

Five Factor Model Rating Form

Please describe yourself on a 1 to 5 scale on each of the following 30 personality traits, where 1 is extremely low (i.e., extremely lower than the average person), 2 is low, 3 is neither high nor low (i.e., does not differ from the average person), 4 is high and 5 is extremely high. Use any number from 1 to 5. Please provide a rating for all 30 traits.

For example on the first trait (anxiousness), a score of 1 would indicate that you think you are extremely low in anxiousness (i.e., relaxed, unconcerned, cool). A score of 2 would indicate that you think you are low in anxiousness (lower than the average person, but not extremely low). A score of 5 would indicate that you think you are extremely high in anxiousness (i.e., fearful, apprehensive); a score of 4 would indicate you think you are higher than the average person in anxiousness, but not extremely high. A score of 3 would indicate that you think you are neither high nor low in anxiousness (does not differ from the average person) or that you are unable to decide. Circle the number that applies to the individual for each of the 30 traits.

5= Extremely high 4= High 3= Neither high nor low 2= Low 1=Extremely Low

Neuroticism versus Emotional Stability:

1. Anxiousness (fearful, apprehensive)	5	4	3	2	1	(relaxed, unconcerned, cool)
2. Angry Hostility (angry, bitter)	5	4	3	2	1	(even-tempered)
3. Depressiveness (pessimistic, glum)	5	4	3	2	1	(optimistic)
4. Self-consciousness (timid, embarrassed)	5	4	3	2	1	(self-assured, glib, shameless)
5. Impulsivity (tempted, urgency)	5	4	3	2	1	(controlled, restrained)
6. Vulnerability (helpless, fragile)	5	4	3	2	1	(clear-thinking, fearless, unflappable)

Extraversion versus Introversion:

7. Warmth (cordial, affectionate, attached)	5	4	3	2	1	(cold, aloof, indifferent)
8. Gregariousness (sociable, outgoing)	5	4	3	2	1	(withdrawn, isolated)
9. Assertiveness (dominant, forceful)	5	4	3	2	1	(unassuming, quiet, resigned)
10. Activity (vigorous, energetic, active)	5	4	3	2	1	(passive, lethargic)
11. Excitement-Seeking (reckless, daring)	5	4	3	2	1	(cautious, monotonous, dull)
12. Positive Emotions (high-spirited)	5	4	3	2	1	(placid, anhedonic)

Openness versus Closedness to one's own Experience:

13. Fantasy (dreamer, unrealistic, imaginative)	5	4	3	2	1	(practical, concrete)
14. Aesthetics (aberrant interests, aesthetic)	5	4	3	2	1	(uninvolved, no aesthetic interests)
15. Feelings (self-aware)	5	4	3	2	1	(constricted, unaware, alexythymic)
16. Actions (unconventional, eccentric)	5	4	3	2	1	(routine, predictable, habitual, stubborn)
17. Ideas (strange, odd, peculiar, creative)	5	4	3	2	1	(pragmatic, rigid)
18. Values (permissive, broad-minded)	5	4	3	2	1	(traditional, inflexible, dogmatic)

Agreeableness versus Antagonism:

19. Trust (gullible, naïve, trusting)	5	4	3	2	1	(skeptical, cynical, suspicious, paranoid)
20. Straightforwardness (confiding, honest)	5	4	3	2	1	(cunning, manipulative, deceptive)
21. Altruism (sacrificial, giving)	5	4	3	2	1	(stingy, selfish, greedy, exploitative)
22. Compliance (docile, cooperative)	5	4	3	2	1	(oppositional, combative, aggressive)
23. Modesty (meek, self-effacing, humble)	5	4	3	2	1	(confident, boastful, arrogant)
24. Tender-Mindedness (soft, empathetic)	5	4	3	2	1	(tough, callous, ruthless)

Conscientiousness versus Undependability:

25. Competence (perfectionistic, efficient)	5	4	3	2	1	(lax, negligent)
26. Order (ordered, methodical, organized)	5	4	3	2	1	(haphazard, disorganized, sloppy)
27. Dutifulness (rigid, reliable, dependable)	5	4	3	2	1	(casual, undependable, unethical)
28. Achievement (workaholic, ambitious)	5	4	3	2	1	(aimless, desultory)
29. Self-Discipline (dogged, devoted)	5	4	3	2	1	(hedonistic, negligent)
30. Deliberation (cautious, ruminative, reflective)	5	4	3	2	1	(hasty, careless, rash)