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# BFI - Big Five Inventory

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please tick ONLY ONE OPTION next to each statement to indicate the extent to which you agree or disagree with that statement.

**1. I tend to be talkative**

- Disagree strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**2. I tend to find fault with others**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**3. I do a thorough job**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**4. I am depressed, or blue**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**5. I am original, come up with new ideas**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**6. I am reserved**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**7. I am helpful and unselfish with others**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**8. I can be somewhat careless**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**9. I am relaxed, handle stress well**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**10. I am curious about many different things**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**11. I am full of energy**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**12. I start quarrels with others**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

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**13. I am a reliable worker**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**14. I can be tense**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**15. I am ingenious, a deep thinker**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**16. I generate a lot of enthusiasm**

- Disagree strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**17. I have a forgiving nature**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**18. I tend to be disorganised**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**19. I worry a lot**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**20. I tend to have an active imagination**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**21. I tend to be quiet**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**22. I am generally trusting**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**23. I tend to be lazy**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**24. I am emotionally stable, not easily upset**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**25. I am inventive**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**26. I have an assertive personality**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**27. I can be cold and aloof**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**28. I persevere until the task is finished**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**29. I can be moody**

- Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

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**30. I value artistic, aesthetic experiences**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**31. I am sometimes shy, inhibited**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**32. I am considerate and kind to almost everyone**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**33. I do things efficiently**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**34. I remain calm in tense situations**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**35. I prefer work that is routine**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**36. I am outgoing, sociable**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**37. I am sometimes rude to others**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**38. I make plans and follow through with them**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**39. I get nervous easily**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**40. I like to reflect, play with ideas**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**41. I have few artistic interests**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**42. I like to cooperate with others**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**43. I am easily distracted**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**44. I am sophisticated in art, music, or literature**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

**45. I am politically liberal**

Disagree Strongly  Disagree a little  Neither agree nor disagree  Agree a little  Agree strongly

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