**Personality Types**

The Big Five personality types have become “the foundation for assessing individual differences in the ways people interact with their social and physical worlds. Three domains – **Extraversion, Agreeableness, and Neuroticism** – mainly relate to ways of interacting with other people. The other two – **Conscientiousness** and **Openness** – are more general.” [[1]](#footnote-1)

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| --- | --- | --- |
|  | HIGH (10) | LOW (1) |
| **Extraversion** vs. Introversion | Outgoing, bold, talkative, energetic, assertive | Withdrawn, timid, silent, reserved, shy, *retiring[[2]](#footnote-2)* |
| **Conscientiousness** vs. Disinhibition (*Undirectedness*) | Reliable, practical, hardworking, organized, careful | Unreliable, impractical, lazy, disorganized, negligent, *careless* |
| **Neuroticism** vs. Emotional Stability | Tense, unstable, disconnected, irritable, insecure, *worrier* | Relaxed, stable, contented, imperturbable, secure, *calm, self-satisfied* |
| **Openness** vs. Closedness | Imaginative, curious, reflective, creative, sophisticated, *daring* | Unimaginative, uninquisitive, unreflective, uncreative, unsophisticated, *conforming* |
| **Agreeableness** vs. Antagonism | Warm, kind, cooperative, trusting, generous, *courteous* | Cold, unkind, uncooperative, suspicious, stingy, *rude* |

People can be tested on the above personality types and on each one get a score of 10 (HIGH) to 1 (LOW). The traits are independent, thus, for example, a person could score a 10 on Extraversion, a 4 on Conscientiousness, an 8 on Neroticism, a 2 on Openness, and a 3 on Agreeableness. Self-administered tests are not particularly valid or reliable.

“Much of the variation in personality – about fifty percent – has genetic causes.” “[Twins] Being brought up in one home versus another accounts, at most, for *five percent* of the differences among people in personality.” “No one knows where the other forty-five percent of the variation comes from. Perhaps personality is shaped by unique events impinging on the growing brain: how the fetus lay in the womb, how much maternal blood is diverted, how it was squeezed during birth, whether it was dropped on its head or caught certain viruses in the early years. Perhaps personality is shaped by unique experiences, like being chased by a dog or receiving an act of kindness from a teacher. “ …”Judith Harris has amassed evidence that children everywhere are socialized by their peer group, not by their parents.”[[3]](#footnote-3)

1. *Making Sense of People. (2012).* Samuel Barondes. FT Press. p. 16. [↑](#footnote-ref-1)
2. Words in italics are included from *How The Mind Works.* (1997). Steven Pinker. W.W. Norton. p. 448. [↑](#footnote-ref-2)
3. *How The Mind Works.* (1997). Steven Pinker. W.W. Norton. p. 449. [↑](#footnote-ref-3)