Personality Paper

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# Extraversion

Out of the five personality traits, I only scored average in one category. I scored thirty-one in extraversion. I often hear it described as introvert versus extrovert. This trait reflects a preference for certain kinds of social situations, and how they like to behave in such situations. People low in extraversion, or someone more like me, are drained by social interaction and seek out solitude instead of social situations. My family has always described me as their extroverted introvert. I am social and willing to seek out those situations so long as my social battery, as I call it, is charged. I “recharge” by taking time for myself to do crafts or other mindful activities. I believe this score is partially accurate, but I am pleased to see that my extraversion score is not “really high” as the website puts it.

# Agreeableness

 My highest score was a forty-eight in agreeableness. This trait reflects how I tend to interact with others. Especially in terms of our altruism and friendliness. Scoring high in this means I tend to be more trusting, friendly, and cooperative than those who scored lower. I believe that this score is accurate. I learned that when I first started working as a lifeguard when I had difficulty enforcing rules on rowdy children. I began to learn how to incorporate my kindness and ability to be trusted into having children listen to me and respect me.

# Conscientiousness

As I scored a forty on conscientiousness, and believe it is accurate. This trait reflects how organized and persistent I am in pursuing my goals. Scoring high in this trait means I tend to be more methodical, well-organized, and dutiful than others. I am methodical but also messy in the process. I create work and art in ways that make sense to me, but to those outside of my brain it does not. I have worked on becoming a lot more organized as I entered the adult world of work and college. The downside to scoring high in this means I struggle to cancel plans even if my mental health needs it. I know I need to work on being a little more relaxed in that realm.

# Neuroticism

Neuroticism, as a word itself I associate more with a negative connotation. That when someone is neurotic, they are often “crazy”. That being said, I scored a forty-one which is high. Neuroticism is a trait characterized by sadness, moodiness, and emotional instability. Scoring high in this trait means I tend to experience more mood swings, anxiety, irritability, and sadness. I am a very emotional person. I believe this is partially accurate. I believe that I should have scored lower because despite feeling everything inwardly, rarely do I let it impact anything

outwardly.

# Openness to Experience

The final trait is openness, which out of any I would have been disappointed in myself if I did not score highly in. I scored a forty-three which is, once again, high and I believe it to be accurate. This trait features characteristics such as imagination and insight. Scoring high in this trait means I tend to have a broad range of interests. I am interested in many different are forms be it performance or simply crafts. I am dedicating my life to cultivating the curiosity that comes from being open. I tend to be more adventurous, which is exactly true. I plan to have a map of the world and put pins in every country I travel to. I believe that if I did not score high in this trait that I would have doubted the reliability of the test.