

PERSONALITY QUIZ

QUESTIONS

Answer the following questions using this 5 point scale:

1=Never, 5=Always.

1. I enjoy meeting new people.
2. I often find myself thinking about the future.
3. I prefer working in groups rather than alone.
4. I feel anxious in unfamiliar situations.
5. I take time to reflect on my actions and feelings.
6. I find it easy to empathize with others.
7. I tend to take risks when faced with new opportunities.
8. I often feel overwhelmed by my responsibilities.
9. I value stability and predictability in my life.
10. I like to make spontaneous decisions and plans.
11. I feel energized when I accomplish something.
12. I have difficulty letting go of past mistakes or regrets.
13. I enjoy solving problems and thinking critically.
14. I often need time alone to recharge.
15. I tend to follow routines and structures in my daily life.

PERSONALITY QUIZ

ANSWER KEY

Add up your scores for each statement.

A **higher** score between 75 and 38 might indicate greater **openness, social engagement, or emotional awareness**, depending on the individual statement's focus.

Openness refers to a person's willingness to embrace new experiences, ideas, and perspectives. It is often associated with traits like curiosity, imagination, and a desire for personal growth. In psychology, openness is one of the five traits in the Big Five Personality Traits and includes characteristics such as creativity, receptiveness to new information, and appreciation for art, adventure, and unconventional ideas. Social Engagement

Social engagement is the extent to which an individual actively participates in and interacts with their social environment. It encompasses behaviors such as communicating, forming relationships, participating in group activities, and contributing to community or social causes. High social engagement often reflects a sense of connection, collaboration, and purpose within a social context.

Emotional Awareness refers to the ability to recognize, understand, and interpret one's own emotions and the emotions of others. It is a key component of emotional intelligence, enabling individuals to manage their feelings effectively, empathize with others, and respond appropriately to emotional situations. Emotional awareness also involves the capacity to identify the causes and effects of emotions and to use this understanding to guide behavior and decision-making.

Reflect on patterns in your answers for a better understanding
of your personality tendencies!