

## IPIP - my own results

### Big Five Personality Dimensions

Extraversion - 89th percentile - very high

Agreeableness - 68th percentile - high

Conscientiousness - 80th percentile - very high

Neuroticism - 21st percentile - very low

Openness - 86th percentile - very high

*The Big Five personality dimensions are broad personality traits that describe the majority of ways that people can differ from each other. [What does this mean?](#)*

Each of the Big-Five personality dimensions contains several smaller "facets." [What is a facet?](#)

## Extraversion

Extraversion - 89th percentile - very high

*You are very high in extraversion. Extraverts are sociable, like to take risks, and feel lots of positive emotions. The six facets of extraversion are:*

Activity - 99th percentile - extremely high

You prefer extremely high levels of activity, such as being on the go and staying busy.

Assertiveness - 96th percentile - extremely high

There're extremely high chances that you'll take charge and lead others.

Cheerfulness - 93rd percentile - extremely high

You experience extremely high levels of happiness, joy, and other positive emotions.

Excitement Seeking - 41st percentile - about average

You like to seek about average levels of thrills.

Friendliness - 65th percentile - high

You're high in your desire to be around other people and show an interest in their lives.

Gregariousness - 32nd percentile - low

You're low in flocking toward other people and being talkative and sociable around them.

Extraversion score not equal to the average of its facets?

## Agreeableness

**Agreeableness - 68th percentile - high**

*You are high in agreeableness. Highly agreeable people tend to do whatever it takes to have positive relationships with other people. The six facets of agreeableness are:*

**Altruism - 88th percentile - very high**

You are very high in generally wanting to be good to other people, including helping them when they need it.

**Cooperation - 35th percentile - low**

There are low chances that you'll try to get along with other people.

**Modesty - 2nd percentile - extremely low**

You have extremely low levels of modesty. Modest people don't like to brag or show off, because those types of behaviors can be harmful to relationships.

**Morality - 91st percentile - extremely high**

Sticking to the rules and treating everyone fairly is of extremely high value to you.

**Sympathy - 92nd percentile - extremely high**

You have extremely high levels of sympathy for other people, which includes caring about them and wanting what's best for them.

**Trust - 78th percentile - very high**

You're very high in believing that other people are generally good and not out to harm you.

## Conscientiousness

**Conscientiousness - 80th percentile - very high**

*You are very high in conscientiousness. Highly conscientious people are diligent, hard-working, and responsible. The six facets of conscientiousness are:*

**Achievement Striving - 94th percentile - extremely high**

You have extremely high desires to work hard and get ahead.

**Cautiousness - 71st percentile - high**

The odds are low that you'll just jump into things without really thinking them through. You spend high amounts of time planning what to do.

**Dutifulness - 58th percentile - about average**

You're about average in sticking to your word, keeping your promises, and upholding your obligations.

**Orderliness - 10th percentile - extremely low**

You prefer extremely low levels of cleanliness and order in your environment.

**Self-Discipline - 97th percentile - extremely high**

You have extremely high self-discipline—which is the ability to get to work quickly, stay focused, and avoid distractions or procrastination.

**Self-Efficacy - 89th percentile - very high**

When you need to do something, you have very high ability to get it done and do it well (or maybe more accurately, you *believe* that your ability is very high).

## Neuroticism

**Neuroticism - 21st percentile - very low**

*You are very low in neuroticism, which means that you experience very low levels of negative emotions, like anger, fear, and stress. The six facets of neuroticism are:*

**Anger - 78th percentile - very high**

Your levels of anger and irritability are very high.

**Anxiety - 4th percentile - extremely low**

Compared with other people, you have extremely low stress, fears, and worries about the future.

**Depression - 9th percentile - extremely low**

This is NOT "clinical depression." This score simply tells you that, compared with other people, you feel extremely low amounts of sadness and like yourself to a extremely high degree.

**Immoderation - 55th percentile - about average**

You have about average self-control when it comes to resisting temptations; there are about average chances that you'll give into your desires and binge (on shopping, eating, drinking, or whatever your vices are).

Note that self-discipline (a facet of conscientiousness) deals with your ability to focus your attention on accomplishing goals, whereas immoderation refers to your ability to resist temptations.

**Self-Consciousness - 14th percentile - very low**

You like to draw very high levels of attention to yourself, and feel very low amounts of unease when interacting with others socially (especially strangers).

**Vulnerability - 35th percentile - low**

The chances that you'll be overwhelmed by difficult circumstances are low. Notice that this is different from anxiety (which refers to general stress- and fear-proneness) and self-efficacy (a facet of conscientiousness that reflects your confidence in your ability to accomplish tasks). Vulnerability specifically refers to your propensity to feel overwhelmed by difficult situations.

## Openness to Experience

Openness to Experience - 86th percentile - very high

You are very high in openness to experience. Openness is a broad, diffuse personality dimension with many seemingly very different facets. In general, highly open people like a variety of new experiences, whether physical, emotional, intellectual, or cultural. The six facets of openness are:

Adventurousness - 87th percentile - very high

You prefer very high amounts of variety and new experiences in your life (i.e., you have very high openness to new experiences).

Artistic Interests - 90th percentile - very high

You have very high love for art, music, and culture (i.e., you have very high openness to aesthetic experiences).

Emotionality - 21st percentile - very low

Your attunement to your own and others' emotions is very low.

Whereas cheerfulness and excitement seeking (facets of extraversion) capture your propensity to feel positive emotions and neuroticism captures your propensity to feel negative emotions, **emotionality** refers to your overall openness to/desire to truly feel emotions.

Imagination - 44th percentile - about average

You have about average imagination (i.e., you have about average openness to experiences of the imagination).

Intellect - 95th percentile - extremely high

Your desire to play with ideas, reflect on philosophical concepts, and have deep discussions is extremely high (i.e., you have extremely high openness to intellectual experiences).

Liberalism - 81st percentile - very high

Your political liberalism is very high (conversely, your political conservatism is very low). This is a facet of openness to experience because liberals tend to desire progressive change, whereas conservatives tend to prefer less political change.