Traits of Personality

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Introduction
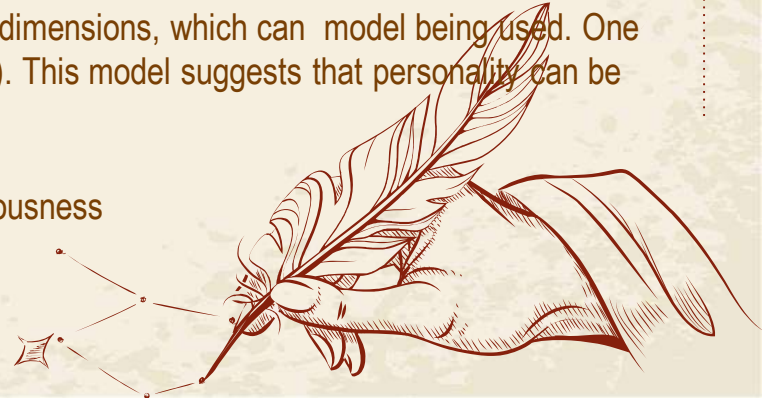
#.**Traits of personality.**

Personality traits are the characteristic patterns of thoughts, feelings, and behaviors that make an individual unique. They are relatively stable over time and across different situations, and they play a significant role in how a person interacts with others and navigates the world.

Personality traits are typically organized into several broad categories or dimensions, which can model being used. One of the most widely accepted frameworks is the **Five-Factor Model (FFM)**. This model suggests that personality can be described along five major dimensions:
They are :
1.Extraversion
2.Aggreeableness
3.Openness
4.Conscientiousness
5.Neuroticism

1.Extraversion

2.Neuroticism

Neuroticism refers to tendency to experience negative emotions, such as:

1.Anxiety

2.Depression

3.Mood swings

4.Irritability

3. AGREEABLENESS

Agreeableness is a personality trait that reflects how well an individual gets along with others . In a simple words, it means how a person interacts with others focusing on kindness, empathy and cooperation.

Key points of agreeableness
1) Kindness
   Desire or willing to help others.

2) Empathy
   Understand and able to share the feelings of others.

3) Cooperation
   Ability to works well with others and avoid unnecessary conflict.

#.How to improve agreeableness

1.Practice active listening

2.Offer help when needed

3.Appreciate others

4.Avoid unnecessary criticism and conflict

5.Show empathy