



Find Your Personality

Step 1

Look at the list below and rank yourself on the scale.

CATEGORY

A	Introvert	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	Extrovert
B	Critical	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	Agreeable
C	Careless	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	Conscientious
D	Unstable	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	Stable
E	Close-minded	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	Open to Experience



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Step 2

Find the columns that list where you identify yourself for Stability, Extroversion and Openness. For example, if you're "Stable, Introverted and Closed," we give you the label "Homebody." If you're in the middle on one of these dimensions, look at the labels that describe the values you have on the other two dimensions.

[A] Extroversion	[D] Stability	[E] Openness	Label
Extroverted	Stable	Open	Teacher —You like to learn new things and help others to see the way.
Extroverted	Stable	Closed	Guide —You know a lot about the areas you have experienced and like to share that with others.
Introverted	Stable	Open	Explorer —You are interested in new things and will go off by yourself to find them.
Introverted	Stable	Closed	Homebody —A great day is a great day spent at home.
Extroverted	Unstable	Open	Sensation Seeker —Bring it on! The bigger the rush, the higher the high.
Extroverted	Unstable	Closed	Blogger —You like to let the world know what you're thinking. There are rights and wrongs in the world, and people need to know.
Introverted	Unstable	Open	Lurker —There is a lot to discover in the world, though it can be a scary place. You'll check things out, but you prefer to do it alone.
Introverted	Unstable	Closed	Grumbler —Life has real ups and downs, though you tend to keep that opinion to yourself.



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Step 3

Check out four common patterns for the combinations of the agreeableness and conscientiousness dimensions.

[B] Agreeableness	[C] Conscientiousness	Label
Agreeable	Conscientious	Old Reliable —Everyone can count on you, through thick and thin.
Agreeable	Careless	Easygoing —Life goes on.
Disagreeable	Conscientious	Nitpicker —You have high and exacting standards. You live up to them, and you expect others to as well.
Disagreeable	Careless	Curmudgeon —You have high standards, and others don't often measure up...though you may not either.

Step 4

What did you find? You may find these labels helpful when you're thinking about your patterns of behavior. Your personality characteristics are important—especially to your overall health—precisely because they are so deeply a part of you.