

IPIP – NEO Narrative Report

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The IPIP – NEO Narrative Report

After taking the IPIP – Narrative Report, I felt relieved and took a deep sigh that I had completed all 300 questions and even had time to make sure that I had answered each one, all 300. I thought that the questions in the beginning of the test didn't require a lot of thought-provoking thinking, which for awhile made it easy for me to just read and answer the questions. I realized that maybe after the first page my thinking process changed, meaning that I had to think more in depth before answering. I even found the test questions confusing at times, as I contemplated what am I actually being asked?

My reaction towards some of the questions in the test, especially those questions that were being repeated, made me want to know, why this repetition of the questions? I found myself thinking whether or not this repeating of questions was a way to find out if I was being truthful with my answers, although I knew that I was to the best of my memory. I began to worry what if I wasn't consistent with my answers for those questions that had already been asked! How would that part of the test be interpreted?

It was funny in a way because some of the questions I did recognize as being asked more than once, I couldn't remember what previous answers I might have given. After dwelling on that matter for a second or two, I decided to forge onward with the questions before me. After completing the test and reading the results, I found it to be a "Wow Factor" for me! I say this because most people who are labeled as being an extravert are usually known as being a "people person," but I also think that some people don't think of "extraverts" as needing a period

of time when they can have some alone time for themselves! Even if it means that they must remove their mask at times. Well I do, especially for that alone time when I can connect with my inner self and regroup with a slower pace that is part of a serene atmosphere that lies just ahead each and every day.

My experiences from taking this test and reading the results have made me look at myself through the lens that others see me. One response from the test that I disagree with is that this type of personality (extravert) likes to draw attention to them self. I have never been told I like to draw attention. It makes me think of others who might be jealous of those individuals who are extraverts and might or do receive extra attention. Extra attention may cause others to feel a certain way towards people who receive more attention at times!

Under the “Agreeable Facet” in terms of altruism, described me positively. I have found myself the majority of times wanting to help others. The test used the words self-fulfilling.

I think of being able to help people is more of a blessing than some sort of self-fulfillment. I find it a blessing in the sense that because of God, I am able to help others, which allows me to be blessed as well.

This paper has helped me to revisit the results of the tests, which has also helped me to re-evaluate myself by taking a closer look from within. I feel that knowing myself first, will enable me to help others in the field of counseling.