

Extraversion

Energy, positive emotions, assertiveness, sociability, tendency to seek stimulation in the company of others, and talkativeness. High extraversion is associated with attention-seeking, and domineering. Low extraversion causes a reserved, reflective personality, which can be perceived as aloof or self-absorbed.

outgoing/energetic vs. solitary/reserved

Group implications

Discussion catalyst, can be disruptive vs. deep thinker, does not add energy

Agreeableness

A tendency to be compassionate and cooperative rather than suspicious and antagonistic towards others. It is also a measure of one's trusting and helpful nature. High agreeableness is often seen as naive or submissive. Low agreeableness personalities are often competitive or challenging people, which can be seen as argumentative or untrustworthy.

friendly/compassionate vs. challenging/detached

Group Implications

Gets along, might lack backbone vs. leadership, can lack empathy, cohesion

Neuroticism

The tendency to experience unpleasant emotions easily, such as anger, anxiety, depression, and vulnerability. Neuroticism also refers to the degree of emotional stability and impulse control and is sometimes referred to by its low pole, "emotional stability". A high need for stability manifests as a stable and calm personality, but can be seen as uninspiring and unconcerned. A low need for stability causes a reactive and excitable personality, often very dynamic individuals, but they can be perceived as unstable or insecure.

sensitive/nervous vs. secure/confident

Group Implications

Emotionally reactive vs. steadiness, lacks empathy

Works Cited

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