

# The Big Five Personality Dimensions

## 5 Major Factors of Personality

By Kendra Cherry

Today, many researchers believe that there are five core personality traits. The "Big Five" are broad categories of personality traits [which] are usually described as follows:

**Extraversion:** This trait includes characteristics such as excitability, sociability, talkativeness, assertiveness and high amounts of emotional expressiveness.

**Agreeableness:** This personality dimension includes attributes such as trust, altruism, kindness, affection, and other prosocial behaviors.

**Conscientiousness:** Common features of this dimension include high levels of thoughtfulness, with good impulse control and goal-directed behaviors. Those high in conscientiousness tend to be organized and mindful of details.

**Neuroticism:** Individuals high in this trait tend to experience emotional instability, anxiety, moodiness, irritability, and sadness.

NB: Some researchers measure the personality trait of neuroticism but reverse each participant's scores and call the trait "emotional stability." For this reason, saying that a person is high in neuroticism (which means emotional instability) is the same as saying that the person is low in emotional stability. And vice versa: Saying that a person is low in neuroticism is the same as saying that the person is high in emotional stability

**Openness:** This trait features characteristics such as imagination and insight, and those high in this trait also tend to have a broad range of interests.

It is important to note that each of the five personality factors represents a range between two extremes. For example, extraversion represents a continuum between extreme extraversion and extreme introversion. In the real world, most people lie somewhere in between the two polar ends of each dimension.