

5 Basic Personality Types

The five major characteristics of personality types

“There are your fog people & your sun people, he said. I said I wasn’t sure which kind I was. He nodded. Fog’ll do that to you, he said.” — Brian Andreas

How is this a relationship tool? Do you get stressed out when you notice that someone’s hair color, height or body type is different than yours? Do you take it personally? Try to control it or change it? Hopefully not—hopefully you understand that people are born with individual differences. Just like human bodies, human minds are also born with different personality types.

The 5 basic personality characteristics consist of a range from each extreme back to the middle. An equal blend of both types falls within the middle of the two extreme ends. *Between introversion and extroversion is **ambiversion**: an equal blend of introversion and extroversion.

First decide where you fall on the spectrum, then notice where your loved ones land. No judging, just “good to know” and “reasonable expectations!”



1. **Openness** to new experience:

- Imagination, insight, inventive
- Broad range of interests
- Curious, adapts to change

Closed to new experience

- Prefer familiarity over novelty
- Conservative, cautious
- Consistent, resistant to change.

2. **High Level of Conscientiousness**

- High levels of attentiveness to detail
- Self-discipline, good impulse control
- Ambitious, goal-directed behaviors
- Organized, dependable, planner

Low Level of conscientiousness

- Inattentive, unfocused, careless
- Extravagant, impulsive
- Spontaneous, less goal directed
- Disorganized, spontaneous, unreliable

3. **Extraversion**

- Sociability—seeks connection
- Talkative, energetic
- Assertiveness
- Outgoing, avoids solitude

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Introversion

- Seeks solitude, less stimulation
- Quiet, low-key, deliberate
- Thinks deeply, tunes inward
- Enjoys solitude, avoids large groups

4. **High Level of Agreeableness**

- Compassion and cooperation
- Altruism, kindness
- Affection & other friendly behaviors

Low Level of Agreeableness

- Prioritizes self above others.
- Unlikely to consider others needs
- Suspicious, unfriendly, uncooperative.

5. **Neurotic**

- Sensitive—overwhelmed, discouraged
- Moody—nervous, difficulty calming
- Emotions interfere with thinking clearly, making decisions, coping effectively with stress.

Resilient

- Confident, less easily upset, rational
- Able to manage emotions
- Emotionally stable. Logical with healthy coping skills for stress management.