|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| TRAIT | genotype | Are you More… | Or are you more… | genotype | TRAIT |
| Openness to Experience  | O | curious, broad interests, creative, original, imaginative, untraditional, flexible, sensitive, adventuresome  | conventional, down-to-earth, narrow interests, rigid, inflexible | o | Comfort in a Routine |
| Conscientiousness | C | achievement-oriented, organized, reliable, hardworking, careful, self-disciplined, ambitious, persevering, responsible  | aimless, unreliable, lazy, careless, lax, negligent, weak-willed, impulsive, disorganized | c | Spontaneous |
| Extraversion | E | sociable, assertive, talkative, optimistic, people oriented, outgoing, fun-loving, affectionate | reserved, sober, cautious, quiet, aloof, task oriented, shy | e | Introversion |
| Agreeableness | A | soft-hearted, trusting, good-natured, helpful, forgiving, caring, cooperative, gentle | cynical, suspicious, irritable, uncooperative, hostile, self-centered,  | a | Headstrong |
| Neuroticism | N | worrisome, nervous, emotional, insecure, frequently distressed, hypersensitive, excitable | calm, relaxed, unemotional, hardy, secure, self-satisfied, composed | n | Relaxed |

“BIG FIVE” Personality Traits