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## IPIP-NEO NARRATIVE REPORT

The *Five-Factor Model* estimates the five broad personality domains (Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness to Experience) and gives a more detailed description of the respective six sub-domains of each one. The results of my tests are as follows:

### EXTRAVERSION 15/99

The result stated that “*Extraversion is low, indicating you are introverted, reserved, and quiet. You enjoy solitude and solitary activities. Your socializing tends to be restricted to a few close friends.*” (Johnson)

The highest result in this domain was in the sub-domain *Assertiveness* with a score of 76/99. According to the report, “*High scorers Assertiveness like to speak out, take charge, and direct the activities of others. They tend to be leaders in groups*” (Johnson). The lowest score was in the sub-domain *Excitement Seeking* with a score of 1/99. According to the report, “*low scorers are overwhelmed by noise and commotion and are averse to thrill-seeking.*” (Johnson)

### AGREEABLENESS 27/99

This report indicated about me that “*the level of Agreeableness is average, indicating some concern with others' Needs, but, generally, unwillingness to sacrifice yourself for others.*” (Johnson). The highest score was *Sympathy*, with a score of 75/99. The report stated that

*“People who score high on this scale are tenderhearted and compassionate. They feel the pain of others vicariously and are easily moved to pity.” (Johnson)*

The lowest score was Trust, with a score 2/9. This report indicated that *“Persons low in trust see others as selfish, devious, and potentially dangerous.” (Johnson)*

## **CONSCIENTIOUSNESS 77/99**

This report stated that *“Your score on Conscientiousness is high. This means you set clear goals and pursue them with determination. People regard you as reliable and hard-working.” (Johnson)*

The highest score was *Cautiousness*, with 98/99. The reports indicated that *“High scorers on the Cautiousness scale take their time when making decisions.” (Johnson)*. The lowest was *Self-Discipline* with a score of 7/99. This report indicated that *“Those with low self-discipline procrastinate and show poor follow-through, often failing to complete tasks—even tasks they want very much to complete.” (Johnson)*

## **NEUROTICISM 46/99**

This report stated that *“Your score on Neuroticism is average, indicating that your level of emotional reactivity is typical of the general population. Stressful and frustrating situations are somewhat upsetting to you, but you are generally able to get over these feelings and cope with these situations.” (Johnson)*

The highest score was *Anger* with a score of 87/99. The report indicated that *“Persons who score high in Anger feel enraged when things do not go their way. They are sensitive about*

*being treated fairly and feel resentful and bitter when they feel they are being cheated. This scale measures the tendency to feel angry; whether or not the person expresses annoyance and hostility depends on the individual's level on Agreeableness.* (Johnson) The lowest score was *Immoderation* with a score of 7/99. This report indicated that *“Low scorers do not experience strong, irresistible cravings and consequently do not find themselves tempted to overindulge.”* (Johnson)

#### OPENNESS TO EXPERIENCE 62/99

The report stated that *“Your score on Openness to Experience is average, indicating you enjoy tradition but are willing to try new things. Your thinking is neither simple nor complex. To others you appear to be a well-educated person but not an intellectual.”* (Johnson)

The highest score was *Emotionality* with a score of 88/99. This report indicates that *“Persons high on Emotionality have good access to and awareness of their own feelings.”* (Johnson)

With the same score, this report indicated that my level of intellect is high. The report stated that *“Intellect and artistic interests are the two most important, central aspects of openness to experience. High scorers on Intellect love to play with ideas. They are open-minded to new and unusual ideas, and like to debate intellectual issues. They enjoy riddles, puzzles, and brain teasers.”* (Johnson)

The lower score is *Adventurousness* with a score of 9/99. This report stated that *“Low scorers tend to feel uncomfortable with change and prefer familiar routines.”* (Johnson)

## REACTION

I am highly impressed with the accurate results of this assessment. The personality traits description are very helpful and in my case, the degree of those traits is very precise.

Just for fun, I asked my husband to also take the test, to conclude that in his case, the results were also very accurate. Then we proceeded to compare the reports and to analyze our personalities from the perspective of one to the other. This exercise enlightened us in some differences between how we see ourselves and how others see us.

Another interesting discovery was that even though most of our values are very similar, we differ almost oppositely in how we express those values. In our case, it seems that the saying “opposites attract” has come true.

As a bonus, this assessment reminded me about some traits of my personality that have become obstacles in my way, and precisely because they are traits of my personality, for my benefit, I must keep them in control, preventing them from being the ones that control my decision and interactions with others.

## References

Johnson, J. A. (n.d.). *IPIP-NEO Narrative Report*. Retrieved from [www.personal.psu.edu](http://www.personal.psu.edu):  
<http://www.personal.psu.edu/faculty/j/5/j5j/IPIP/ipipneo300.htm>