

Do You Know Yourself?

[Your Results](#)

[Your History](#)

[Group Compare](#)

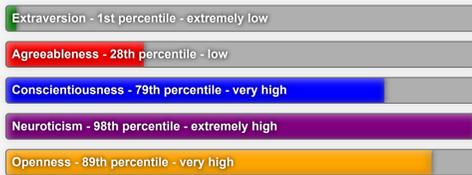
Your Results

This assessment compares your **perceptions about your personality** to your **actual daily behavior**. These results are based on the **Big Five personality dimensions**.

How Accurately Do You See Yourself?

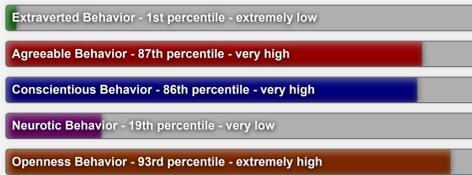


How You Described Yourself



This is how you described your personality. For example, compared with other people, you described yourself as being extremely low in extraversion. Almost all personality tests are based on your self-descriptions; so, this is how you would score on a normal Big-Five personality test.

Your Actual Behaviors



This is how much your behaviors were characterized by each personality trait. So, for example, you performed extremely low levels of extraverted behaviors.

In this test, **accuracy** refers to the match between your self-description and your behaviors. If your accuracy is lower than you expected, it doesn't necessarily mean that you don't know yourself. It might simply mean that the past few days were unusual, and your behavior was not typical of how you normally act.

Breakdown of Accuracy

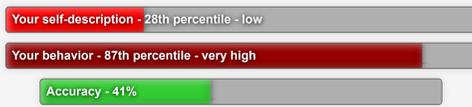
Extraversion



Extraverts are talkative, sociable, and like to stay active. They enjoy exciting and risky activity. Many extraverts feel lots of positive emotions. In contrast, introverts tend to be quieter and enjoy lower key activities.

You view yourself pretty accurately when it comes to extraversion.

Agreeableness



Agreeable people are very motivated to maintain positive social relationships, and go to great lengths to ensure that they have positive, satisfying relationships with others. They may be more willing to help others or cooperate in accomplishing tasks. In contrast, people with lower levels of agreeableness are less focused on relationships, and may be less likely to be taken advantage of.

You described yourself as having low levels of agreeableness, but your behaviors were very high in agreeableness. Your behavior may actually be more agreeable than you think.

Conscientiousness



Conscientious people are responsible, neat, punctual, and orderly. They tend to be very motivated to achieve and do well on whatever tasks they're working on. In contrast, people with lower levels of conscientiousness may be more laid-back and impulsive. They may prefer less structure in their schedules.

You view yourself pretty accurately when it comes to conscientiousness.

Neuroticism



Highly neurotic people tend to experience a lot of negative emotions, including sadness, anger, and worry about the future. In contrast highly emotionally stable people (i.e., low in neuroticism) tend to be more emotionally stoic and less prone to experiencing ups and downs.

You described yourself as having extremely high levels of neuroticism, but your behaviors were very low in neuroticism. Your behavior may actually be less neurotic than you think.

Openness



Highly open people love to have a variety of new experiences, including trying new food, traveling to new cities, and learning new information. They tend to be creative and politically liberal. In contrast, people low in openness tend to prefer routine and consistency. People lower in openness tend to lean politically conservative.

You view yourself pretty accurately when it comes to openness.

Traits and Motives and Behavior

Our personality traits describe who we are. However, this personality test also asked you about your motives—who you *want to be*. Below, we provide a few graphs of your personality traits (your self-descriptions), your motives (who you want to be), and your behaviors. Do your traits or your motives match your behavior better?

Extraversion



Agreeableness



Conscientiousness



Neuroticism



Openness



Other Personality Tests

You can find even more personality quizzes, personality tests, personality assessments, and experiments at [Personality Assessor!](#)



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Interesting.Tho I often while going thru press wrong response
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