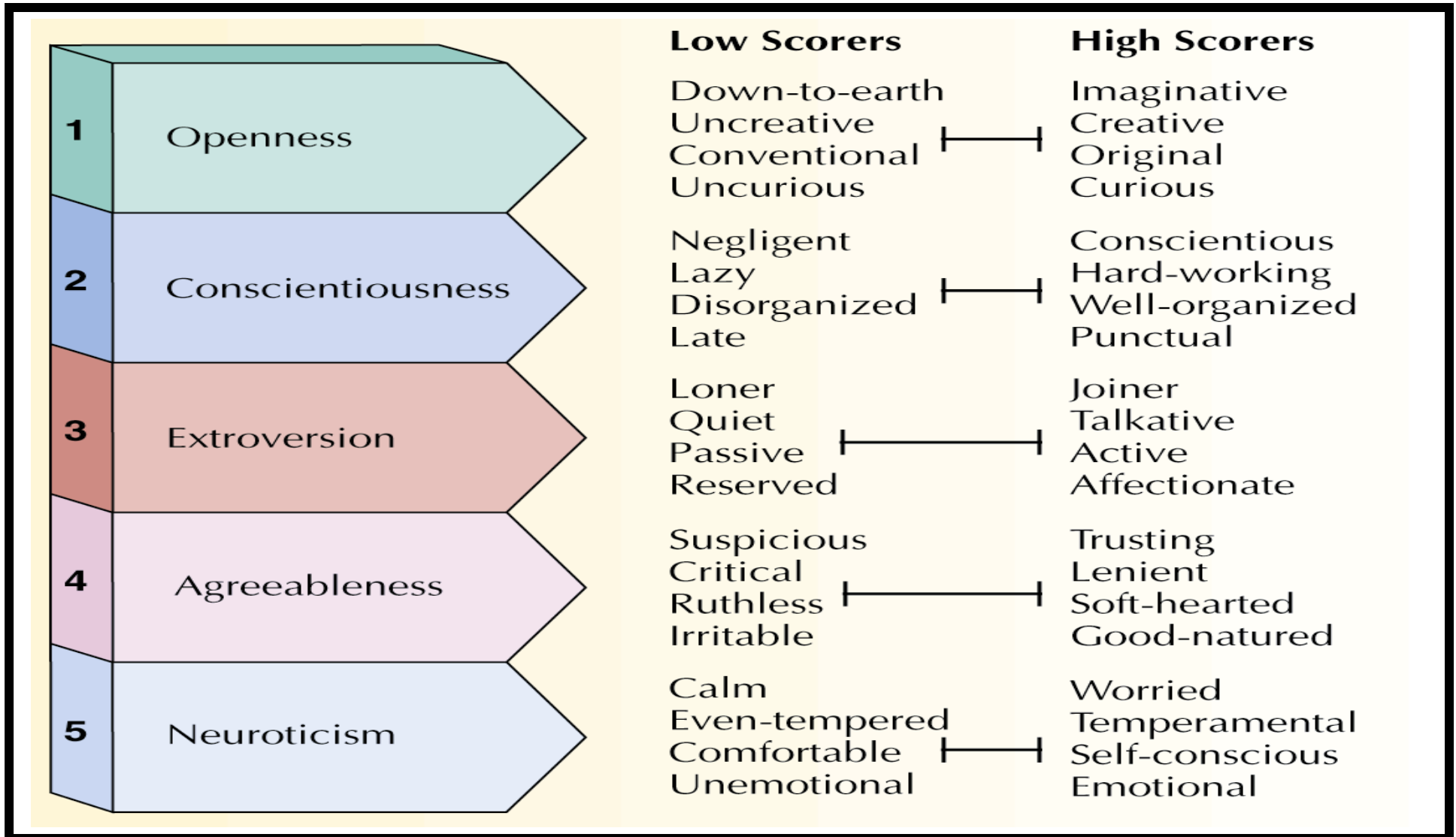


# Big 5 Personality Theory



## Eysenck's Three Dimensions of Personality

### 1. **Introversion/Extraversion:**

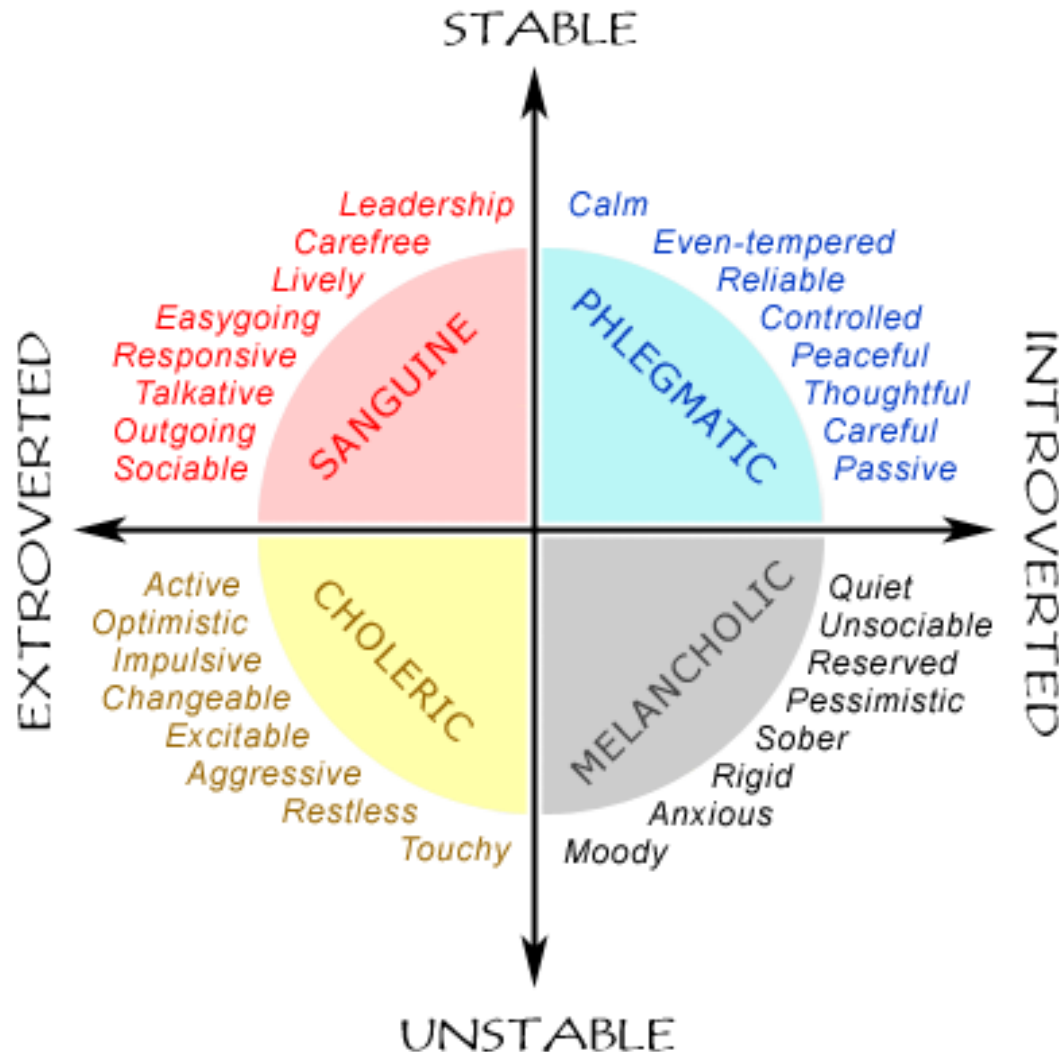
Introversion involves directing attention on inner experiences, while extraversion relates to focusing attention outward on other people and the environment. So, a person high in introversion might be quiet and reserved, while an individual high in extraversion might be sociable and outgoing.

### 2. **Neuroticism/Emotional Stability:**

This dimension of Eysenck's trait theory is related to moodiness versus even-temperedness. Neuroticism refers to an individual's tendency to become upset or emotional, while stability refers to the tendency to remain emotionally constant.

### 3. **Psychoticism:**

Later, after studying individuals suffering from mental illness, Eysenck added a personality dimension he called psychoticism to his trait theory. Individuals who are high on this trait tend to have difficulty dealing with reality and may be antisocial, hostile, non-empathetic and manipulative.



**Choleric:** This is the commander-type. Choleric are dominant, strong, decisive, stubborn and even arrogant.

**Melancholy:** This is the mental-type. Their typical behavior involves thinking, assessing, making lists, evaluating the positives and negatives, and general analysis of facts.

**Sanguine:** This is the social-type. They enjoy fun, socializing, chatting, telling stories - and are fond of promising the world, because that's the friendly thing to do.

**Phlegmatic:** This is the flat-type. They are easy going, laid back, nonchalant, unexcitable and relaxed. Desiring a peaceful environment above all else.