

Your bullet point quick guide to the Big Five Personality Traits:

Conscientiousness is demonstrated by being disciplined, organized, and achievement-oriented.

Neuroticism refers to our degree of emotional stability, impulse control, and anxiety.

Extraversion is displayed through a higher degree of sociability, assertiveness, and talkativeness.

Openness is reflected in a strong intellectual curiosity and a preference for novelty and variety.

Agreeableness refers to being helpful, cooperative, and sympathetic towards others.

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