

Personality Traits



COMMUNICATION SKILLS IN ENGLISH

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MASOM

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Personality Traits



BIG FIVE THEORY OR OCEAN MODEL

Trait Psychology defines personality traits which are the traits that brings us together or separate us.

Psychologists narrowed down all personality traits in 5 traits or signs which are present in all humans in some degree.

The theory of Big five personality traits describes people with 5 main characteristics.

OCEAN

Openness

Conscientiousness

Extraversion

Agreeableness

Neuroticism

Openness

- Gets excited easily
- Curious
- Open to new experiences
- Likes to learn new things

Conscientiousness

- Organized
- Detail Oriented
- Does work on time
- Kind of serious
- Not very excited

Extraversion

- Comfortable in crowd
- Likes to meet new people
- Celebrates events
- Thrilled
- Are good public speakers

Agreeableness

- Agrees to almost everything
- Have patience
- Kind and takes care of people around
- More focus on making peace
- Anger fades away very easily
- Ask for help when required

Neuroticism/ Emotional

- Excess of emotions
- Anxiety
- Depression
- Aggression
- Higher highs and lower lows

Thanks!