

Big Five Personality Test

For each statement, select the response that best reflects how you typically feel or behave. There are no right or wrong answers. Be honest and choose the response that feels most accurate for you. Please answer all questions. 1 = Strongly Agree, 2 = Agree, 3 = Neutral, 4 = Disagree, 5 = Strongly Disagree

OPENNESS TO EXPERIENCE

I enjoy trying new things and experiences.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I am curious about the world and different cultures.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I have a vivid imagination and enjoy creative activities.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I am open to new ideas and perspectives, even if they are different from my own.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I prefer routine and familiarity to uncertainty and novelty.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

CONSCIENTIOUSNESS

I am organized and efficient in my work and daily life.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I am responsible and reliable, and I always meet my deadlines.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I am detail-oriented and I like to plan things ahead of time.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I am self-disciplined and I am able to control my impulses.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I am easily distracted and I tend to procrastinate on tasks.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

EXTRAVERSION

I am outgoing and sociable, and I enjoy being around people.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

I am energetic and enthusiastic, and I enjoy talking to others.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I am assertive and I enjoy taking charge of situations.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I am optimistic and I have a positive outlook on life.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I prefer quiet activities and I am easily drained by social interaction.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

AGREEABLENESS

I am kind and compassionate towards others.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I am cooperative and willing to help others.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I am forgiving and I don't hold grudges.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I am accepting of others and I respect their differences.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I am competitive and I like to win arguments.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

NEUROTICISM

I am easily stressed and anxious.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I have mood swings and I experience emotional highs and lows.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I am sensitive to criticism and rejection.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I worry about things a lot and I have difficulty relaxing.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

I am easily frustrated and irritated.

☐

☐

☐

☐

☐

1

2

3

4

5