

## Your NEO Summary

Paul T. Costa, Jr., Ph. D. and Robert R. McCrae, Ph.D.

The NEO inventory measures five broad domains, or dimensions, of personality. The responses that you gave to the statements about your thoughts, feelings, and goals can be compared with those of other adults to give a description of your personality.

For each of the five domains, descriptions are given below for different ranges of scores. The descriptions that are *checked* provide descriptions of *you*, based on your responses to the inventory items.

The NEO inventory measures differences among normal individuals. It is not a test of intelligence or ability, and it is not intended to diagnose problems of mental health or adjustment. It does, however, give you some idea about what makes you unique in your ways of thinking, feeling, and interacting with others.

This summary is intended to give you a general idea of how your personality might be described. It is not a detailed report. If you completed the inventory again, you might score somewhat differently. For most individuals, however, personality traits tend to be very stable in adulthood. Unless you experience major life changes or make deliberate efforts to change yourself, this summary should apply to you throughout your adult life.

Compared with the responses of other people, your responses suggest that you can be described as:			
	High, H	Average, A	Low, L
N	<input type="checkbox"/> Sensitive, emotional, and prone to experience feelings that are upsetting.	<input type="checkbox"/> Generally calm and able to deal with stress, but you sometimes experience feelings of guilt, anger, or sadness.	<input type="checkbox"/> Secure, hardy, and generally relaxed even under stressful conditions.
E	<input type="checkbox"/> Extraverted, outgoing, active, and high-spirited. You prefer to be around people most of the time.	<input type="checkbox"/> Moderate in activity and enthusiasm. You enjoy the company of others but you also value privacy.	<input type="checkbox"/> Introverted, reserved, and serious. You prefer to be alone or with a few close friends.
D	<input type="checkbox"/> Open to new experiences. You have broad interests and are very imaginative.	<input type="checkbox"/> Practical but willing to consider new ways of doing things. You seek a balance between the old and the new.	<input type="checkbox"/> Down-to-earth, practical, traditional, and pretty much set in your ways.
A	<input type="checkbox"/> Compassionate, good-natured, and eager to cooperate and avoid conflict.	<input type="checkbox"/> Generally warm, trusting, and agreeable, but you can sometimes be stubborn and competitive.	<input type="checkbox"/> Hardheaded, skeptical, proud, and competitive. You tend to express your anger directly.
C	<input type="checkbox"/> Conscientious and well-organized. You have high standards and always strive to achieve your goals.	<input type="checkbox"/> Dependable and moderately well-organized. You generally have clear goals but are able to set your work aside.	<input type="checkbox"/> Easygoing, not very well-organized, and sometimes careless. You prefer not to make plans.

1. I am not a worrier.
2. I like to have a lot of people around me.
3. I don't like to waste time daydreaming.
4. I try to be courteous to everyone I meet.
5. I keep my belongings clean and neat.
6. I often feel inferior to others.
7. I laugh easily.
8. Once I find the right way to do something, I stick to it.
9. I often get into arguments with my family and co-workers.
10. I'm pretty good about pacing myself so as to get things done on time.
11. When I'm under a great deal of stress, sometimes I feel like I'm going to pieces.
12. I don't consider myself especially "light-hearted."
13. I am intrigued by the patterns I find in art and nature.
14. Some people think I'm selfish and egotistical.
15. I am not a very methodical person.
16. I rarely feel lonely or blue.
17. I really enjoy talking to people.
18. I believe letting students hear controversial speakers can only confuse and mislead them.
19. I would rather cooperate with others than compete with them.
20. I try to perform all the tasks assigned to me conscientiously.
21. I often feel tense and jittery.
22. I like to be where the action is.
23. Poetry has little or no effect on me.
24. I tend to be cynical and skeptical of others' intentions.
25. I have a clear set of goals and work toward them in an orderly fashion.
26. Sometimes I feel completely worthless.
27. I usually prefer to do things alone.
28. I often try new and foreign foods.
29. I believe that most people will take advantage of you if you let them.
30. I waste a lot of time before settling down to work.
31. I rarely feel fearful or anxious.
32. I often feel as if I'm bursting with energy.
33. I seldom notice the moods or feelings that different environments produce.
34. Most people I know like me.
35. I work hard to accomplish my goals.
36. I often get angry at the way people treat me.
37. I am a cheerful, high-spirited person.
38. I believe we should look to our religious authorities for decisions on moral issues.
39. Some people think of me as cold and calculating.
40. When I make a commitment, I can always be counted on to follow through.
41. Too often, when things go wrong, I get discouraged and feel like giving up.
42. I am not a cheerful optimist.
43. Sometimes when I am reading poetry or looking at a work of art, I feel a chill or wave of excitement.
44. I'm hard-headed and tough-minded in my attitudes.
45. Sometimes I'm not as dependable or reliable as I should be.
46. I am seldom sad or depressed.
47. My life is fast-paced.
48. I have little interest in speculating on the nature of the universe or the human condition.
49. I generally try to be thoughtful and considerate.
50. I am a productive person who always gets the job done.
51. I often feel helpless and want someone else to solve my problems.
52. I am a very active person.
53. I have a lot of intellectual curiosity.
54. If I don't like people, I let them know it.
55. I never seem to be able to get organized.
56. At times I have been so ashamed I just wanted to hide.
57. I would rather go my own way than be a leader of others.
58. I often enjoy playing with theories or abstract ideas.
59. If necessary, I am willing to manipulate people to get what I want.
60. I strive for excellence in everything I do.

SD → Strongly Disagree  
D → Disagree  
N → Neutral  
A → Agree  
SA → Strongly Agree

Sum the COLUMNS to obtain raw scores for N, E, O, A, and C.

Plot raw scores on facing page to obtain T scores.

6D	D	N	A	SA	SD	D	N	A	SA	SD	D	N	A	SA	SD	D	N	A	SA	SD	D	N	A	SA					
1	4	3	2	1	0	2	0	1	2	3	4	3	4	3	2	1	0	4	0	1	2	3	4	5	0	1	2	3	4
6	0	1	2	3	4	7	0	1	2	3	4	8	4	3	2	1	0	9	4	3	2	1	0	10	0	1	2	3	4
11	0	1	2	3	4	12	4	3	2	1	0	13	0	1	2	3	4	14	4	3	2	1	0	15	4	3	2	1	0
16	4	3	2	1	0	17	0	1	2	3	4	18	4	3	2	1	0	19	0	1	2	3	4	20	0	1	2	3	4
21	0	1	2	3	4	22	0	1	2	3	4	23	4	3	2	1	0	24	4	3	2	1	0	25	0	1	2	3	4
26	0	1	2	3	4	27	4	3	2	1	0	28	0	1	2	3	4	29	4	3	2	1	0	30	4	3	2	1	0
31	4	3	2	1	0	32	0	1	2	3	4	33	4	3	2	1	0	34	0	1	2	3	4	35	0	1	2	3	4
36	0	1	2	3	4	37	0	1	2	3	4	38	4	3	2	1	0	39	4	3	2	1	0	40	0	1	2	3	4
41	0	1	2	3	4	42	4	3	2	1	0	43	0	1	2	3	4	44	4	3	2	1	0	45	4	3	2	1	0
46	4	3	2	1	0	47	0	1	2	3	4	48	4	3	2	1	0	49	0	1	2	3	4	50	0	1	2	3	4
51	0	1	2	3	4	52	0	1	2	3	4	53	0	1	2	3	4	54	4	3	2	1	0	55	4	3	2	1	0
56	0	1	2	3	4	57	4	3	2	1	0	58	0	1	2	3	4	59	4	3	2	1	0	60	0	1	2	3	4

N = \_\_\_\_\_

E = \_\_\_\_\_

O = \_\_\_\_\_

A = \_\_\_\_\_

C = \_\_\_\_\_

Have you responded to all of the statements?

\_\_\_\_\_ Yes \_\_\_\_\_ No

Do not score if this response is marked "No."

\_\_\_\_\_ Yes \_\_\_\_\_ No

Do not score if this response is marked "No."

\_\_\_\_\_ Yes \_\_\_\_\_ No

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Date \_\_\_\_\_

## NEO Five-Factor Inventory Profile Form S

