The Big Five

2022/1/2 下午2:48:19

Agreeableness

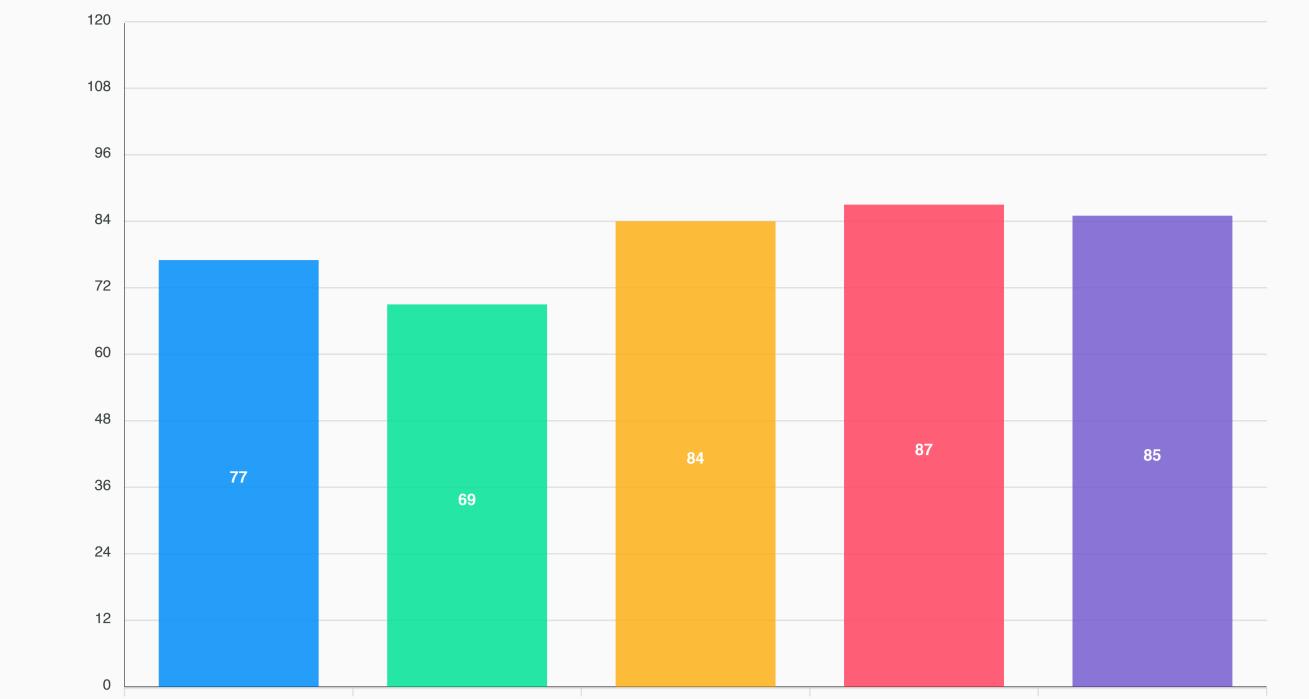
Conscientiousness

Compare with others

Important! Save the following ID to see the results later or compare yourself to others

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See your results



Openness To Experience

Neuroticism refers to the tendency to experience negative feelings.

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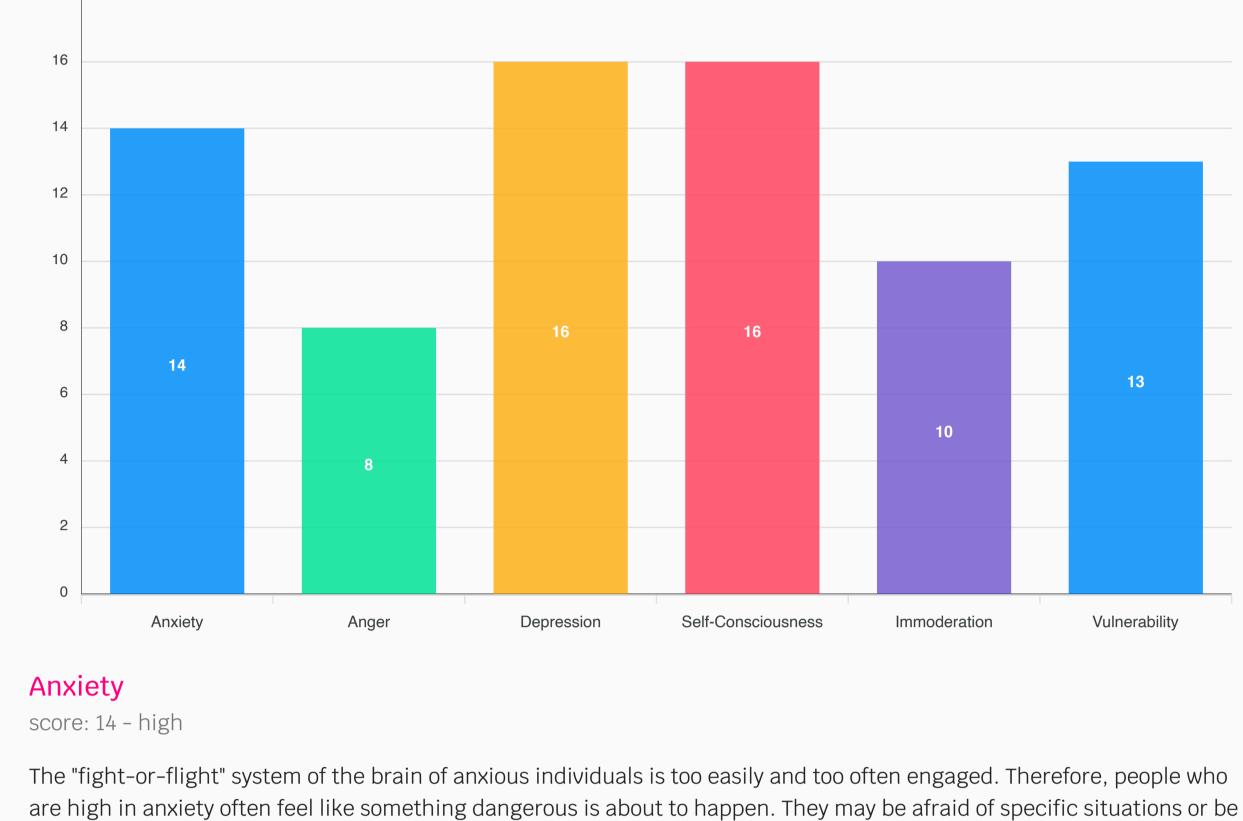
Neuroticism

score: 77 - high

Neuroticism

18

Extraversion



Anger score: 8 - low

Persons who score high in Anger feel enraged when things do not go their way. They are sensitive about being treated fairly and feel resentful and bitter when they feel they are being cheated. This scale measures the tendency to feel angry; whether or not the person expresses annoyance and hostility depends on the individual's level on Agreeableness. Low

just generally fearful. They feel tense, jittery, and nervous. Persons low in Anxiety are generally calm and fearless.

Depression score: 16 - high

scorers do not get angry often or easily.

This scale measures the tendency to feel sad, dejected, and discouraged. High scorers lack energy and have difficulty initiating activities. Low scorers tend to be free from these depressive feelings. Self-Consciousness score: 16 - high

Self-conscious individuals are sensitive about what others think of them. Their concern about rejection and ridicule

cause them to feel shy and uncomfortable around others. They are easily embarrassed and often feel ashamed. Their

discomfort may make these fears a self-fulfilling prophecy. Low scorers, in contrast, do not suffer from the mistaken

fears that others will criticize or make fun of them are exaggerated and unrealistic, but their awkwardness and

impression that everyone is watching and judging them. They do not feel nervous in social situations.

irresistible cravings and consequently do not find themselves tempted to overindulge.

Immoderation

score: 10 - low

Vulnerability score: 13 - high High scorers on Vulnerability experience panic, confusion, and helplessness when under pressure or stress. Low scorers feel more poised, confident, and clear-thinking when stressed.

Immoderate individuals feel strong cravings and urges that they have have difficulty resisting. They tend to be oriented

toward short-term pleasures and rewards rather than long-term consequences. Low scorers do not experience strong,

Extraversion is marked by pronounced engagement with the external world.

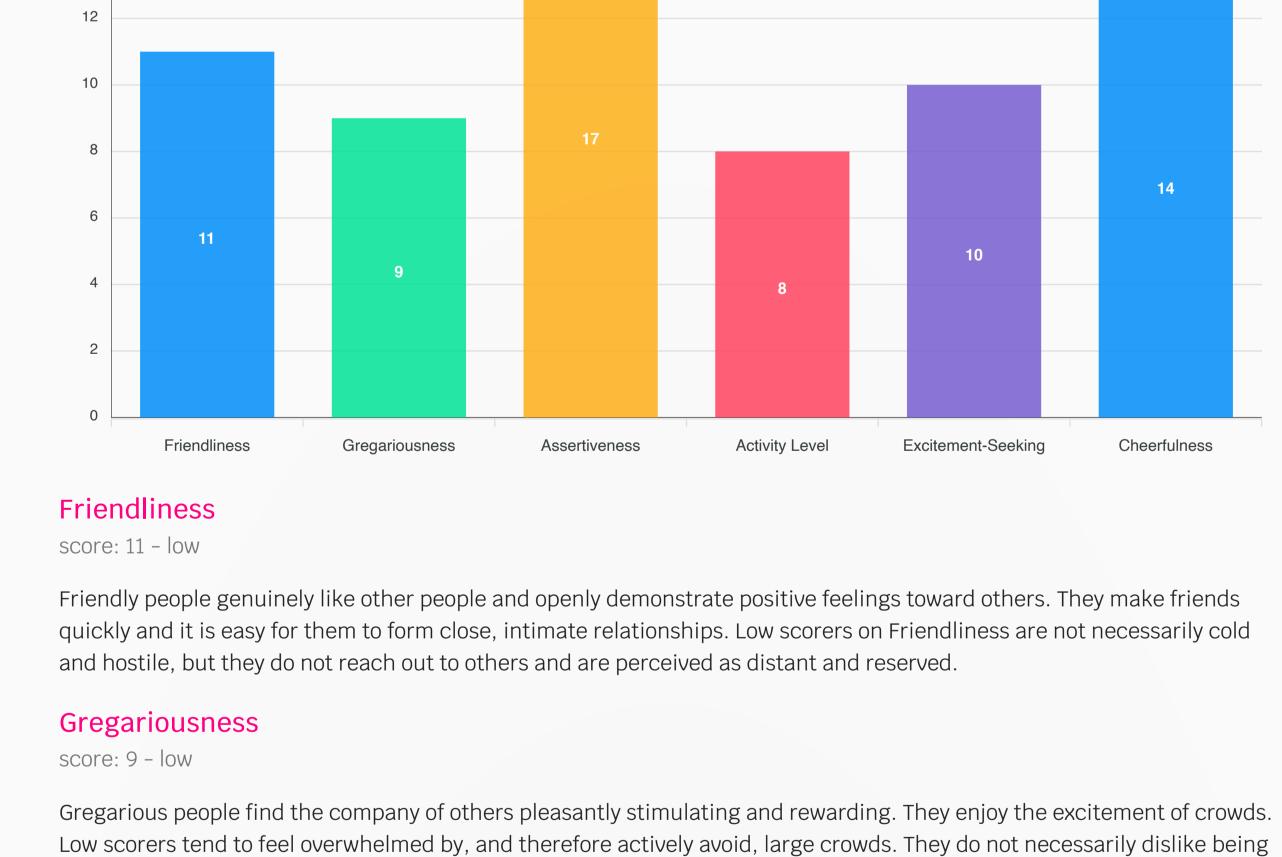
score: 69 - low

Extraversion

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Assertiveness score: 17 - high

high on this scale.

groups. Low scorers tend not to talk much and let others control the activities of groups. **Activity Level** score: 8 - low Active individuals lead fast-paced, busy lives. They move about quickly, energetically, and vigorously, and they are

involved in many activities. People who score low on this scale follow a slower and more leisurely, relaxed pace.

High scorers Assertiveness like to speak out, take charge, and direct the activities of others. They tend to be leaders in

with people sometimes, but their need for privacy and time to themselves is much greater than for individuals who score

score: 10 - low High scorers on this scale are easily bored without high levels of stimulation. They love bright lights and hustle and

Excitement-Seeking

adverse to thrill-seeking. Cheerfulness score: 14 - high

This scale measures positive mood and feelings, not negative emotions (which are a part of the Neuroticism domain).

Persons who score high on this scale typically experience a range of positive feelings, including happiness, enthusiasm,

bustle. They are likely to take risks and seek thrills. Low scorers are overwhelmed by noise and commotion and are

optimism, and joy. Low scorers are not as prone to such energetic, high spirits. Openness To Experience score: 84 - high

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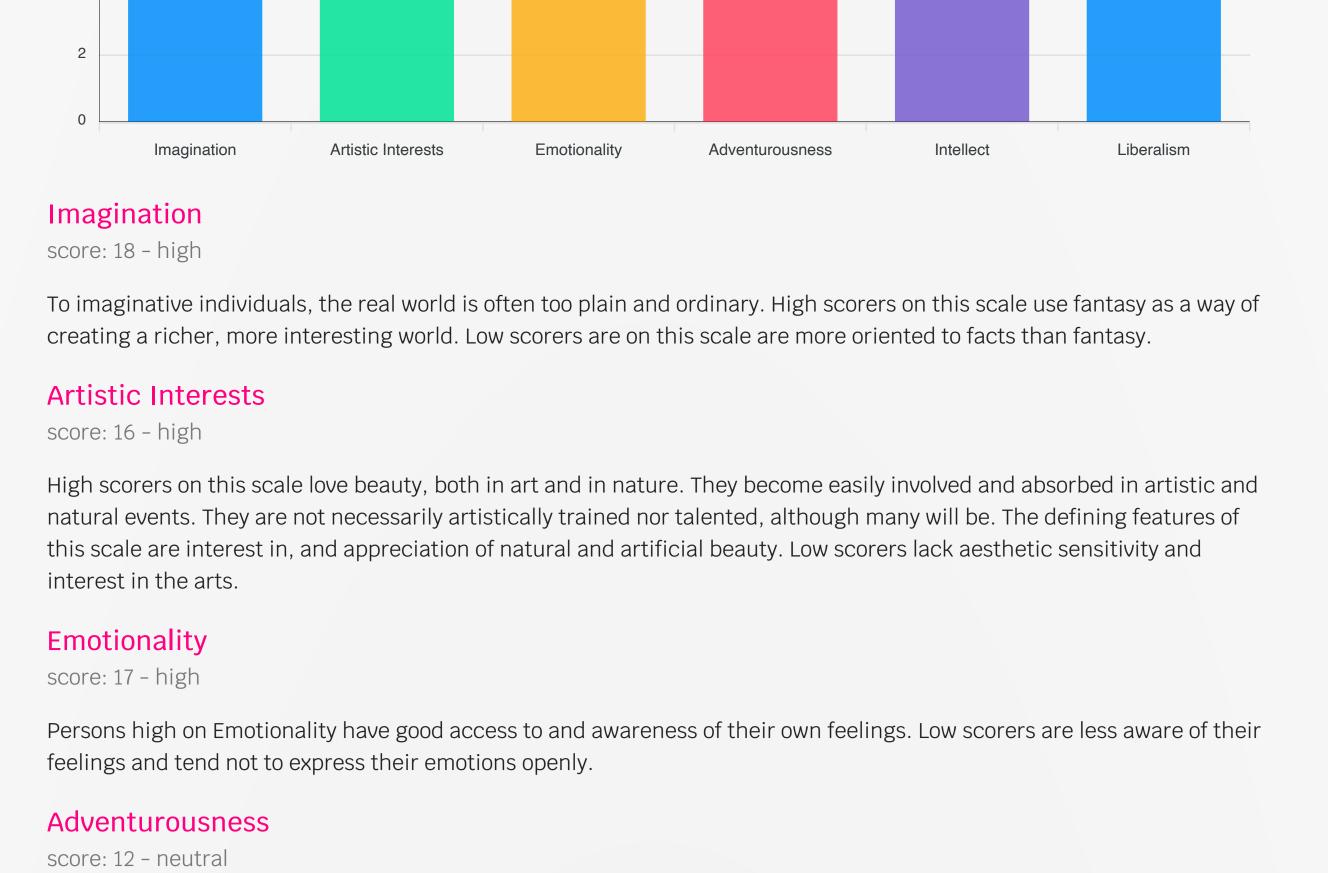
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feel uncomfortable with change and prefer familiar routines.

incline individuals toward certain political parties.

down-to-earth, conventional people. 20

Openness to Experience describes a dimension of cognitive style that distinguishes imaginative, creative people from



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Cautiousness

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than ideas. They regard intellectual exercises as a waste of time. Intellect should not be equated with intelligence. Intellect is an intellectual style, not an intellectual ability, although high scorers on Intellect score slightly higher than low-Intellect individuals on standardized intelligence tests. Liberalism

Psychological liberalism refers to a readiness to challenge authority, convention, and traditional values. In its most

love of ambiguity, chaos, and disorder. Psychological conservatives prefer the security and stability brought by

extreme form, psychological liberalism can even represent outright hostility toward rules, sympathy for law-breakers, and

conformity to tradition. Psychological liberalism and conservatism are not identical to political affiliation, but certainly

Intellect and artistic interests are the two most important, central aspects of openness to experience. High scorers on

Intellect love to play with ideas. They are open-minded to new and unusual ideas, and like to debate intellectual issues.

They enjoy riddles, puzzles, and brain teasers. Low scorers on Intellect prefer dealing with either people or things rather

High scorers on adventurousness are eager to try new activities, travel to foreign lands, and experience different things.

They find familiarity and routine boring, and will take a new route home just because it is different. Low scorers tend to

Conscientiousness score: 87 - high Conscientiousness concerns the way in which we control, regulate, and direct our impulses.

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Self-Efficacy

a sense that they are not in control of their lives.

Self-Efficacy

score: 18 - high

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Orderliness

Intellect

score: 10 - low

score: 11 - low

12 10

Dutifulness

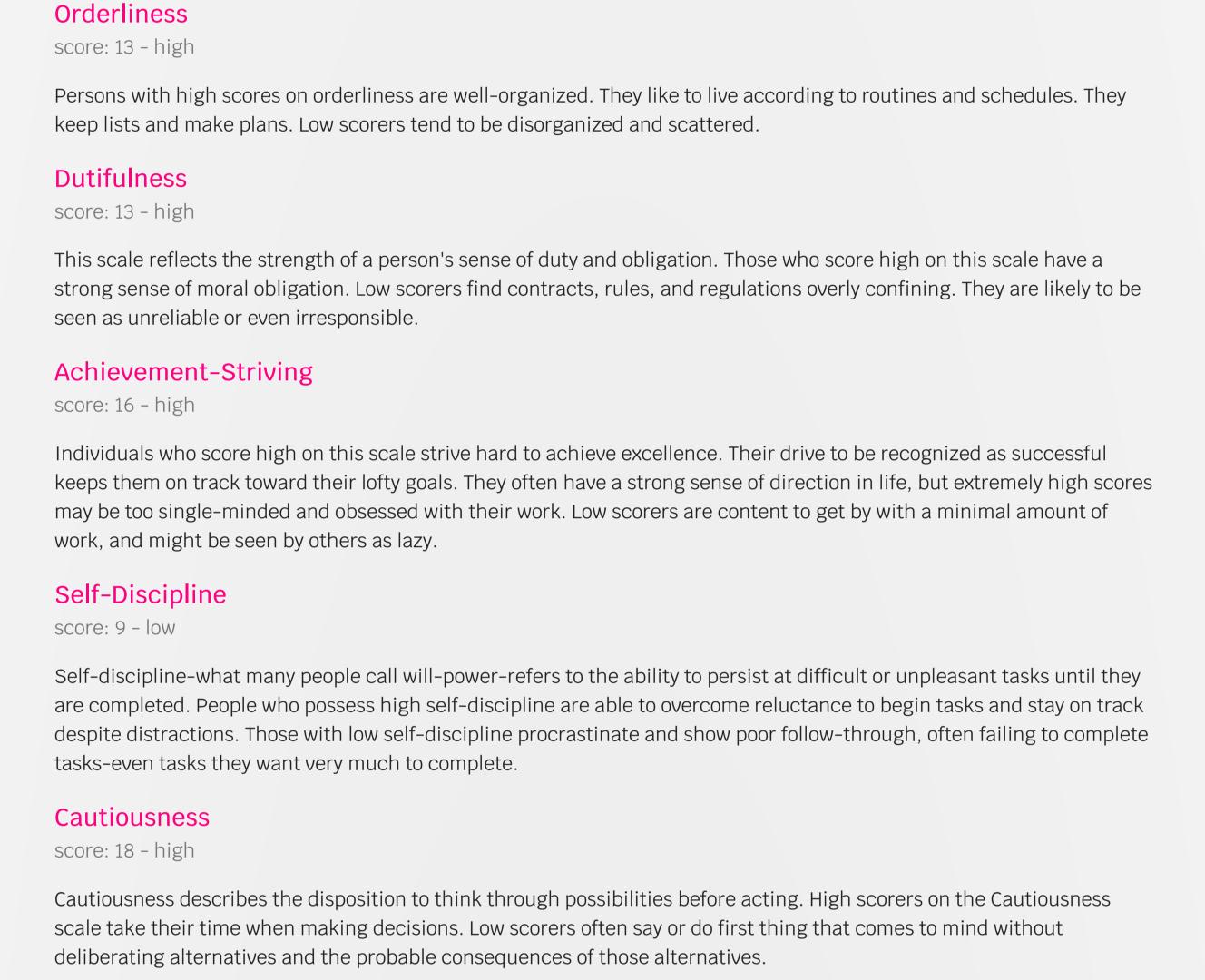
Self-Efficacy describes confidence in one's ability to accomplish things. High scorers believe they have the intelligence

(common sense), drive, and self-control necessary for achieving success. Low scorers do not feel effective, and may have

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Achievement-Striving

Self-Discipline



Agreeableness reflects individual differences in concern with cooperation and social harmony. Agreeable individuals

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Agreeableness

value getting along with others.

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others as selfish, devious, and potentially dangerous.

they are simply more guarded and less willing to openly reveal the whole truth.

score: 85 - high

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Trust Morality Altruism Cooperation Modesty Sympathy Trust score: 13 - high

A person with high trust assumes that most people are fair, honest, and have good intentions. Persons low in trust see

High scorers on this scale see no need for pretense or manipulation when dealing with others and are therefore candid,

frank, and sincere. Low scorers believe that a certain amount of deception in social relationships is necessary. People find

it relatively easy to relate to the straightforward high-scorers on this scale. They generally find it more difficult to relate to

the unstraightforward low-scorers on this scale. It should be made clear that low scorers are not unprincipled or immoral;

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Altruism score: 12 - neutral

Morality

score: 18 - high

Altruistic people find helping other people genuinely rewarding. Consequently, they are generally willing to assist those who are in need. Altruistic people find that doing things for others is a form of self-fulfillment rather than self-sacrifice. Low scorers on this scale do not particularly like helping those in need. Requests for help feel like an imposition rather than an opportunity for self-fulfillment. Cooperation score: 17 - high

Individuals who score high on this scale dislike confrontations. They are perfectly willing to compromise or to deny their own needs in order to get along with others. Those who score low on this scale are more likely to intimidate others to get their way. Modesty

score: 10 - low

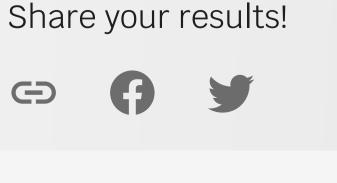
High scorers on this scale do not like to claim that they are better than other people. In some cases this attitude may derive from low self-confidence or self-esteem. Nonetheless, some people with high self-esteem find immodesty unseemly. Those whoare willing to describe themselves as superior tend to be seen as disagreeably arrogant by other people.

People who score high on this scale are tenderhearted and compassionate. They feel the pain of others vicariously and are easily moved to pity. Low scorers are not affected strongly by human suffering. They pride themselves on making objective judgments based on reason. They are more concerned with truth and impartial justice than with mercy.

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Sympathy

score: 15 - high



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