

# Types of personality



# Vocabulary

**Personality:** the combination of characteristics or qualities that form an individual's distinctive character.

**Personality traits:** reflect people's characteristic patterns of thoughts, feelings, and behaviors. Personality traits imply consistency and stability.

**Motto:** noun, a saying adopted as an expression of the guiding principle of a person, organization, city, etc.

**Conscientious:** adjective  
governed by conscience; controlled by or done according to one's inner sense of what is right; principled:

**Social butterfly:** A social butterfly is a slang term for a person who is socially dynamic and charismatic.

**Neurosis:** a personality disorder typified by excessive anxiety or indecision and a degree of social or interpersonal maladjustment.

# Introduction

What makes someone who they are? Each person has an idea of their own personality type — if they are bubbly or reserved, sensitive or thick-skinned. Psychologists who try to tease out the science of who we are define personality as individual differences in the way people tend to think, feel and behave.

There are many ways to measure personality, but psychologists have mostly given up on trying to divide humanity neatly into types. Instead, they focus on personality traits. The most widely accepted of these traits are the Big Five. They were developed in the 1970s by two research teams.

- Openness
- Conscientiousness
- Extraversion
- Agreeableness
- Neuroticism

