

Name _____ Period _____ Date _____

HANDOUT 10–11

The Big Five Inventory (BFI)

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who *likes to spend time with others*? Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement.

Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly
1	2	3	4	5

I see myself as someone who . . .

- | | |
|---|--|
| <p>_____ 1. Is talkative</p> <p>_____ 2. Tends to find fault with others</p> <p>_____ 3. Does a thorough job</p> <p>_____ 4. Is depressed, blue</p> <p>_____ 5. Is original, comes up with new ideas</p> <p>_____ 6. Is reserved</p> <p>_____ 7. Is helpful and unselfish with others</p> <p>_____ 8. Can be somewhat careless</p> <p>_____ 9. Is relaxed, handles stress well</p> <p>_____ 10. Is curious about many different things</p> <p>_____ 11. Is full of energy</p> <p>_____ 12. Starts quarrels with others</p> <p>_____ 13. Is a reliable worker</p> <p>_____ 14. Can be tense</p> <p>_____ 15. Is ingenious, a deep thinker</p> <p>_____ 16. Generates a lot of enthusiasm</p> <p>_____ 17. Has a forgiving nature</p> <p>_____ 18. Tends to be disorganized</p> <p>_____ 19. Worries a lot</p> <p>_____ 20. Has an active imagination</p> <p>_____ 21. Tends to be quiet</p> <p>_____ 22. Is generally trusting</p> | <p>_____ 23. Tends to be lazy</p> <p>_____ 24. Is emotionally stable, not easily upset</p> <p>_____ 25. Is inventive</p> <p>_____ 26. Has an assertive personality</p> <p>_____ 27. Can be cold and aloof</p> <p>_____ 28. Perseveres until the task is finished</p> <p>_____ 29. Can be moody</p> <p>_____ 30. Values artistic, aesthetic experiences</p> <p>_____ 31. Is sometimes shy, inhibited</p> <p>_____ 32. Is considerate and kind to almost everyone</p> <p>_____ 33. Does things efficiently</p> <p>_____ 34. Remains calm in tense situations</p> <p>_____ 35. Prefers work that is routine</p> <p>_____ 36. Is outgoing, sociable</p> <p>_____ 37. Is sometimes rude to others</p> <p>_____ 38. Makes plans and follows through with them</p> <p>_____ 39. Gets nervous easily</p> <p>_____ 40. Likes to reflect, play with ideas</p> <p>_____ 41. Has few artistic interests</p> <p>_____ 42. Likes to cooperate with others</p> <p>_____ 43. Is easily distracted</p> <p>_____ 44. Is sophisticated in art, music, or literature</p> |
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