Trait	High	Low
E	warm, sociable, active	shy, quiet, passive
A	calm, peaceful, confident	neurotic, anxious, depressed
$^{\rm C}$	trustworthy, considerate, helpful	selfish, suspicious, malicious
N	competent, disciplined, dutiful	disorganised, impulsive, forgetful
O	creative, curious, cultured	conservative, ignorant, simple