

THE BIG 5 MODELS OF PERSONALITY OCEAN



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OCEAN IS A THEORY USED TO EXPLAIN THE MAIN DIMENSIONS OF PERSONALITY

The 5 Dimensions of Personality are as follows:

OPENNESS

CONSCIENTIOUS-
NESS

EXTRAVERSION

AGREEABLENESS

NEUROTICISM

HOW CAN OCEAN RELATE TO YOU?

- Individuals who score high in each dimension of the personality traits will display the following characteristics

OPENNESS TO EXPERIENCES

- One who is original, imaginative and daring. Have broad interests and generally prefer variety over fixed routines.

IMAGINATIVE

ORIGINAL

INSIGHTFUL

**VARIETY OF
INTERESTS**

CLEVER

CREATIVE

INTELLECTUAL

INDEPENDENT

CURIOUS

CONSCIENTIOUSNESS

- One who is hardworking, ambitious, energetic, persevering, and like planning things in advance

PERSISTENT

AMBITIOUS

CONSISTENT

RELIABLE

**HARD
WORKING**

ENERGETIC

PLANNER

CAREFUL

DISCIPLINED

EXTRAVERSION

- One who is sociable, fun-loving, affectionate, friendly, talkative, and derives energy from social activity

SOCIABLE

ASSERTIVE

OUTGOING

FRIENDLY

**SOCIAL
CONFIDENT**

TALKATIVE

FUN LOVING

AFFECTIONATE

ARTICULATE

AGREEABLENESS

- One who is sympathetic, kind, affectionate and likely to engage in pro-social behaviour and volunteerism

KIND

LOYAL

SENSITIVE

CHEERFUL

TRUSTING

**SOFT-
HEARTED**

PATIENT

HUMBLE

MODEST

NEUROTICISM

- One who worries a lot when insecure, self-conscious and temperamental

CALM

MOODY

FEARFUL

JEALOUS

NERVOUS

INSECURE

UNSTABLE

ANXIOUS

AWKWARD

Curious about your own personality ?

Click the link below:

<http://fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/Personality-BigFiveInventory.pdf>

**Which Mix of the
Big Five Personality
Traits Are You?**



