

The "Big Five" Personality Factors

Many current trait theorists can agree on the idea that there are the "big five" traits necessary to describe a person. Using a wide range of studies, the traits of openness, conscientiousness, extroversion, agreeableness and neuroticism are the "big five" of personality.



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Openness

Open-minded-girl

The first of the five personality factors is openness, which is associated with the characteristics of being intellectually interested, nonconforming, imaginative and curious.

Conscientiousness

Guy with Conscience

The second of the big five personality traits is conscientiousness, which includes the characteristics of being organized, thorough, responsible and persevering.

Extroversion

Social-butterfly

Another of the "big five" is extroversion, which is also associated with being sociable, talkative, assertive and energetic.

Agreeableness

Agreeable-guy

Agreeableness is another of the "big five" and describes the personality traits of being sympathetic, appreciative, kind and considerate.

Neuroticism

Neurotic-girl

Neuroticism is the 5th of the "big five" personality factors. It is associated with the characteristics of being guilt-prone, troubled, apprehensive and vulnerable.