

## IPIP-NEO Results and reaction

I found this assessment very long but very interesting at the same time. At first, I was telling myself, who would sit there and answer 300 questions but as I started answering the questions, I noticed that every question made me do some introspection and I wanted to be as truthful and transparent as possible so that I can get an accurate result. The questions were very interesting because it made me think of areas in my life that I would not otherwise give any thought too. The results were even more shocking to me. I thought I had a of what type of personality I had, but the results determine otherwise.

For started, the results said that I was an Extravert. I enjoy being with people, I'm always full of energy and I have positive emotions. It also mentioned that I am enthusiastic, action orientated, and I am the type to say yes. I always thought I was an Introvert because most of time, I prefer to be or do things by myself and not with people around me and I only have a few friends.

The results also said that in agreeableness I scored low indicating that I am less concerned with others needs rather than my own. It labels me as tough, critical, and uncompromising. I also scored low on my conscientiousness indicating that I like to live for the moment and do what feels good. I am in shock by these results, but I would say that there are some truths to these. My neuroticism is average and my openness to experience is also average. I personally enjoy learning more about myself through this questionnaire, I'm just not sure how practical it would be in a therapeutic session. I did feel mid questionnaire that some of the questions were repetitive just with different wording. Maybe that is done to prove validity and not assume or predict incorrectly since you answer similar questions the same. I can see the

benefits if the client wants to learn more about themselves. And then what do you do or how do you proceed if the results are different than what you thought or if you don't agree with the results.