

Amber Kinder

2/24/2024

W7: Gaining Insight Through Personality Assessment!

Openness was 62.5.

Consciousness was 60.

Extraversion 60.

The agreeableness was 90.

Neuroticism 77.

I completely agree with the Extraversion category. I love spending time with people, making them smile and having fun with them. However, there are also times when I prefer being alone and not talking to anyone. It just depends on the day, I suppose. As a teacher, there are days when I don't feel like being around anyone on the weekends because I deal with people from Monday to Friday. Haha! So, I can see why I am at 60 on that.

I completely agree with the category of Agreeableness. I always prioritize the needs and desires of others over my own. While I love helping people, this often means that I neglect myself. I find it more fulfilling to assist someone else and witness their happiness as a result. The test indicated that individuals who score high in Agreeableness are generally kind, compassionate, sensitive, and cooperative.

The Conscientiousness category describes a person's ability to exercise self-discipline and control to achieve their goals. I scored high in this category. This category has parts that have me on the fence, but I agree with the overall description. It says high scorers are organized and determined and can forego immediate gratification for the sake of long-term achievement. I am not always organized. Sometimes, I have an organized mess. My desk sometimes gets messy, but I can tell you where everything is.

I can definitely relate to the Neuroticism category as it was my second highest-scoring category. Neuroticism refers to a person's tendency to experience negative emotions such as fear, sadness, anxiety, guilt, and shame. Moreover, people with high Neuroticism are likely to doubt themselves and their abilities. Unfortunately, I also have a habit of second-guessing myself, and despite my attempts to control it, it still persists.

I believe that the personality traits mentioned here may create some obstacles in building interpersonal relationships. I scored the lowest in the Extraversion category and I feel that it may negatively affect my ability to deal with people. I think that individuals who work with people should have a moderate or high score in this category. Though I believe that I need to be more outgoing, I struggle to take the necessary steps. In my workplace, I can communicate with others without any difficulty. This is the part that confuses me because I dislike dealing with people in public, but I can interact with them professionally.