

Big Five Personality Traits Test

Name: _____ Date: _____

1 - Not at all, 2 - Rarely, 3 - Sometimes; 4 Oftentimes; 5 - Very often

Trait	Statement	1	2	3	4	5
Open to experience	I am open to new experiences and enjoy trying new things.					
	I am imaginative and have a rich inner life.					
	I am adventurous and seek out new experiences.					
Conscientiousness	I am thorough and pay attention to detail.					
	I am responsible and dependable.					
	I am organized and like to keep things tidy.					
Extraversion	I am talkative and enjoy being around others.					
	I am outgoing and enjoy being the center of attention.					
	I am sociable and make friends easily.					
Agreeableness	I am considerate and care about other people's feelings.					
	I am compassionate and empathetic towards others.					
	I am cooperative and work well with others.					
Neuroticism	I am easily stressed and worry about things.					
	I am easily upset and prone to mood swings					

Once you have completed the test, you can interpret your scores as follows:

Openness to experience

- **High score (11-15):** This indicates that you are open to new experiences, enjoy trying new things, and have a rich inner life. You are likely imaginative, curious, and creative.
- **Low score (0-10):** This indicates that you may prefer routine and familiarity, and may be more traditional and conventional in your thinking. You may be more practical and down to earth.

Conscientiousness

- **High score (11-15):** You are responsible, dependable, and pay attention to detail. You are likely organized and self-disciplined.
- **Low score (0-10):** You may be more impulsive, spontaneous, and disorganized. You may struggle with procrastination and following through on commitments.

Extraversion

- **High score (11-15):** You are outgoing, sociable, and enjoy being around others. You may be energetic, talkative, and assertive.
- **Low score (0-10):** You may be more reserved and introverted, preferring to spend time alone or with a small group of close friends. You may be more reflective and introspective.

Agreeableness

- **High score (11-15):** You are considerate, compassionate, and caring about other people's feelings. You may be more cooperative and empathetic.
- **Low score (0-10):** You may be more independent and self-focused and may prioritize your own needs over others. You may be more competitive and assertive.

Neuroticism

- **High score (11-15):** You may be more prone to worry, anxiety, and mood swings. You may be more sensitive to stress and have a greater emotional response to events.
- **Low score (0-10):** You may be more emotionally stable, resilient, and able to cope with stress. You may be more calm and more relaxed in difficult situations.

Disclaimer

No single score is "good" or "bad" - each trait has its strengths and weaknesses, and a balanced personality incorporates aspects of all five traits.

This test is also **NOT a diagnostic tool** and is designed for educational purposes only. Please reach out to a licensed mental health professional to discuss any concerns or questions you may have regarding mental health or personality.

Additional notes