is an aspect of agreeableness. The other aspect of agreeableness is politeness.

Your score puts you at the **25th** percentile for compassion. If you were one of 100 people in a room, you would be lower in compassion than **74** of them and higher in compassion than **25** of them.



Less compassionate people are not primarily oriented towards the problems of other people or other living things. They are less swayed by cuteness. They are willing to make other people experience negative emotion by engaging in conflict and competition. They like to win, and are less concerned about helping other people.

They make sure their own needs and interests are attended to, and are less likely to sacrifice for the sake of other people. This can make them appear harsh and unsympathetic. People might turn to them for the truth, but not for a soft, patient, eternally-listening ear. They are not markedly empathetic and caring. However, because they are not primarily other-oriented, they can often negotiate effectively on their own behalf, and are likely to get at least what they deserve (for their hard work, for example). In consequence, they are unlikely to harbor feelings of resentment or hidden anger.

Those who are liberal, politically, score somewhat higher in compassion than conservatives.

Women are also higher in compassion than men. The mean percentile for women in a general population (women and men) is 61. For men it is 39.

Politeness: Typical or Average

You are typical or average in politeness. Politeness is an aspect of agreeableness. The other aspect of agreeableness is compassion.

Your score puts you at the **52nd** percentile for politeness. If you were one of 100 people in a room, you would be higher in politeness than **52** of them and lower in politeness than **47** of them.



Typically polite people can be deferential to authority, but can also be challenging, when necessary. They are not particularly obedient. They can be respectful, but will also push back if pushed. They are not made uncomfortable by the necessity of standing up to other people. Typically polite people will avoid conflict, reasonably, but are not completely averse to confrontation.

Those who are liberal, politically, score somewhat lower in politeness than conservatives (the opposite pattern is seen with compassion).

Women are higher in politeness than men. The mean percentile for women in a general population (women and men) is 59. For men it is 41.

Conscientiousness: Very Low

You are very low in conscientiousness, which is the primary dimension of dutiful achievement in the Big Five personality trait scientific model.

Your score puts you at the **7th** percentile for conscientiousness. If you were one of 100 people in a room, you would be lower in conscientiousness than **92** of them and higher in conscientiousness than **7** of them.



Conscientiousness is a measure of obligation, attention to detail, hard work, persistence, cleanliness, efficiency and adherence to rules, standards and processes. Conscientious people implement their plans and establish and maintain order. The two aspects of conscientiousness are industriousness and orderliness.

People very low in conscientiousness do not regard duty as at all important. They are likely to regard those who slog away at their task as suckers, teacher's pets and boot-lickers. They will only work hard if directly and continually pushed by outside forces (supervisors, spouses, friends, parents). They can be very creative at wasting time. They are very likely to procrastinate (particularly if they are also above average in neuroticism). Even if they do commit to doing something, it is very likely they will be late, or delayed, even when there is no reason for failing to deliver. They formulate and deliver excuses for their failure under such circumstances, blaming the situation for their problems with task focus and completion. They are not at all decisive, neat, organized, future-oriented, or reliable, and they find themselves constantly distracted.

People with very low levels of conscientiousness are very likely to obtain poor grades in academic settings (particularly if they also less intelligent), and generally require substantial supervision to stay on task. For this reason, they make poor managers and administrators. They are not compelled to do things by the book, however. This can perhaps be an advantage, if they are engaged in creative tasks, where rules must be broken for advancement to take place. Very unconscientious people will not make career or educational accomplishment a primary goal, and will turn instead to pursuit of safety and security (if high in neuroticism), creative accomplishment (if high in openness), establishment of intimate relationships and friendships (if highly agreeable), or social success, excitement and fun (if extraverted). They are by no means ambitious.

People very low in conscientiousness tend to be markedly free of guilt, shame, self-disgust and self-contempt. Other people, however, are very likely to react negatively to their tendency to slack off and avoid responsibility (particularly if those other people are disagreeable and conscientious).

Individuals who are very low in conscientiousness appear unconcerned by failure. They are not at all judgmental, to themselves or others, and can easily and quickly find and formulate situational explanations for disappointment, frustration or lack of success. They can handle periods of inactivity and unemployment with ease. They chronically downplay the relationship between hard work, diligence and success, assuming instead that chance factors and luck in life play the only determining roles. They live for leisure and very much look forward to time off. They can be remarkably good at relaxing, taking it easy, and living in the moment (particularly when low in neuroticism). They are very much less concerned than average with cleaning, moral purity and achievement. It's far more fun to be at the beach or at a party with a person very low in conscientiousness – but you don't want to invite them over on moving day.

People very low in conscientiousness are strikingly more likely to be political liberals rather than conservatives. This is particularly true if they are also high in openness.

Women are very slightly more conscientious than men. The mean percentile for women in a general population (women and men) is 51.5. For men it is 49.5.

Industriousness: Exceptionally Low

You are exceptionally low in industriousness. Industriousness is an aspect of conscientiousness. The other aspect of conscientiousness is orderliness.

Your score puts you at the **3rd** percentile for industriousness. If you were one of 100 people in a room, you would be lower in industriousness than **96** of them and higher in industriousness than **3** of them.



People who are exceptionally low in industriousness are extremely unlikely to be successful in school and in administrative and managerial positions (particularly if they are also less intelligent). If they are highly intelligent, they will almost certainly be regarded as underachievers, by themselves and others.

They don't regard work as worthwhile or important, and are almost certain to procrastinate, miss deadlines, or fail to complete assignments or projects completely. They shirk all responsibility, concentrating on fun, worry, relationships, excitement or creative endeavor. They aren't all concerned with or interested in schedules, timelines or efficiency, and are unlikely to complete their tasks even if supervised excessively. They lack focus and are far too-easily and continually distracted.

People exceptionally low in industriousness are not at all judgmental to themselves or others. They continually and habitually let people, including themselves, off the hook. They insist that people fail not because they don't apply themselves or work hard but because chance and luck play the only determining roles. They are very resistant to guilt, self-disgust or self-contempt, and have a totally laissez-faire, whatever-will-be-will-be attitude toward life.

Those who are liberal and those who are conservative appear equally industrious.

Men are slightly more industrious than women. The mean percentile for men in a general population (women and men) is 51.5. For women it is 49.5.

Orderliness: Moderately Low

You are moderately low in orderliness. Orderliness is an aspect of conscientiousness. The other aspect of conscientiousness is industriousness.

Your score puts you at the **25th** percentile for orderliness. If you were one of 100 people in a room, you would be lower in orderliness than **74** of them and higher in orderliness than **25** of them.



People moderately low in orderliness are neither disturbed nor disgusted by mess and chaos. They tend simply not to notice such things. They see the world in shades of grey, rather than black and white, and are non-judgmental in their attitudes toward themselves and others.

They rarely use schedules, list, or routines and, even if they plan, tend not to implement those plans, preferring to take things as they come, and let chance determine the outcome. They are not oriented toward detail and take neither rules nor procedures too seriously.

People who are moderately low in orderliness care less than average for routine and predictability. Their schedules are loose and disruption doesn't bother them. They require almost constant reminder and supervision to maintain attention and focus, and are easily distracted. They can, however, tolerate the mess, disruption and intervening periods of chaos that may accompany creative endeavour.

Those who are below average in orderliness are less likely to be political conservatives. Orderliness is the second-best predictor of conservatism, after openness.

Women are more orderly than men. The mean percentile for women in a general population (women and men) is 54.5. For men it is 45.5. This may account for some of the trouble in relation to housework between women and men. Since women are, on average, more orderly, household disorder will trigger disgust and discomfort in them faster. This may happen with sufficient frequency so they end up doing a disproportionate share of such work (even though if they waited a bit longer their less orderly partners, often men, might end up equally troubled and motivated to fix the problem). Orderly people are more likely to have items such as event calendars, drawer organizers, laundry baskets, irons and ironing boards in their immediate environments.

Extraversion: Moderately High

You are moderately high in extraversion, which is the primary dimension of positive emotion in the Big Five personality trait scientific model. Extraversion is a measure of general sensitivity to positive emotions such as hope, joy, anticipation and approach, particularly in social situations. The two aspects of extraversion are enthusiasm and assertiveness.

Your score puts you at the **72nd** percentile for extraversion. If you were one of 100 people in a room, you would be higher in extraversion than **72** of them and lower in extraversion than **27** of them.



Since extraversion and introversion are poles that denote the ends of the spectrum for this trait, you can also think of yourself as being moderately low in introversion.

People with moderately high levels of extraversion are quite enthusiastic, talkative, assertive in social situations, and gregarious. They are often energized by social contact, and crave it. They typically like to plan parties, tell jokes, make people laugh and participate in community activities. They are somewhat more likely to have positive memories of the past, above-average levels of current self-esteem (particularly if they are low in neuroticism), and to feel optimism about the future.

People who are moderately extraverted don't often keep things to themselves, tending instead to share what they are thinking with everyone. They are self-disclosing (particularly if also high in neuroticism) and they warm fairly rapidly to other people. They are among the first to speak in meetings. They can be captivating and convincing. They are likely to be among the first to act in an ambiguous situation.

People who are moderately high in extraversion make more enthusiastic employees, and tend to be well-suited to jobs involving sales, persuasion, working in groups and public speaking (particularly, once again, if they are low in neuroticism). They are somewhat less suited to occupations that require a lot of isolated work (such as computer programming or accounting).

People moderately high in extraversion have a tendency to be impulsive, particularly when it comes to having fun in social situations. They are somewhat more likely to sacrifice the future to the present, when something social or group-oriented beckons. It can be difficult for them to be alone and to study and work. They can find themselves distracted by opportunities to chat, joke and socialize. This is particularly the case if they are also low in conscientiousness. When individuals are extraverted and conscientious, they are more productive than if they are introverted and conscientious. However, when they are introverted and unconscientious, they are more productive than they are when they are extroverted and unconscientious.

People moderately high in extraversion are comparatively more dominant in social situations, particularly if they are also low in agreeableness. Less agreeable extraverts tend to be self-centered – something that can be made worse if they are also low in conscientiousness.

Those who are politically liberal are slightly less extraverted than conservatives.

Women are slightly more extraverted than men. The mean percentile for women in a general population (women and men) is 52. For men it is 48.

Enthusiasm: Typical or Average

You are typical or average in enthusiasm. Enthusiasm is an aspect of extraversion. The other aspect of extraversion is assertiveness.

Your score puts you at the **41st** percentile for enthusiasm. If you were one of 100 people in a room, you would be higher in enthusiasm than **41** of them and lower in enthusiasm than **58** of them.



Individuals who are average in enthusiasm have their excitable moments, are sometimes happy, and are reasonably easy to get to know, but they are essentially moderate in their positive emotion. They will talk about things or people they find particularly interesting, but tend to keep more quiet, otherwise.

They laugh and joke, but not excessively. They don't crave the spotlight. They enjoy parties, in moderation, and generally like to be around people, but they can spend time alone. They don't warm up immediately to others, particularly in groups, and they can keep their own affairs private. They like excitement, but only in moderate doses. They are moderately positive about the past and future.

Enthusiasm is not strongly associated with political preference, either conservative or liberal.

Women are higher in enthusiasm than men. The mean percentile for women in a general population (women and men) is 55. For men it is 45.

Assertiveness: High

You are high in assertiveness. Assertiveness is an aspect of extraversion. The other aspect of extraversion is enthusiasm.

Your score puts you at the **88th** percentile for assertiveness. If you were one of 100 people in a room, you would be higher in assertiveness than **88** of them and lower in assertiveness than **11** of them.



Highly assertive people are “take charge” types. They put their own opinions forward strongly, and tend to dominate and control social situations. Assertive people can be influential and captivating. They have the communication style that is often associated with leadership.

This is good when they are knowledgeable, competent and able, but not so good when they aren't. Assertive people are people of action. They don't generally wait for others to lead the way. They can be more impulsive than average, and can act without thinking.

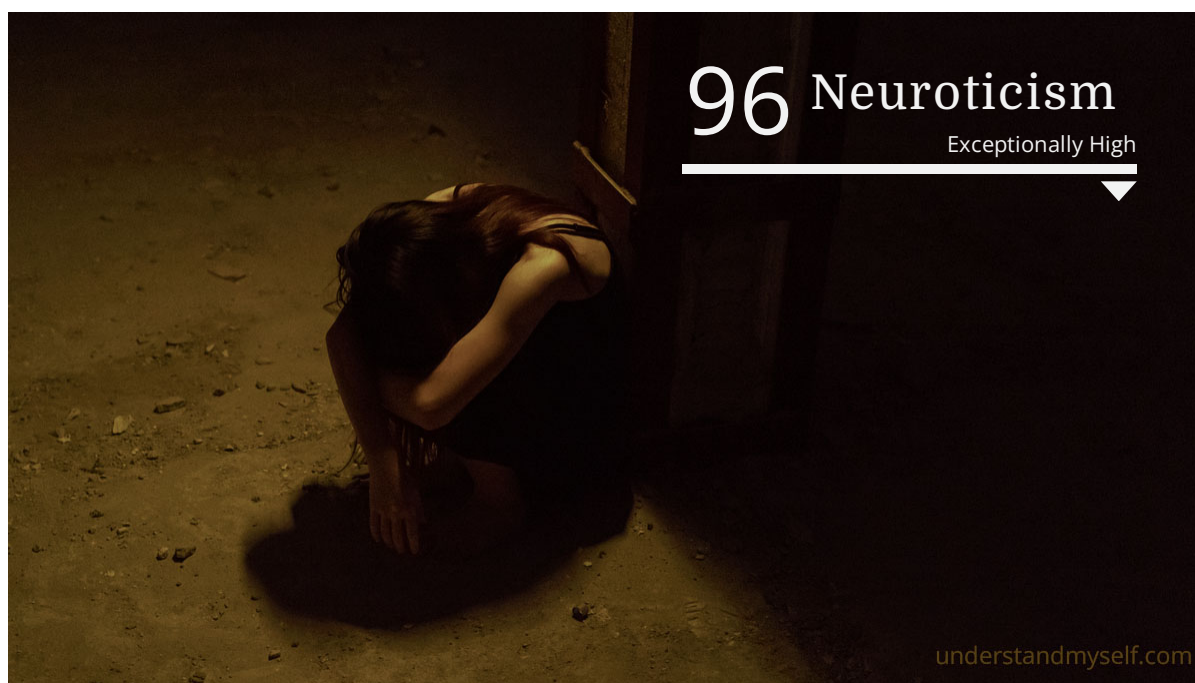
Liberals tend to be slightly less assertive than conservatives.

Women are slightly less assertive than men. The mean percentile for women in a general population (women and men) is 48. For men it is 52.

Neuroticism: Exceptionally High

You are exceptionally high in neuroticism, which is the primary dimension of negative emotion in the Big Five personality trait scientific model. Neuroticism is a measure of general sensitivity to negative emotions such as pain, sadness, irritable or defensive anger, fear and anxiety. The two aspects of neuroticism are withdrawal and volatility.

Your score puts you at the **96th** percentile for neuroticism. If you were one of 100 people in a room, you would be higher in neuroticism than **96** of them and lower in neuroticism than **3** of them.



People with exceptionally high levels of neuroticism are more likely to think that things have gone wrong in the past, are going wrong now, and will continue to go wrong into the future.

They are also more likely to be unhappy, anxious and irritable when just thinking or remembering, and when they encounter a genuine problem. They have unusually low levels of self-esteem, particularly when they are also low in extraversion. Neuroticism is a risk factor for anxiety disorders and depression.

Exceptionally high levels of neuroticism are likely to interfere with both success and satisfaction in relationships and career, with the strongest effect on relationships.

Exceptionally high levels of neuroticism are associated with constant concern about mental and physical health, far more physician and emergency room visits, and very frequent absenteeism at work and at school (particularly if accompanied by below average levels of conscientiousness).

People with exceptionally high levels of neuroticism appear to be extremely risk-averse, which means they will avoid recreational, career, financial and social situations where the possibility of loss is high. Such people appear to be unusually concerned with maintaining their current status, rather than enhancing it. Perhaps this is a good strategy in genuinely dangerous or uncertain times.

Neuroticism is not a powerful predictor of political belief, either conservative or liberal.

Females tend to be higher in neuroticism than males. The typical woman is higher in neuroticism than 60% of the general population of men and women combined. In part, this may be why women report more unhappiness in their relationships, at work, in school and with their health than men, on average, and why women initiate 70% of all divorces. This difference in neuroticism between men and women appears to emerge at puberty. It is largest in countries such as Norway and Sweden, where the most has been done to ensure equality of outcome between the sexes. This provides strong evidence that biological factors rather than environment and learning account for the dissimilarity.

Withdrawal: High

You are high in withdrawal. Withdrawal is an aspect of neuroticism. The other aspect of neuroticism is volatility.

Your score puts you at the **89th** percentile for withdrawal. If you were one of 100 people in a room, you would be higher in withdrawal than **89** of them and lower in withdrawal than **10** of them.



Individuals high in withdrawal may feel above average levels of anticipatory anxiety. This makes it much more challenging for them to approach new, uncertain, unexpected, threatening or complex situations. They are instead substantially more likely to avoid or withdraw in the face of the unknown and unexpected.

People high in withdrawal much more frequently feel sad, lonesome, disappointed and grief-stricken. They have higher than average levels of doubt and worry, become embarrassed easily, are self-conscious and strongly tend to get discouraged in the face of threat and punishment. Their anticipatory anxiety is likely to be general. They are sensitive to social rejection, and can be relatively easily hurt. Once hurt, frightened, or anxious, as well, it takes them longer to recover. They can be argumentative and lose their composure. They can be provocative in a dispute (particularly if also low in agreeableness). Perhaps people high in withdrawal are concerned that something bad might happen, while people high in volatility (the other aspect of neuroticism) get upset if something bad does happen. Technically, withdrawal has been associated with activity in the brain systems that regulate passive avoidance.

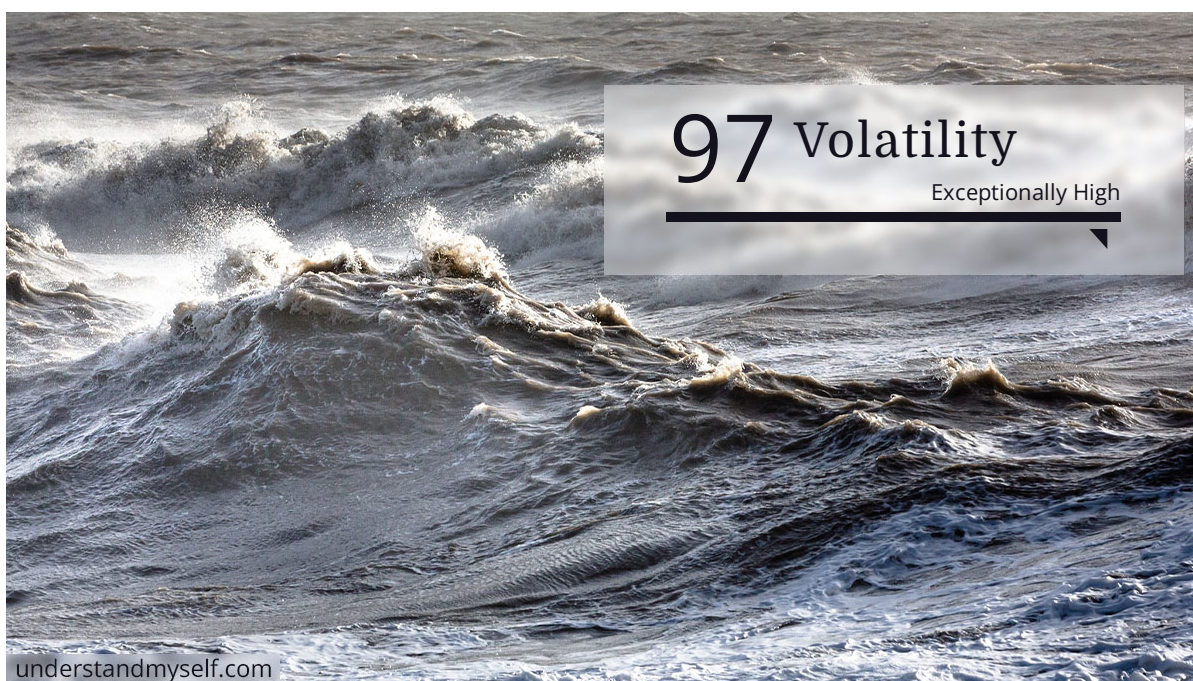
Those who are liberal, politically, are slightly higher in withdrawal than conservatives.

Women are higher in withdrawal than men. The mean percentile for women in a general population (women and men) is 60. For men it is 40.

Volatility: Exceptionally High

You are exceptionally high in volatility. Volatility is an aspect of neuroticism. The other aspect of neuroticism is withdrawal.

Your score puts you at the **97th** percentile for volatility. If you were one of 100 people in a room, you would be higher in volatility than **97** of them and lower in volatility than **2** of them.



Individuals exceptionally high in volatility tend to vary a great deal in their mood. They can be extremely irritable, reacting quite strongly to disappointment, frustration, pain and the threat of social isolation.

They can lash out and are unusually easily annoyed. They are likely to act out or verbally express their frustration, disappointment and irritability. They can be exceptionally easily stirred up and upset and, once angry or irritated, take a comparatively long time to calm down. They may be argumentative and can lose their composure.

Volatile people tend to get upset if something bad does happen, while people high in withdrawal (the other aspect of neuroticism) tend to be concerned that something bad might happen. Technically, volatility has been associated with activity in the brain systems that regulate fight, flight or freeze.

Volatility is not strongly related to political preference, either liberal or conservative.

Women are higher in volatility than men. The mean percentile for women in a general population (women and men) is 57.5. For men it is 42.5.

Openness: Exceptionally High

You are exceptionally high in openness, which is the primary dimension of creativity, artistic interest and intelligence (particularly verbal intelligence) in the Big Five personality trait scientific model. Openness is a measure of interest in novelty, art, literature, abstract thinking, philosophy as well as sensitivity to aesthetic emotions and beauty. The two aspects of openness are intellect and aesthetics.

Your score puts you at the **96th** percentile for openness. If you were one of 100 people in a room, you would be higher in openness than **96** of them and lower in openness than **3** of them.



People with exceptionally high levels of openness are almost always characterized by others as extremely smart, creative, exploratory, intelligent and visionary.

They are extremely interested in learning, and are constantly acquiring new abilities and skills. They are extremely curious and exploratory. They are exceptionally interested in abstract thinking, philosophy, and the meaning of belief systems and ideologies. They live for cultural events such as movies, concerts, dance recitals, plays, poetry readings, gallery openings and art shows. They are very likely to enjoy writing (or even to be driven to write). They enjoy complex, abstract ideas and deeply love to confront and solve complex, abstract and multi-dimensional problems.

They are almost always prolific readers, and are interested in a vast range of topics. They have an exceptionally broad and deep vocabulary. They can think and learn remarkably quickly. They are unusually proficient at formulating new ideas, and can be exceptionally articulate (particularly if average or above in extraversion). People exceptionally high in openness can see old things in remarkable ways. They can think outside of the box. When they hear or come up with an idea, many other ideas are usually triggered. They can formulate any single problem in an exceptionally diverse range of ways, and can generate a tremendously large number of problem-solving solutions. They will constantly seek change, often to make things better, but also just for the sake of change.

People who are exceptionally high in openness are poorly adapted to and do not do well in situations or occupations that are routinized and predictable. They fit badly at the bottom of hierarchies. They are unusually ill-suited to entry-level, repetitive, rote positions, because they are always thinking up new ways to do things, and such ideas are seldom welcome from someone at the bottom. They are extremely radical thinkers. They shake things up, particularly if they are also disagreeable and assertive. They are likely to be revolutionary rebels (particularly if average or below in conscientiousness).

Individuals exceptionally high in openness are entrepreneurial in spirit, as well as smart and creative. They can be overwhelmingly interested in creating new ventures, sometimes for profit, sometimes for curiosity, and sometimes for personal transformation. Exceptionally high levels of openness appear necessary to the formation and leadership of business and other forms of complex organization, although conscientiousness appears required for the attention to detail and process management that such organizations also always need.

Because people who are exceptionally high in openness are interested in absolutely everything, they can find it hard to settle on a single path in life, to specialize to a necessary degree, and to create an integrated identity. This is particularly dangerous if they are above average in neuroticism and/or below average in conscientiousness. People characterized by the combination of high openness and high neuroticism constantly undermine their own convictions and beliefs by incessant questioning and make themselves lost and anxious. Open, unconscientious people tend to be “under-achievers” (particularly if also above average in neuroticism). Such people appear to have the capability to succeed, can learn quickly, and are creative, but they seldom implement their ideas.

Openness is the dimension that best predicts political allegiance (with conscientiousness, particularly the aspect of orderliness, coming in at second place). Those who are liberal, politically, are very much more likely to be high in openness than conservatives.

Women and men differ very little in openness at the trait level, although there are differences in the aspect levels.

Intellect: Very High

You are very high in intellect. Intellect is an aspect of openness. The other aspect of openness is aesthetics.

Your score puts you at the **92nd** percentile for intellect. If you were one of 100 people in a room, you would be higher in intellect than **92** of them and lower in intellect than **7** of them.



Note: Do not confuse the personality aspect of Intellect with IQ. Intellect is a measure of interest in abstract ideas, essentially, while IQ is a measure of processing speed, verbal ability, working memory, and problem solving capacity, and is better measured with a formal IQ test. It is perfectly possible to have a high IQ and a low score on the personality trait of Intellect.

People very high in intellect are notably interested in ideas and abstract concepts. They crave exposure to novel information, even when it is complex. They are highly curious and exploratory, and actively want to find, tackle and solve challenging problems. They will much more frequently seek out and initiate issue-oriented discussions, and are very likely to read, think about and want to discuss idea-centered books (generally non-fiction). They are markedly articulate, and can formulate ideas clearly and quickly (particularly if average or higher in extraversion). They have a broad and wide vocabulary, and continually want to learn new things. People very high in intellect will constantly find and generate novel, creative concepts and voluntarily search for and adapt very well to new experiences and situations.

People very high in intellect find complex, rapidly changing occupations necessary and will generally excel at them (particularly if they are also high in conscientiousness and low in neuroticism). However, they are very much less well-suited to stable, straightforward and more traditional occupations, where the rules don't change, and will experience frequent periods of boredom and intolerable levels of frustration in such positions.

Liberals are higher in intellect than conservatives (although the biggest difference between the two is openness at the trait level).

Women are lower than men in intellect (although not in IQ). This is probably a difference in interest: people high in intellect, compared to aesthetics, are more likely to prefer the sciences to the arts. The mean percentile for women in a general population (women and men) is 45. For men it is 55.

Aesthetics: Very High

You are very high in aesthetics. Aesthetics is an aspect of openness. The other aspect of openness is intellect.

Your score puts you at the **95th** percentile for aesthetics. If you were one of 100 people in a room, you would be higher in aesthetics than **95** of them and lower in aesthetics than **4** of them.



In the original Big Five Aspects Scale model, the openness factor was entitled "Openness to Experience," and its aspects were called "Intellect" and "Openness". For the sake of clarity, we have deviated from this, and use "Openness" or "Openness to Experience" to refer to the factor level trait and "Intellect" and "Aesthetics" to refer to its aspects.

Generally speaking, a person's aesthetics score reflects their creativity. People who are very high in aesthetics love beauty. They require an outlet for their creative ability, or they cannot thrive. They need to be surrounded by art or beautiful crafts. They are strikingly sensitive to color and architectural form. They very much like to collect things, now and then to the point of obsession. They are very imaginative, and love to daydream and reflect on things. They are uncommonly affected by music, often of many genres, and may be musical or artistic themselves (both of these are rare in the general population). They can get unusually immersed in a book, or a movie, or in their own thoughts, and become oblivious to the outside world. They respond very strongly to beauty, creativity and art.

They can be impractical and flighty, however (particularly if low in conscientiousness). It can be extremely difficult to transform creativity into money, or into a career. High levels of creativity are, furthermore, necessary for entrepreneurial success, and often prove useful at the top of hierarchies, even in very conservative occupations such as banking, accounting and law, which need creative people in leadership positions to provide new vision and direction.

Liberals are higher in aesthetics than conservatives (although the biggest difference between the two is openness at the trait level).

Women are higher in aesthetics than men. The mean percentile for women in a general population (women and men) is 56.5. For men it is 44.5.