

Who Are You, Really?

The Surprising Puzzle
of Personality

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TED Books

The Big Five Inventory-2 Extra-Short Form*

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement.

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- 1** DISAGREE STRONGLY
 - 2** DISAGREE A LITTLE
 - 3** NEUTRAL: NO OPINION
 - 4** AGREE A LITTLE
 - 5** AGREE STRONGLY

I am someone who . . .

- _____ 1. tends to be quiet.
- _____ 2. is compassionate, has a soft heart.
- _____ 3. tends to be disorganized.
- _____ 4. worries a lot.
- _____ 5. is fascinated by art, music, or literature.
- _____ 6. is dominant, acts as a leader.
- _____ 7. is sometimes rude to others.
- _____ 8. has difficulty getting started on tasks.
- _____ 9. tends to feel depressed, blue.
- _____ 10. has little interest in abstract ideas.
- _____ 11. is full of energy.
- _____ 12. assumes the best about people.
- _____ 13. is reliable, can always be counted on.
- _____ 14. is emotionally stable, not easily upset.
- _____ 15. is original, comes up with new ideas.

Scoring Key:

Openness: Add up your scores for items 5 and 15 and subtract score for item 10.

Conscientiousness: Subtract your scores for items 3 and 8 from score for item 13.

Extraversion: Add up your scores for items 6 and 11 and subtract score for item 1.

Agreeableness: Add up your scores for items 2 and 12 and subtract score for item 7.

Neuroticism: Add up your scores for items 4 and 9 and subtract score for item 13.

Interpretation:

O: Average score is 5. Scores of 7+ are relatively high; 3 or less relatively low.

C: Average score is -1. Scores of 1+ are relatively high; -3 or less relatively low.

E: Average score is 4. Scores of 6+ are relatively high; 2 or less relatively low.

A: Average score is 6. Scores of 8+ are relatively high; 4 or less relatively low.

N: Average score is 3. Scores of 5+ are relatively high; 1 or less relatively low.

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