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Welcome

This questionnaire is designed to measure the Big Five factors of personality. These broad and universal factors have been found in many cultures, and are accepted by psychologists as the common language of personality.

The questionnaire will ask about your typical behavioural style. It will only take about 15 minutes to complete.

Instructions

This questionnaire is designed to provide information on your typical behaviour in everyday situations. When answering, describe yourself as you generally are now, not as you wish to be in the future.

On each page you will be presented with a block of 3 statements.

Select one statement that describes you **MOST** accurately and one that describes you **LEAST** accurately, in your usual behaviour. Use the following options to mark your choices:

- 1: Most like me
- 2: Least like me

You will have a chance to practice these rating options.

Example questions

Here you can practice how to use the ranking options.

Out of three statements, select one that describes you MOST accurately and one that describes you LEAST accurately

	MOST like me	LEAST like me
I pay attention to details	x	
I change my mood a lot		x
I have a good word for everyone		

Please remember

- Be as discerning and honest as you can. Only then you will find the feedback useful, and may learn something new about yourself.
- There is no right or wrong answers, so please do not give an answer because you think it is the right thing to say or it is how you might like to be.
- Some of the choices may be difficult, but please try your best.
- There are only 20 blocks in this questionnaire. Please respond to all of them.

Questionnaire

Out of three statements, select one that describes you MOST accurately and one that describes you LEAST accurately

		MOST like me	LEAST like me
1	I am relaxed most of the time I start conversations I catch on to things quickly		
2	I show my gratitude I do things according to a plan I am not easily bothered by things		
3	I have difficulty understanding abstract ideas I am the life of the party I inquire about others' well-being		
4	I like order I am good at many things I get upset easily		
5	I sympathise with others' feelings I worry about things I feel at ease with people		
6	I love to think up new ways of doing things I am quiet around strangers I often forget to put things back in their proper place		
7	I keep in the background I have frequent mood swings I feel others' emotions		
8	I follow a schedule I am full of ideas I don't talk a lot		
9	I love to read challenging material I get overwhelmed by emotions I am not interested in other people's problems		
10	I waste my time I get irritated easily I talk to a lot of different people at parties		

11	I feel comfortable around people I love to help others I get jobs done right away		
12	I seldom feel blue I know how to comfort others I avoid difficult reading material		
13	I find it difficult to approach others I panic easily I leave things unfinished		
14	I make time for others I am always prepared I can handle a lot of information		
15	I make friends easily I have excellent ideas I get stressed out easily		
16	I make plans and stick to them I rarely get irritated I am indifferent to the feelings of others		
17	I leave a mess in my room I make people feel at ease I am quick to understand things		
18	I feel little concern for others I don't mind being the centre of attention I lack imagination		
19	I avoid philosophical discussions I like to tidy up I often feel blue		
20	I love order and regularity I am not really interested in others I am skilled in handling social situations		

Thank you

Thank you for completing this questionnaire. We hope you found it interesting.