

## TRAITHARBOR PRO REPORT

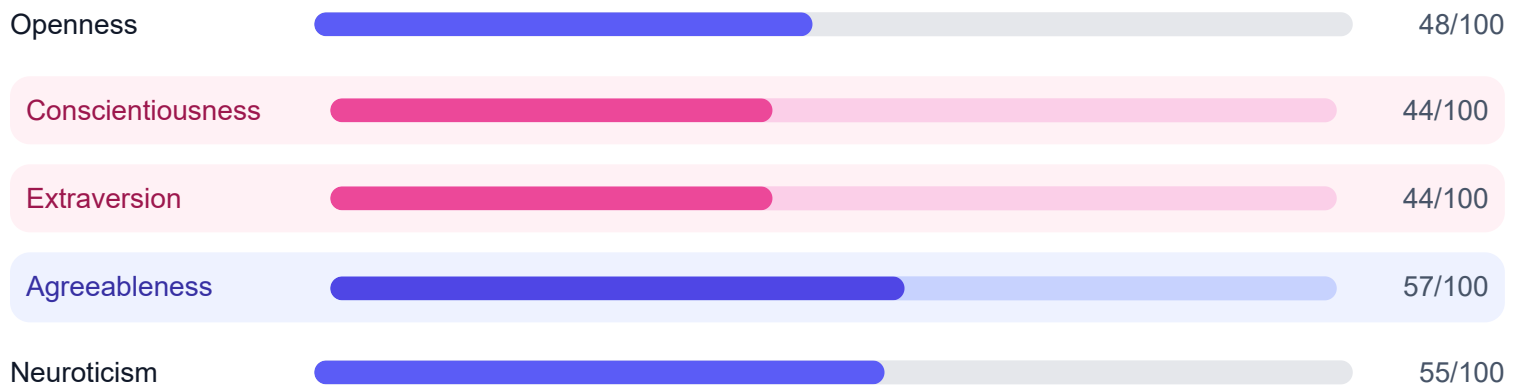
# Your Personality Profile

Generated on February 19, 2026

## Big Five snapshot

**Profile shape:** Balanced profile (range 13 points across traits).

**Snapshot shape:** You show clear peaks in **Agreeableness**, with quieter zones in **Conscientiousness** and **Extraversion**.



Highest: **Agreeableness (57/100)**. Lowest: **Conscientiousness (44/100)** and **Extraversion (44/100)** (tied).

Most pronounced facet: Trust (75/100). Lowest facet: Sympathy (38/100).

Agreeableness 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 Agreeableness, Neuroticism, Openness, Conscientiousness, Extraversion.

Percentile snapshot (when available):

- Openness: 48/100
- Conscientiousness: 44/100
- Extraversion: 44/100
- Agreeableness: 57/100
- Neuroticism: 55/100

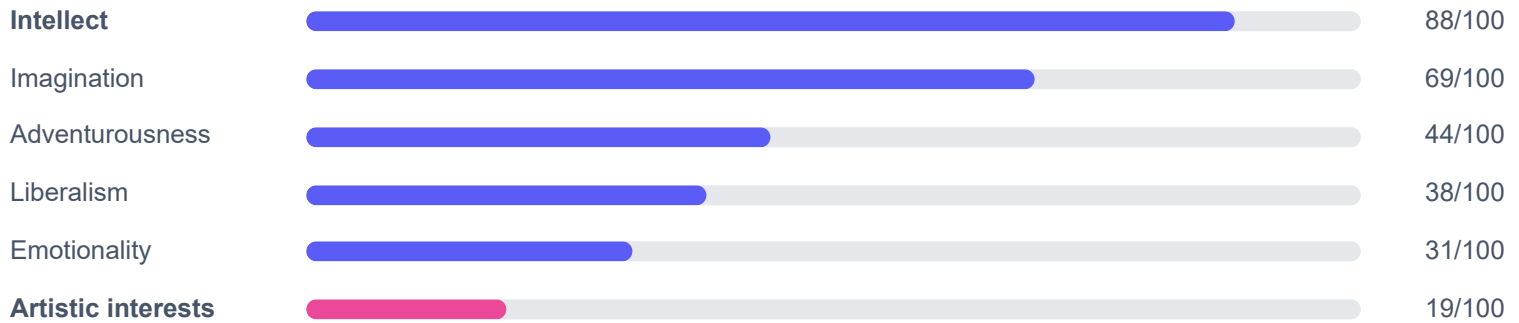
## Openness - Balanced (48/100)

Your openness is balanced (48/100). Within this trait, Intellect (88/100) stands out most, while Artistic interests (19/100) is the lowest facet.

**Facet spread:** Varied (range 69 points).

Facet scores differ noticeably across this trait, with clearer highs and lows. (Range 69 points.)

### Facet breakdown



- Most pronounced facet: Intellect (88/100).
- Lowest facet: Artistic interests (19/100).

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.

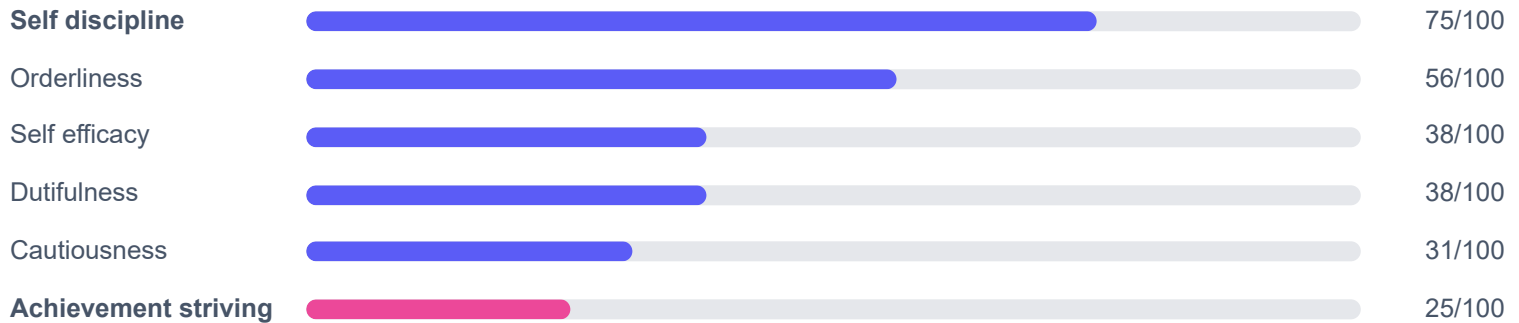
## Conscientiousness - Balanced (44/100)

Your conscientiousness is balanced (44/100). Within this trait, Self discipline (75/100) stands out most, while Achievement striving (25/100) 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 discipline (75/100).
- Lowest facet: Achievement striving (25/100).

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.

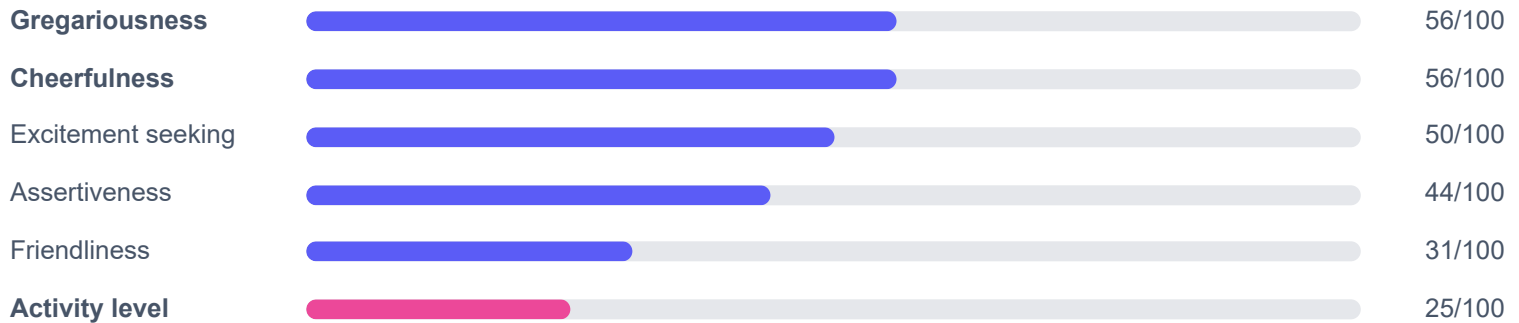
## Extraversion - Balanced (44/100)

Your extraversion is balanced (44/100). Within this trait, Gregariousness (56/100) stands out most, while Activity level (25/100) is the lowest facet.

**Facet spread:** Mixed (range 31 points).

Facet scores show a blend of steadier areas and sharper contrasts within this trait. (Range 31 points.)

### Facet breakdown



- Most pronounced facet: Gregariousness (56/100).
- Lowest facet: Activity level (25/100).

Extraversion 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 engage socially while still valuing downtime.
- You adapt to both collaborative and independent work.

#### Balance tips

- You notice when you need more stimulation versus quiet focus.
- You lean into networking when it aligns with your goals.

#### Try this this week

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

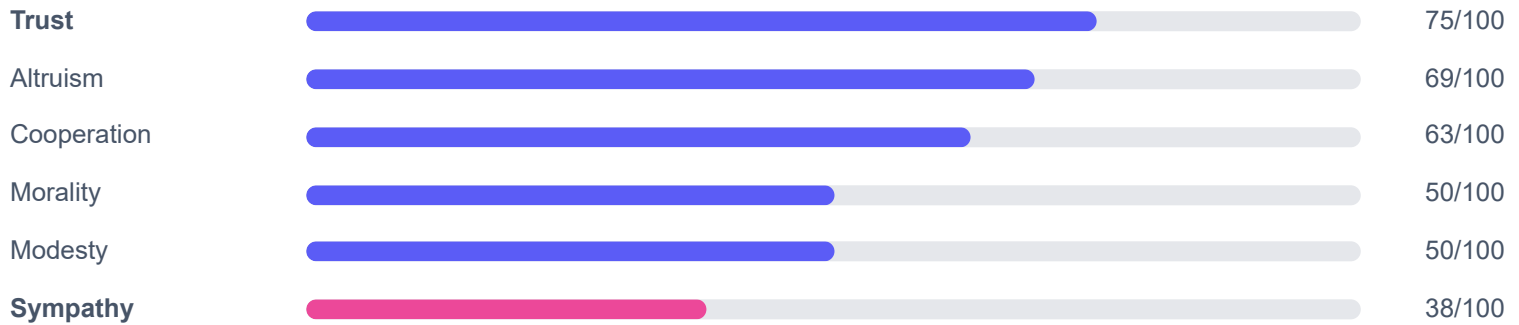
## Agreeableness - Balanced (57/100)

Your agreeableness is balanced (57/100). Within this trait, Trust (75/100) stands out most, while Sympathy (38/100) is the lowest facet.

**Facet spread:** Mixed (range 37 points).

Facet scores show a blend of steadier areas and sharper contrasts within this trait. (Range 37 points.)

### Facet breakdown



- Most pronounced facet: Trust (75/100).
- Lowest facet: Sympathy (38/100).

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.

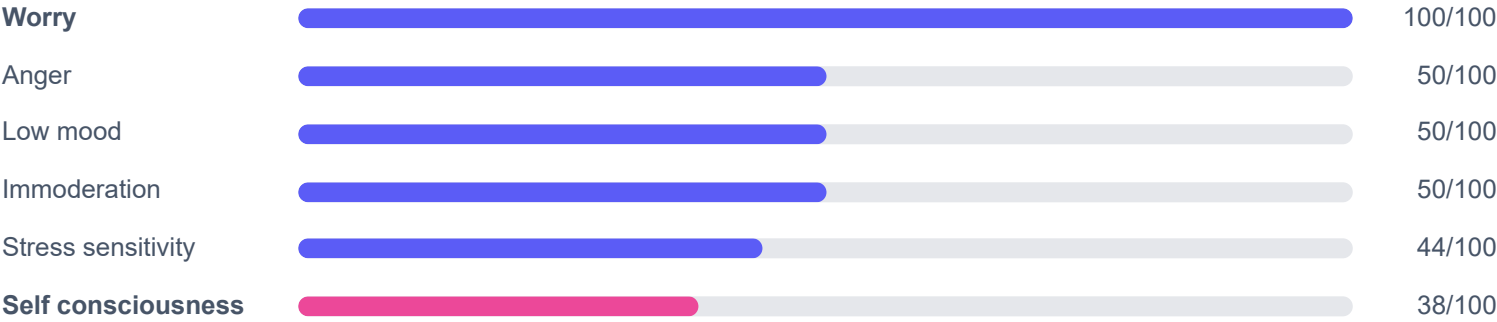
## Neuroticism - Balanced (55/100)

Your neuroticism is balanced (55/100). Within this trait, Worry (100/100) stands out most, while Self consciousness (38/100) 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: Worry (100/100).
- Lowest facet: Self consciousness (38/100).

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 Agreeableness and Neuroticism. It suggests you balance empathy with honest feedback. Meanwhile, Neuroticism adds another layer: you balance emotional awareness with steady resilience.

## 30-day action plan

### Lean into: Agreeableness

- Offer one small act of support while stating a clear, respectful boundary.
- You balance empathy with honest feedback.

### Support: Conscientiousness

- Pick one priority and set a 15-minute timer to complete a focused first step.
- You build simple routines to support your goals.

### 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): Offer one helpful action while naming one clear boundary.
- Evening (1 min): Record one time you balanced support with self-respect.

## 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.