

TRAITHARBOR PRO REPORT

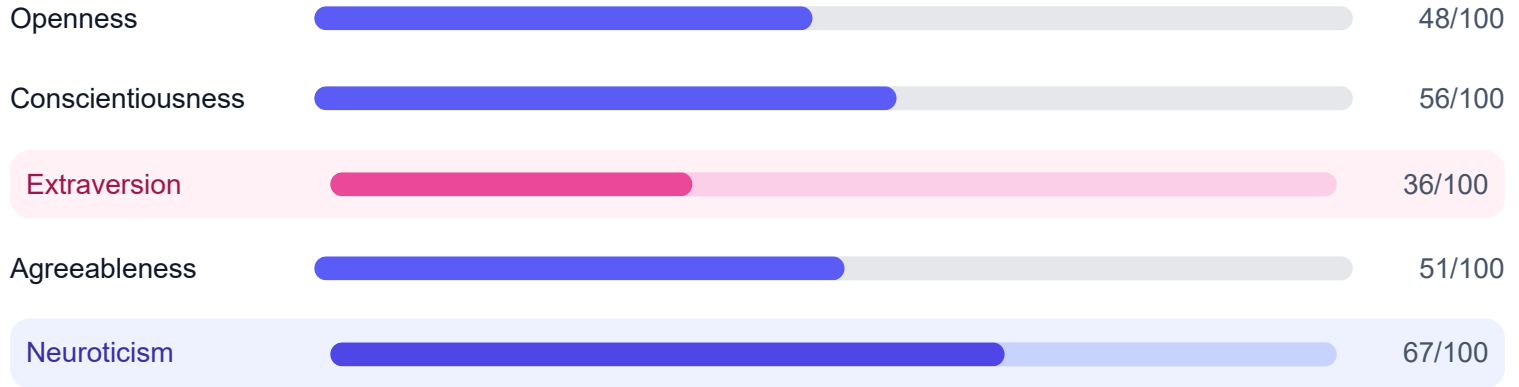
Your Personality Profile

Generated on February 19, 2026

Big Five snapshot

Profile shape: Peak profile (range 31 points across traits).

Snapshot shape: You show clear peaks in **Neuroticism**, with quieter zones in **Extraversion**.



Highest: **Neuroticism (67/100)**. Lowest: **Extraversion (36/100)**.

Most pronounced facet: Self consciousness (94/100). Lowest facet: Worry (44/100).

Neuroticism reflects how you typically think, feel, and respond. You can flex this trait depending on the situation, balancing it with other strengths.

How to read this report

- Scores are on a 0–100 scale based on your responses (not population percentiles).
- Differences under ~7 points are often small; focus on patterns and facet spread.
- Traits are not “good” or “bad” — each has upsides, trade-offs, and context.
- This is for personal insight only and is not a medical or diagnostic tool.

Your trait rank order

Your trait rank order is Neuroticism, Conscientiousness, Agreeableness, Openness, Extraversion.

Percentile snapshot (when available):

- Openness: 48/100
- Conscientiousness: 56/100
- Extraversion: 36/100
- Agreeableness: 51/100
- Neuroticism: 67/100

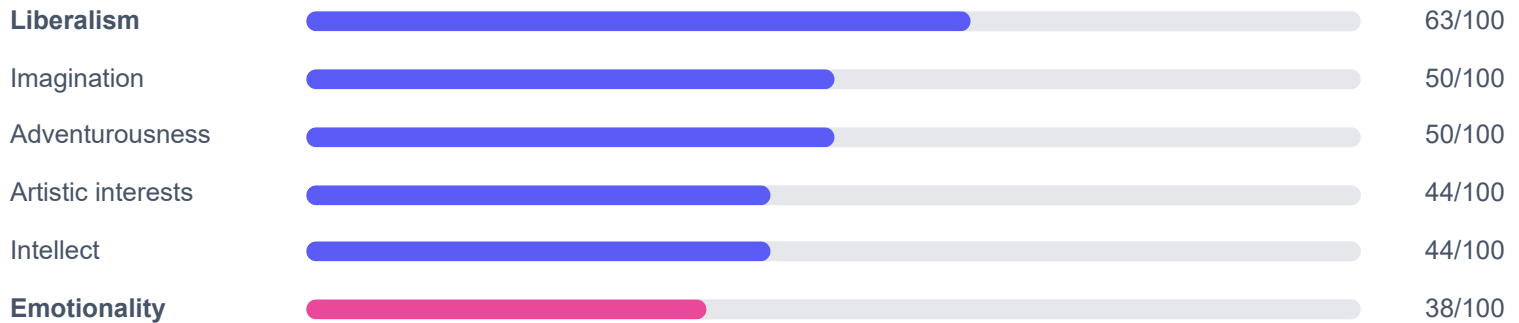
Openness - Balanced (48/100)

Your openness is balanced (48/100). Within this trait, Liberalism (63/100) stands out most, while Emotionality (38/100) is the lowest facet.

Facet spread: Mixed (range 25 points).

Facet scores show a blend of steadier areas and sharper contrasts within this trait. (Range 25 points.)

Facet breakdown



- Most pronounced facet: Liberalism (63/100).
- Lowest facet: Emotionality (38/100).

Openness reflects how you typically think, feel, and respond. You can flex this trait depending on the situation, balancing it with other strengths.

Strengths

- You can blend creativity with practicality when tackling challenges.
- You stay open to new ideas while valuing proven approaches.

Balance tips

- You seek out occasional novelty to keep your thinking flexible.
- You give yourself permission to experiment in low-risk ways.

Try this this week

Schedule 10 minutes to explore a new idea, then capture one practical next step.

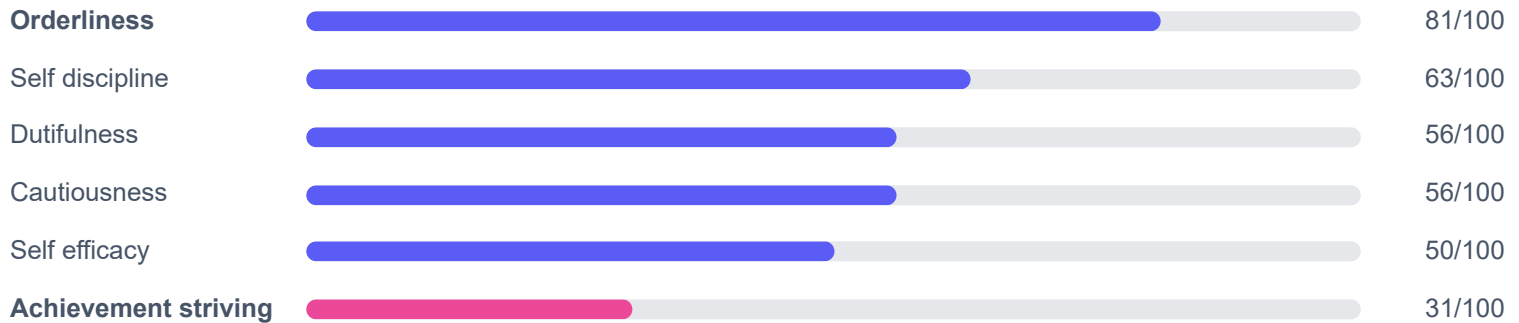
Conscientiousness - Balanced (56/100)

Your conscientiousness is balanced (56/100). Within this trait, Orderliness (81/100) stands out most, while Achievement striving (31/100) is the lowest facet.

Facet spread: Varied (range 50 points).

Facet scores differ noticeably across this trait, with clearer highs and lows. (Range 50 points.)

Facet breakdown



- Most pronounced facet: Orderliness (81/100).
- Lowest facet: Achievement striving (31/100).

Conscientiousness reflects how you typically think, feel, and respond. You can flex this trait depending on the situation, balancing it with other strengths.

Strengths

- You balance structure with adaptability in your approach.
- You can plan ahead while staying open to change.

Balance tips

- You build simple routines to support your goals.
- You clarify priorities to avoid unnecessary stress.

Try this this week

Pick one priority and set a 15-minute timer to complete a focused first step.

Extraversion - Low (36/100)

Your extraversion is low (36/100). Within this trait, Assertiveness (56/100) stands out most, while Friendliness (6/100) is the lowest facet.

Facet spread: Varied (range 50 points).

Facet scores differ noticeably across this trait, with clearer highs and lows. (Range 50 points.)

Facet breakdown



- Most pronounced facet: Assertiveness (56/100).
- Lowest facet: Friendliness (6/100).

Extraversion reflects how you typically think, feel, and respond. You rely on this trait less, leaning on other qualities in most situations.

Strengths

- You are thoughtful, observant, and comfortable with quiet focus.
- You listen deeply and avoid unnecessary distractions.

Balance tips

- You seek supportive social settings to expand your comfort zone.
- You practice sharing ideas early rather than waiting too long.

Try this this week

Reach out to one person for a brief check-in and ask a thoughtful question.

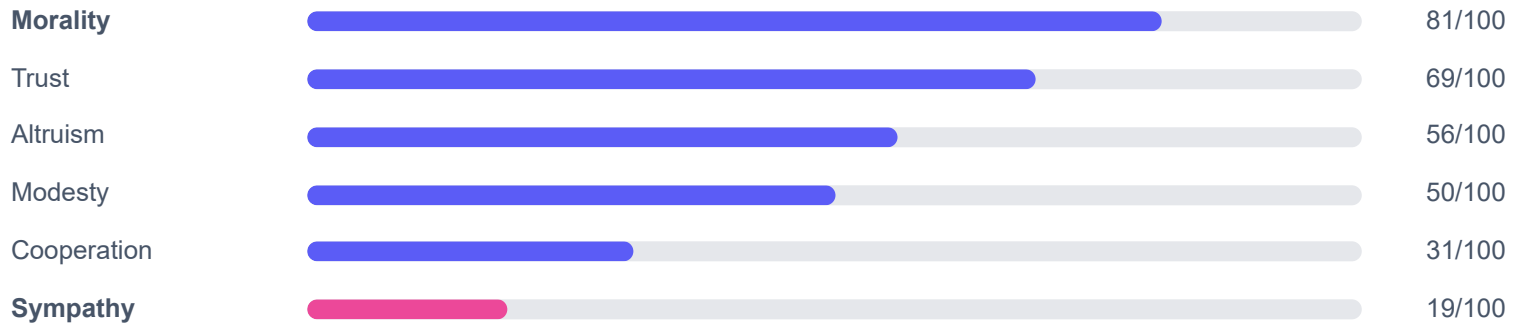
Agreeableness - Balanced (51/100)

Your agreeableness is balanced (51/100). Within this trait, Morality (81/100) stands out most, while Sympathy (19/100) is the lowest facet.

Facet spread: Varied (range 62 points).

Facet scores differ noticeably across this trait, with clearer highs and lows. (Range 62 points.)

Facet breakdown



- Most pronounced facet: Morality (81/100).
- Lowest facet: Sympathy (19/100).

Agreeableness reflects how you typically think, feel, and respond. You can flex this trait depending on the situation, balancing it with other strengths.

Strengths

- You balance empathy with honest feedback.
- You can collaborate while maintaining your own perspective.

Balance tips

- You lean into curiosity when conflict arises.
- You offer appreciation explicitly to reinforce connection.

Try this this week

Offer one small act of support while stating a clear, respectful boundary.

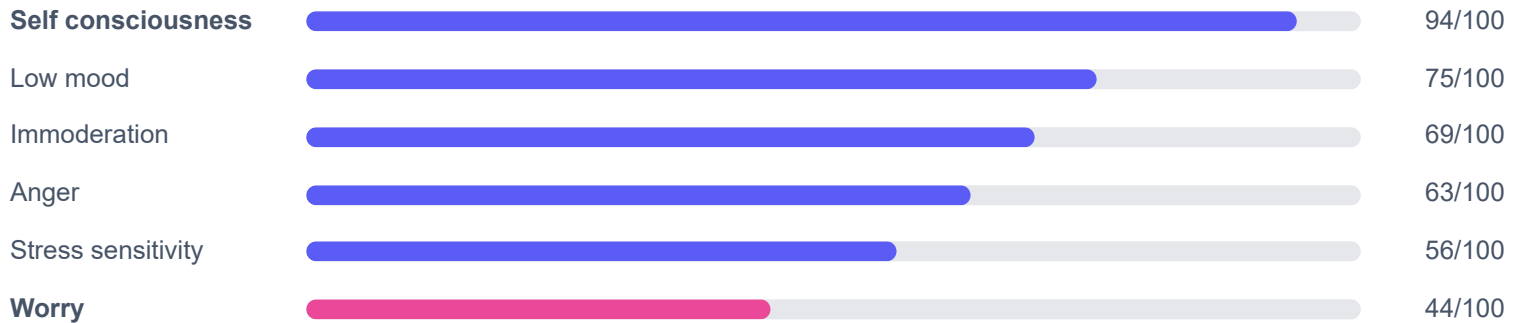
Neuroticism - Balanced (67/100)

Your neuroticism is balanced (67/100). Within this trait, Self consciousness (94/100) stands out most, while Worry (44/100) is the lowest facet.

Facet spread: Varied (range 50 points).

Facet scores differ noticeably across this trait, with clearer highs and lows. (Range 50 points.)

Facet breakdown



- Most pronounced facet: Self consciousness (94/100).
- Lowest facet: Worry (44/100).

Neuroticism reflects how you typically think, feel, and respond. You can flex this trait depending on the situation, balancing it with other strengths.

Strengths

- You balance emotional awareness with steady resilience.
- You can stay calm while still noticing risks.

Balance tips

- You use grounding routines when stress levels rise.
- You name emotions early to keep them manageable.

Try this this week

Take a 2-minute reset: breathe slowly and name the feeling before moving forward.

Your pattern

Your top traits are Neuroticism and Conscientiousness. It suggests you balance emotional awareness with steady resilience. Meanwhile, Conscientiousness adds another layer: you balance structure with adaptability in your approach.

30-day action plan

Lean into: Conscientiousness

- Pick one priority and set a 15-minute timer to complete a focused first step.
- You balance structure with adaptability in your approach.

Support: Extraversion

- Reach out to one person for a brief check-in and ask a thoughtful question.
- You seek supportive social settings to expand your comfort zone.

Stress reset: stress-response sensitivity

- Acknowledge your stress-response sensitivity and name the first signal you notice (tension, restlessness, or worry).
- Take a 2-minute reset: breathe slowly and name the feeling before moving forward.
- Use a quick regulation technique: slow breathing, grounding through the senses, or a brief reset walk.

1-week micro-habit



- Morning (10 min): Do a 2-minute stress reset with slow breathing and grounding.
- Evening (1 min): Name your first stress signal and one response that helped.

Resources & methodology

- Scores are normalized on a 0–100 scale from your questionnaire responses (not percentiles).
- The Big Five framework is widely used in personality research; facets show how traits show up in daily life.
- This report is for personal insight only and does not diagnose or treat any mental health condition.