

# Your NEO-PI-3 Summary

by

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**Results For :** Sample Client

**Client ID :** Sample 1234

**Age :** 41

**Date of Birth :** 08/01/1969

**Gender :** Female

**Test Form :** S

**Test Date :** 08/01/2010

The NEO Personality Inventory-3 measures five broad domains or factors of personality, and six more specific traits or factors within each domain. The responses that you gave to the statements about your thoughts, feelings, and goals can be compared to those of other adults to give a description of your personality.

The NEO Personality Inventory measures differences in personality traits. It is not a test of intelligence or ability, and is not intended to diagnose psychiatric disorders. 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. If you completed the inventory again, you might score somewhat differently, and other people might have different views of what you are like.

If you have any questions or concerns about this summary, please feel free to discuss them with the professional who administered the inventory.

## **A Description of Your Personality**

### **The N Domain**

Traits in the N domain reflect different ways of reacting emotionally to distressing circumstances. Low scorers are resilient, rarely experiencing negative emotions; high scorers often have strong emotional reactions. Overall, your responses suggest that you are very high on this factor. Specifically, you are anxious, generally apprehensive, and prone to worry. You often feel frustrated, irritable, and angry at others and you are prone to feeling sad, lonely, and dejected. Embarrassment or shyness when dealing with people, especially strangers, is often a problem for you. You report being poor at controlling your impulses and desires and you are unable to handle stress well.

### **The E Domain**

The E domain measures traits related to energy and enthusiasm, especially when dealing with people. Low scorers are serious and introverted; high scorers are outgoing extraverts. Your total score puts you in the very low range on this factor. You are somewhat formal and distant in your relationships with others and you rarely enjoy large and noisy crowds or parties. You are reluctant to assert yourself and prefer to stay in the background in meetings and group discussions. You have a low level of energy and prefer a slow and steady pace. Excitement, stimulation, and thrills have little appeal to you and you are less prone to experience feelings of joy and happiness than most women.

### **The O Domain**

The facets of this domain measure responses to various kinds of experience. Low scorers are down-to-earth and conventional; they prefer the familiar and the tried-and-true. High scorers are imaginative and open-minded. You score in the very low range. Your responses suggest that you are generally closed. You consider daydreaming and fantasy a waste of time, and have a limited imagination. You are seldom responsive to beauty as found in music, art, poetry, or nature, but your feelings and emotional reactions are normal in variety and intensity. You seldom enjoy new and different activities and have a low need for variety in your life. You are not interested in intellectual pursuits for their own sake and you are conservative in your social, political, and moral beliefs.

## **The A Domain**

This domain is concerned with styles of interpersonal interaction. Low scorers are hard-headed and competitive; high scores compassionate and cooperative. Across the six facets in this domain, you describe yourself as being generally average on this domain. In particular, you have moderate trust in others, but are not gullible, recognizing that people can sometimes be deceptive. You are willing at times to flatter or trick people into doing what you want, and you tend to put your own needs and interests before others'. You hold your own in conflicts with others, but you are also willing to forgive and forget. You are humble, unassuming, and uncomfortable talking about your achievements. Compared to other people, you are hard-headed and tough-minded, and your social and political attitudes reflect your pragmatic realism.

## **The C Domain**

Traits in this domain describe differences in motivation and persistence. Low scorers are easygoing and not inclined to make plans or schedules. High scorers are conscientious and well organized. Compared to other adults your score falls in the average range on this factor. You are sometimes inefficient or unprepared, and have not developed your skills and talents fully. You can be sloppy and disorganized, and you are sometimes less dependable and reliable and more likely to bend the rules than you should be. You have limited aspirations and might be considered somewhat lackadaisical or lazy. You sometimes find it difficult to make yourself do what you should, and tend to quit when tasks become too difficult. You are reasonably cautious, and generally think things through before acting.