

BFI-10 (Big Five – 10 Item Version)

Instructions: Here are a number of characteristics that may or may not apply to you. Please circle the number that correspond to you from 1 (Disagree Strongly) to 5 (Agree Strongly).

I see myself as someone who...	Disagree strongly ↓	Disagree a little ↓	Neither agree nor disagree ↓	Agree a little ↓	Agree strongly ↓
... is reserved	(1)	(2)	(3)	(4)	(5)
... is generally trusting	(1)	(2)	(3)	(4)	(5)
... tends to be lazy	(1)	(2)	(3)	(4)	(5)
... is relaxed, handles stress well	(1)	(2)	(3)	(4)	(5)
... has few artistic interests	(1)	(2)	(3)	(4)	(5)
... is outgoing, sociable	(1)	(2)	(3)	(4)	(5)
... tends to find fault with others	(1)	(2)	(3)	(4)	(5)
... does a thorough job	(1)	(2)	(3)	(4)	(5)
... gets nervous easily	(1)	(2)	(3)	(4)	(5)
... has an active imagination	(1)	(2)	(3)	(4)	(5)

Scoring of the BFI-10 (Big Five Inventory-10 items)

I see myself as someone who...	Disagree strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree strongly
... is reserved	+5 pt.	+4 pt.	+3 pt.	+2 pt.	+1 pt.
... is generally trusting	+1 pt.	+2 pt.	+3 pt.	+4 pt.	+5 pt.
... tends to be lazy	+5 pt.	+4 pt.	+3 pt.	+2 pt.	+1 pt.
... is relaxed, handles stress well	+5 pt.	+4 pt.	+3 pt.	+2 pt.	+1 pt.
... has few artistic interests	+5 pt.	+4 pt.	+3 pt.	+2 pt.	+1 pt.
... is outgoing, sociable	+1 pt.	+2 pt.	+3 pt.	+4 pt.	+5 pt.
... tends to find fault with others	+5 pt.	+4 pt.	+3 pt.	+2 pt.	+1 pt.
... does a thorough job	+1 pt.	+2 pt.	+3 pt.	+4 pt.	+5 pt.
... gets nervous easily	+1 pt.	+2 pt.	+3 pt.	+4 pt.	+5 pt.
... has an active imagination	+1 pt.	+2 pt.	+3 pt.	+4 pt.	+5 pt.

Instructions: To find your OCEAN (of the Big Five personality traits) add the following two items together for O, C, E, A, and N:

... is reserved	E
... is generally trusting	A
... tends to be lazy	C
... is relaxed, handles stress well	N
... has few artistic interests	O
... is outgoing, sociable	E
... tends to find fault with others	A
... does a thorough job	C
... gets nervous easily	N
... has an active imagination	O

What does my OCEAN mean? Your overall personality is based on the combination of all five traits together, which can be high or low on the range.

Low Openness Practical, conservative, depth of knowledge, efficient, expert	Preserver 1-----	Moderate 5-----	Explorer -----10	High Openness Broad interests, curious, liberal, impractical, likes novelty
Low Conscientiousness Spontaneous, fun loving, experimental, unorganized	Flexible 1-----	Balanced 5-----	Focused -----10	High Conscientiousness Dependable, organized, disciplined, cautious, stubborn
Low Extraversion Private, independent, works alone, reserved, hard to read	Introvert 1-----	Ambivert 5-----	Extrovert -----10	High Extraversion Assertive, sociable, warm, optimistic, talkative
Low Agreeableness Skeptical, questioning, tough, aggressive, self interest	Challenger 1-----	Negotiator 5-----	Adaptor -----10	High Agreeableness Trusting, humble, altruistic, team player, conflict averse, frank
Low Neuroticism Secure, unflappable, rational, unresponsive, guilt free	Resilient 1-----	Responsive 5-----	Reactive -----10	High Neuroticism Excitable, worrying, reactive, high-strung, alert