Results for: Sample Client

Client ID: 1234
Age: 26
Gender: Female
Test form: S (NEO-PI-3)
Test date: 05/13/2013

Normative group: Adult / Combined Gender

This report is intended for use by qualified professionals only and is not to be shared with the examinee or any other unqualified persons.
# NEO-PI-3 Data Table

<table>
<thead>
<tr>
<th>Scale</th>
<th>Raw score</th>
<th>T score</th>
<th>Range</th>
</tr>
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<tbody>
<tr>
<td><strong>Factors</strong></td>
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<tr>
<td>(N) Neuroticism</td>
<td>---</td>
<td>79</td>
<td>Very High</td>
</tr>
<tr>
<td>(E) Extraversion</td>
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<tr>
<td>(O) Openness</td>
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<tr>
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<tr>
<td>(C) Conscientiousness</td>
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<td><strong>Neuroticism Facets</strong></td>
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</table>
Validity Indices

Validity indices (i.e., A and C questions, total number of items missing, and response set) are within normal limits.

Basis of Interpretation

This report compares the respondent to other adult men and women. It is based on self-reports of the respondent.

At the broadest level, personality can be described in terms of five basic dimensions or factors. NEO-PI-3 domain scores provide good estimates of these five factors by summing the six facets in each domain. Domain scores can be calculated easily by hand and are therefore used on the (hand-scored) Profile Form. More precise estimates of standing on the five factors, however, are provided by factor scores, which are a weighted combination of scores on all 30 facets (see Table 4 in the NEO™ Inventories Professional Manual). Factor scores are best calculated by computer.

Because factor scores have somewhat higher convergent and discriminant validity, they are used as the basis of this report. In general, domain T scores and factor T scores are very similar; occasionally, however, they differ. In these cases, the factor T score, which incorporates information from all 30 facets, is usually a more accurate description of the individual.

Factor scores are used to describe the individual at a global level, based on a composite of facet scale scores. To the extent that there is wide scatter among facet scores within a domain, interpretation of that domain and factor becomes more complex. Interpretive statements at the factor level may occasionally conflict with interpretive statements at the facet level. In these cases, particular attention should be focused on the facet scales and their interpretations.

Global Description of Personality: The Five Factors

The most distinctive feature of this individual’s personality is her standing on the factor of Neuroticism. Individuals scoring in this range are prone to experience a high level of negative emotion and frequent episodes of psychological distress. They are moody, overly sensitive, and dissatisfied with many aspects of their lives. They are generally low in self-esteem and may have unrealistic ideas and expectations. They are worriers who typically feel insecure about themselves and their plans. Friends and neighbors of such individuals might characterize them as nervous, self-conscious, high-strung, and vulnerable in comparison with the average person. (It is important to recall that Neuroticism is a general personality dimension, and high Neuroticism scores in
themselves do not imply that the individual is suffering from any psychological disorder.)

This person is very low in Extraversion. Such people are quite introverted, preferring to do most things alone or with small groups of people. They avoid large, loud parties and do not enjoy meeting new people. They are usually quiet and unassertive in group interactions. They rarely experience strong positive feelings like joy or excitement. Those who know such people would probably describe them as reserved, serious, retiring, and loners. The fact that these individuals are introverted does not necessarily mean that they lack social skills–many introverts function very well in social situations, although they might prefer to avoid them. Note also that introversion does not imply introspection; these individuals are likely to be thoughtful and reflective only if they are also high in Openness.

Next, consider the individual’s level of Openness. Low scorers like her prefer the familiar and conventional, and have little need for variety. They are not particularly sensitive to inner feelings and are reluctant to entertain new ideas unless they have a concrete reason. Their values are simple, traditional, and pragmatic. Peers rate such people as unadventurous and conventional. Closed individuals, as a rule, do not have many intellectual interests. However, this does not mean that they lack intellectual ability; it means only that they tend to direct their intelligence to a narrow circle of problems that are important to them.

This person is average in Agreeableness. People who score in this range are about as good-natured as the average person. They can be sympathetic, but can also be firm. They are trusting but not gullible, and ready to compete as well as to cooperate with others.

Finally, the individual scores in the average range in Conscientiousness. Women who score in this range have a normal level of need for achievement. They are able to set work/school aside in pursuit of pleasure or recreation. They are moderately well organized and fairly reliable, and have an average amount of self-discipline.

**Detailed Interpretation: Facets of N, E, O, A, and C**

Each of the five factors encompasses a number of more specific traits, or facets. The NEO-PI-3 measures six facets in each of the five factors. An examination of the facet scores provides a more detailed picture of the distinctive way that these factors are seen in this person.
Neuroticism

This individual is anxious, generally apprehensive, and prone to worry. She often feels frustrated, irritable, and angry at others and she is prone to feeling sad, lonely, and dejected. Embarrassment or shyness when dealing with people, especially strangers, is often a problem for her. She reports being poor at controlling her impulses and desires and she is unable to handle stress well.

Extraversion

This person is somewhat formal and distant in her relationships with others and she rarely enjoys large and noisy crowds or parties. She is reluctant to assert herself and prefers to stay in the background in meetings and group discussions. The individual has a low level of energy and prefers a slow and steady pace. Excitement, stimulation, and thrills have little appeal to her and she is less prone to experience feelings of joy and happiness than most women.

Openness

In experiential style, this individual is generally closed. She considers daydreaming and fantasy a waste of time, and has a limited imagination. She is like most people in her appreciation of beauty in music, art, poetry, and nature, and her feelings and emotional reactions are normal in variety and intensity. She seldom enjoys new and different activities and has a low need for variety in her life. She is not interested in intellectual pursuits for their own sake and she is conservative in her social, political, and moral beliefs.

Agreeableness

This person has moderate trust in others, but is not gullible, recognizing that people can sometimes be deceptive. She is willing at times to flatter or trick people into doing what she wants, and she tends to put her own needs and interests before others'. This individual holds her own in conflicts with others, but she is also willing to forgive and forget. She is humble, unassuming, and uncomfortable talking about her achievements. Compared to other people, she is hard-headed and tough-minded, and her social and political attitudes reflect her pragmatic realism.
**Conscientiousness**

This individual is sometimes inefficient or unprepared, and has not developed her skills and talents fully. She can be sloppy and disorganized, and she is sometimes less dependable and reliable and more likely to bend the rules than she should be. She has limited aspirations and might be considered somewhat lackadaisical or lazy. She sometimes finds it difficult to make herself do what she should, and tends to quit when tasks become too difficult. She is reasonably cautious, and generally thinks things through before acting.

**Personality Correlates: Some Possible Implications**

Research has shown that the scales of the NEO-PI-3 are related to a wide variety of psychosocial variables. These correlates suggest possible implications of the personality profile, because individuals who score high on a trait are also likely to score high on measures of the trait’s correlates.

The following information is intended to give a sense of how this individual might function in a number of areas. It is not, however, a substitute for direct measurement. If, for example, there is a primary interest in medical complaints, an inventory of medical complaints should be administered in addition to the NEO-PI-3.

**Coping and Defenses**

In coping with the stresses of everyday life, this individual is likely to react with ineffective responses, such as hostile reactions toward others, self-blame, or escapist fantasies. She is more likely to use faith and less likely to use humor in responding to threats, losses, and challenges. In addition, she is somewhat less likely to use positive thinking and direct action in dealing with problems.

**Somatic Complaints**

This person may be overly sensitive in monitoring and responding to physical problems and illnesses. In medical evaluations, it may be particularly important to seek objective confirmation of symptom reports where possible.
Although her mood and satisfaction with various aspects of her life will vary with the circumstances, in the long run this individual is likely to be more sensitive to life's problems than its rewards, and so be relatively unhappy. Because she is closed to experience, her moods may be less intense and varied than those of the average woman.

This individual is likely to be less complex and differentiated in thoughts, values, and moral judgments than others of her level of intelligence and education. She would also probably score lower on measures of ego development.

Many theories propose a circular arrangement of interpersonal traits around the axes of Love and Status. Within such systems, this person would likely be described as modest, submissive, cold, unfeeling, and especially aloof and reserved. Her traits are associated with low standing on the interpersonal dimensions of Love and Status.

Research in personality has identified a widely used list of psychological needs. Individuals differ in the degree to which these needs characterize their motivational structure. The respondent is likely to show high levels of the following needs: abasement, aggression, harm avoidance (avoiding danger), and succorance (support and sympathy). The respondent is likely to show low levels of the following needs: achievement, affiliation, change, dominance, endurance (persistence), exhibition (attention), nurturance, order, play, and understanding (intellectual stimulation).

Given the individual's age, some changes in personality are possible over the next few years. However, this profile is likely to be useful as a rough guide to the individual's personality throughout adulthood.
## NEO-PI-3 Item Responses

<table>
<thead>
<tr>
<th>Item Rsp.</th>
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<th>Item Rsp.</th>
<th>Item Rsp.</th>
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</thead>
</table>

### Validity Items
- A: SA    B: Yes    C: Yes

### Summary of Responses
- SD: 10.42%  D: 28.33%  N: 16.67%  A: 36.67%  SA: 7.92%  ?: 0.00%
Personality Style Graphs

Broad personality factors are pervasive influences on thoughts, feelings, and actions, and combinations of factors provide insight into major aspects of people’s lives, defining what can be called personality styles. For example, for many years psychologists have known that interpersonal interactions can be conceptualized in terms of a circular ordering or circumplex, defined by the two axes of Dominance and Love, or by the alternative axes of Extraversion and Agreeableness. These two factors define a Style of Interactions.

The nine other pairs of factors also define styles, and all ten are represented in NEO Style Graphs. An "X" is placed on each graph to indicate where the respondent falls; the description of that quadrant applies to the respondent. Descriptions are likely to be most accurate if (1) the "X" is far from the center; (2) the "X" is near the diagonal passing through the center of the quadrant; and (3) all the facets in each domain show similar levels. If the "X" is placed in the central circle, then none of the descriptions is especially relevant. If the "X" is located near the horizontal or vertical axis, then both quadrants on that side of the circle may be descriptive. If there is marked scatter among the facets in a domain, then interpretation should focus on these facets rather than the domain and its combinations in Style Graphs.
**NEO Style Graphs**

**Style of Well-Being**

*Vertical Axis: Neuroticism (≈ 79 T)*

*Horizontal Axis: Extraversion (≈ 31 T)*

**N+E-**

*Gloomy Pessimists*

These individuals face a dark and dreary life. There is little that cheers them and much that causes anguish and distress. Especially in stressful circumstances, they experience periods of feeling depressed. Even under normal circumstances, they often find life hard and joyless.

**N+E+**

*Strongly Emotional*

These individuals experience both positive and negative emotions fully and may swing rapidly from one mood to another. Their interpersonal interactions may be tumultuous because they are so easily influenced by their feelings. However, they may feel that their lives are full of excitement.

**N-E-**

*Low-keyed*

Neither good news nor bad has much effect on these individuals; they maintain a stoic indifference to events that would frighten or delight others. Their interpersonal relationships may suffer because others find them to be “cold fish.” Their emotional experience of life is bland.

**N-E+**

*Upbeat Optimists*

These individuals are usually cheerful because they are not unduly troubled by problems and they have a keen appreciation for life's pleasures. When faced with frustration or disappointment, they may become angry or sad, but they quickly put these feelings behind them. They prefer to concentrate on the future, which they view with eager anticipation. They enjoy life.

**Style of Defense**

*Vertical Axis: Neuroticism (≈ 79 T)*

*Horizontal Axis: Openness (≈ 37 T)*

**N+O-**

*Maladaptive*

Maladaptive individuals tend to use ineffective defenses (e.g., repression, denial, reaction formation). They prefer not to think about disturbing ideas and they may refuse to acknowledge possible dangers (e.g., serious illness). They do not understand the distressing emotions they experience and they cannot verbalize their feelings.

**N+O+**

*Hypersensitive*

Hypersensitive individuals seem undefended. They are alert to danger and vividly imagine possible misfortunes. They may be prone to nightmares. Because they think in unusual and creative ways, they may sometimes be troubled by odd and eccentric ideas.

**N-O-**

*Unconcerned*

In the face of stress, unconcerned individuals rarely experience strong negative emotions, and when they do, they downplay their importance. They do not dwell on threats or losses, turning instead to concrete action to solve the problem or simply to distract themselves. They put their faith in higher powers.

**N-O+**

*Adaptive*

Adaptive individuals are keenly aware of conflict, stress, and threat, but use these situations to stimulate creative adaptations. They grapple intellectually with their own intrapsychic problems and they may react to life stress as a source of humor or artistic inspiration.
**NEO Style Graphs**

**Style of Anger Control**

Vertical Axis: Neuroticism (= 79 T)
Horizontal Axis: Agreeableness (= 55 T)

- **N+A- Temperamental**
  - Temperamental individuals are easily angered and tend to express anger directly. They may fly into a rage over a minor irritant, and they can seethe with anger for long periods of time. They are deeply involved in themselves and take offense readily, and they often overlook the effects of their anger on others. They may resort to physical aggression or verbal abuse.

- **N+A+ Timid**
  - Timid individuals are heavily conflicted over anger. On the one hand, their feelings are readily hurt and they often feel victimized. On the other hand, they are reluctant to express anger because they do not want to offend others. Their anger may be directed inward against themselves.

- **N-A- Cold-Blooded**
  - Cold-blooded individuals “don’t get mad, they get even.” They often take offense, but they are not overpowered by feelings of anger. Instead, they keep accounts and express their animosity at a time and in a way that suits them. They may seek revenge.

- **N-A+ Easy-Going**
  - Easy-going individuals are slow to anger and reluctant to express it when it arises. They know when they have been insulted and may raise objections, but they would prefer to forgive and forget. They understand there are two sides to every issue and try to work toward a common ground in resolving disputes.

**Style of Impulse Control**

Vertical Axis: Neuroticism (= 79 T)
Horizontal Axis: Conscientiousness (= 45 T)

- **N+C- Undercontrolled**
  - These individuals are often at the mercy of their own impulses. They find it difficult and distressing to resist any urge or desire, and they lack the self-control to hold their urges in check. As a result, they may act in ways that they know are not in their long-term best interests. They may be particularly susceptible to substance abuse and other health-risk behaviors.

- **N+C+ Overcontrolled**
  - These individuals combine distress-proneness with a strong need to control their behavior. They have perfectionistic strivings and will not allow themselves to fail even in the smallest detail. Because their goals are often unrealistic and unattainable, they are prone to guilt and self-recrimination. They may be somewhat compulsive.

- **N-C- Relaxed**
  - These individuals see little need to exert rigorous control over their behavior. They tend to take the easy way and are philosophical about disappointments. They may need extra assistance in motivating themselves to follow appropriate medical advice or to undertake a difficult task.

- **N-C+ Directed**
  - These individuals have a clear sense of their own goals and the ability to work toward them even under unfavorable conditions. They take setbacks and frustrations in stride, and they are able to tolerate unsatisfied needs without abandoning their plan of action.
NEO Style Graphs

Style of Interests

Vertical Axis: Extraversion (= 31 T)
Horizontal Axis: Openness (= 37 T)

E+O-
Mainstream Consumers
The interests of these individuals reflect popular favorites: parties, sports, shopping, blockbuster movies -- events where they can enjoy themselves with others. They are attracted to businesses and jobs that let them work with others on simple projects. Possible vocation: Salesperson.

E+O+
Creative Interactors
The interests of these individuals revolve around the new and different, and they like to share their discoveries with others. They enjoy public speaking and teaching, and they fit in well in discussion groups. They enjoy meeting people from different backgrounds. Possible vocation: Anthropologist.

E-O-
Homebodies
The interests of these individuals are focused on activities they can pursue alone or with a small group. They are unadventurous and may collect stamps or coins, watch television, or garden. Their vocational interests may include mechanical or domestic work. Possible vocation: Bookkeeper.

E-O+
Introspectors
The interests of these individuals are focused on ideas and activities they can pursue alone. Reading, writing, or creative hobbies (e.g., painting, music) appeal to them. They prefer occupations that provide both challenge and privacy. Possible vocation: Naturalist.

Style of Interactions

Vertical Axis: Extraversion (= 31 T)
Horizontal Axis: Agreeableness (= 55 T)

E+A-
Leaders
These individuals enjoy social situations as an arena in which they can shine. They prefer giving orders versus taking them and believe they are particularly well-suited to making decisions. They may be boastful and vain, but they also know how to get people to work together.

E+A+
Welcomers
These individuals sincerely enjoy the company of others. They are deeply attached to their old friends and reach out freely to new ones. They are good-natured and sympathetic, willing to lend an ear and happy to chat about their own ideas. They are easy to get along with and popular.

E-A-
Competitors
These individuals tend to view others as potential enemies. They are wary and distant and keep to themselves. They prefer respect to friendship and guard their privacy jealously. When interacting with them, it is wise to allow them the space they feel they need.

E-A+
The Unassuming
These individuals are modest and self-effacing. They often prefer to be alone, but they are also sympathetic and respond to others' needs. Because they are trusting, others may sometimes take advantage of them. Their friends should watch out for their interests but still respect their privacy.
**NEO Style Graphs**

**Style of Activity**

Vertical Axis: Extraversion (≈ 31 T)
Horizontal Axis: Conscientiousness (≈ 45 T)

- **E+C-** Funlovers
  These individuals are full of energy and vitality, but they find it hard to channel their energy in constructive directions. Instead, they prefer to enjoy life with thrills, adventures, and raucous parties. They are spontaneous and impulsive, ready to drop work for the chance of a good time.

- **E+C+** Go-Getters
  These individuals are productive and efficient and work with a rapid tempo. They know exactly what needs to be done and are eager to pitch in. They might design their own self-improvement program and follow it with zeal. They may seem pushy if they try to impose their style on others.

- **E-C-** The Lethargic
  These individuals are unenthusiastic and have few plans or goals to motivate them. They tend to be passive and respond only to the most pressing demands. They rarely initiate activities, and in group activities and games, they often find themselves left behind.

- **E-C+** Plodders
  These individuals are methodical workers who concentrate on the task at hand and work slowly and steadily until it's completed. In leisure as in work, they have a measured pace. They cannot be hurried, but they can be counted upon to finish whatever tasks they are assigned.

- **Style of Attitudes**

Vertical Axis: Openness (≈ 37 T)
Horizontal Axis: Agreeableness (≈ 55 T)

- **O+A-** Free-Thinkers
  These individuals are critical thinkers who are swayed neither by tradition nor by sentimentality. They consider all views, but then make their own judgments about right and wrong. They are willing to disregard others' feelings to pursue their own idea of the truth.

- **O+A+** Progressives
  These individuals take a thoughtful approach to social problems and are willing to try new solutions. They have faith in human nature and are confident that society can be improved through education, innovation, and cooperation. They believe in reason and being reasonable.

- **O-A-** Resolute Believers
  These individuals have strong and unchanging beliefs about social policies and personal morality. Because they view human nature with considerable skepticism, they support strict discipline and a get-tough approach to social problems. They expect everyone to follow the rules.

- **O-A+** Traditionalists
  These individuals rely on the values and beliefs of their family and heritage in seeking the best way for people to live. They feel that following the established rules without question is the best way to ensure peace and prosperity for everyone.
**NEO Style Graphs**

**Style of Learning**

Vertical Axis: Openness (= 37 T )
Horizontal Axis: Conscientiousness (= 45 T )

**O+C-**
- **Dreamers**
  - These individuals are attracted to new ideas and can develop them with imaginative elaborations, but they may get lost in flights of fancy. They are good at starting innovative projects, but they are less successful in completing them and may need help staying focused. They are able to tolerate uncertainty and ambiguity.

**O+C+**
- **Good Students**
  - Although these individuals are not necessarily more intelligent than others, they combine a real love of learning with the diligence and organization to excel. They have a high aspiration level and are often creative in their approach to solving problems. They are likely to go as far academically as their gifts allow.

**O-C-**
- **Reluctant Scholars**
  - Academic and intellectual pursuits are not the strength or preference for these individuals. They need special incentives to start learning and to stick with it. They may need help in organizing their work and reminders to keep them on schedule. They may have problems maintaining attention.

**O-C+**
- **By-the-Bookers**
  - These individuals are diligent, methodical, and organized, and they abide by all the rules. However, they lack imagination and prefer step-by-step instructions. They excel at rote learning but have difficulties with questions that have no one right answer. They have a need for structure and closure.

**Style of Character**

Vertical Axis: Agreeableness (= 55 T )
Horizontal Axis: Conscientiousness (= 45 T )

**A+C-**
- **Well-Intentioned**
  - These individuals are giving, sympathetic, and genuinely concerned about others. However, their lack of organization and persistence means that they sometimes fail to follow through on their good intentions. They may be best at inspiring kindness and generosity in others.

**A+C+**
- **Effective Altruists**
  - These individuals work diligently for the benefit of the group. They are high in self-discipline and endurance, and they channel their efforts to the service of others. As volunteers, they are willing to take on difficult or thankless tasks and will stick to them until they get the job done.

**A-C-**
- **Undistinguished**
  - These individuals are more concerned with their own comfort and pleasure than with the well-being of others. They tend to be weak-willed and are likely to have some undesirable habits they find difficult to correct.

**A-C+**
- **Self-Promoters**
  - These individuals are concerned first and foremost with their own needs and interests, and they are effective in pursuing their own ends. They may be highly successful in business or politics because of their single-minded pursuit of their own interests.
NEO Problems in Living Checklist

Personality traits can contribute to distress and to a variety of impairments, including problems in emotional, interpersonal, experiential, attitudinal, and motivational functioning. Different traits predispose individuals to different kinds of problems. This NEO Problems in Living Checklist section provides a catalogue of potential problems based on NEO-PI-3 factor and facet scores. Factors and their facets are sorted in order of decreasing salience (as defined by absolute distance from the mean), and a list of problems relevant to this personality profile is given based on high \( T > 55 \) or low \( T < 45 \) scores. The clinician must then determine which, if any, of the suggested problems is clinically significant for this particular client. Pertinent problems can be checked off for future reference.  *This section of the Interpretive Report is not a summary of findings about the client, but a customized guide to further inquiry.*

### Neuroticism

<table>
<thead>
<tr>
<th>Factor</th>
<th>( T ) score</th>
</tr>
</thead>
<tbody>
<tr>
<td>N: Neuroticism</td>
<td>79</td>
</tr>
</tbody>
</table>

Women scoring in this range may experience the following problems:

- Chronic negative affects, including anxiety, fearfulness, tension, irritability, anger, dejection, hopelessness, guilt, and shame.
- Difficulty in inhibiting impulses (e.g., eating, drinking, smoking, spending money).
- Irrational beliefs (e.g., unrealistic expectations, perfectionistic demands on self, unwarranted pessimism).
- Unfounded somatic complaints.
- Helplessness and dependence on others for emotional support and decision making.
- Inability to accept criticism.
- Emotional instability; mood swings.
- Unstable relationships.

<table>
<thead>
<tr>
<th>Factor</th>
<th>( T ) score</th>
</tr>
</thead>
<tbody>
<tr>
<td>N4: Self-Consciousness</td>
<td>83</td>
</tr>
</tbody>
</table>

Women scoring in this range may experience the following problems:

- Intense feelings of chagrin and embarrassment; feeling mortified, humiliated, ashamed, or disgraced in the presence of others.
NEO Problems in Living Checklist

- Avoidance of social situations.
- Poor social skills.
- Distorted body image; excessive concerns about body appearance.
- Sense of being an imposter.
- Speech anxiety; stage fright.

**N6: Vulnerability**

*Women scoring in this range may experience the following problems:*

- Dissociative, psychotic, anxiety, or mood disorder symptomatology when experiencing stress.
- Inability to cope with stress; responds with panic, helplessness, and dismay to even minor stressors.
- Emotional instability.
- Interpersonal neediness or dependency.
- Psychosomatic complaints.

**N3: Depression**

*Women scoring in this range may experience the following problems:*

- Suicidal thoughts.
- Chronic feelings of gloom, hopelessness, and pessimism.
- Sense of worthlessness, helplessness, and excessive guilt.
- Excessive complaints.
- Self-punitive thoughts and behaviors.
- Loneliness, perceived lack of social support.
- Lack of satisfaction or meaning in life.
- Excessive optimism and activity used to mask depression.

**N1: Anxiety**

*Women scoring in this range may experience the following problems:*

- “Nerves:” chronically anxious, tense, or jittery.
- Excessive worry, inhibition, and uncertainty.
NEO Problems in Living Checklist

- Extreme efforts to avoid dangers that adversely affect decisions and actions.

N5: Impulsiveness

| T score | 63 |

Women scoring in this range may experience the following problems:

- Excessive eating, drinking, smoking or spending.
- Susceptibility to cons, tricks, and poor business decisions.
- Poor inhibition of impulse, leading to binge eating, gambling, excessive use of drugs and alcohol.
- Poor emotional control leading to self-mutilation or suicide attempts.
- Sexual promiscuity.
- Inability to modify behavior regardless of consequences.

N2: Angry Hostility

| T score | 61 |

Women scoring in this range may experience the following problems:

- Episodes of intense and poorly controlled rage and fury.
- hypersensitivity and touchiness; overreacting with anger to annoyances, criticisms, rejections, or frustrations.
- Hostility that provokes arguments, disputes, and conflicts.

Extraversion

E: Extraversion

| T score | 31 |

Women scoring in this range may experience the following problems:

- Social isolation, interpersonal detachment, and lack of support networks.
- Flattened affect; lack of joy and zest for life.
- Reluctance to assert self or assume leadership roles, even when qualified.
- Social inhibition and shyness.
- Lack of an active and satisfying sexual life.

E6: Positive Emotions

| T score | 25 |

Women scoring in this range may experience the following problems:
NEO Problems in Living Checklist

- Inability to enjoy self at happy social events.
- No sense of humor.
- Undue pessimism.

<table>
<thead>
<tr>
<th>E2: Gregariousness</th>
<th>T score</th>
<th>30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women scoring in this range may experience the following problems:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Social isolation; no apparent social support network due to social withdrawal.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>E5: Excitement Seeking</th>
<th>T score</th>
<th>30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women scoring in this range may experience the following problems:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Habitual, mechanical, routine, and monotonous activities.</td>
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<td></td>
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<tr>
<td>- Missed opportunities due to unwillingness to take chances.</td>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>E3: Assertiveness</th>
<th>T score</th>
<th>31</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women scoring in this range may experience the following problems:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Little influence or authority at work and for decisions that affect own personal life.</td>
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<tr>
<td>- Difficulty assuming leadership roles.</td>
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<td></td>
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<tr>
<td>- Difficulty expressing wishes and setting limits.</td>
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<tr>
<td>- Inability to stand up for own rights; easily bullied.</td>
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</table>

<table>
<thead>
<tr>
<th>E4: Activity</th>
<th>T score</th>
<th>34</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women scoring in this range may experience the following problems:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Idle, sedentary, and passive behavior; appears apathetic, inert, and lethargic.</td>
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<td></td>
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<tr>
<td>- Lack of energy to pursue goals.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>E1: Warmth</th>
<th>T score</th>
<th>36</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women scoring in this range may experience the following problems:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Difficulty developing or sustaining personal, intimate relationships.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Pervasive indifference to other people; lack of personal interest in others.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Difficulty expressing feelings.</td>
<td></td>
<td></td>
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<tr>
<td>- Lack of social support.</td>
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</tbody>
</table>
## NEO Problems in Living Checklist

### Openness

<table>
<thead>
<tr>
<th>O: Openness</th>
<th>T score</th>
<th>37</th>
</tr>
</thead>
</table>

Women scoring in this range may experience the following problems:

- Difficulty adapting to social or personal change.
- Low tolerance or understanding of different points of view or lifestyles.
- Emotional blandness and inability to understand own feelings.
- Alexithymia.
- Constricted range of interests.
- Insensitivity to art and beauty.
- Excessive conformity to authority.
- Stereotypical beliefs and expectations.
- Lack of creativity and imagination.
- Lack of an active and satisfying sexual life.

<table>
<thead>
<tr>
<th>O4: Actions</th>
<th>T score</th>
<th>31</th>
</tr>
</thead>
</table>

Women scoring in this range may experience the following problems:

- Unwillingness to alter normal routine even when it interferes with goal pursuits.
- Inability to adapt to change and technological innovation.
- Lack of hobbies.

<table>
<thead>
<tr>
<th>O5: Ideas</th>
<th>T score</th>
<th>32</th>
</tr>
</thead>
</table>

Women scoring in this range may experience the following problems:

- Failure to appreciate or recognize new solutions; blanket rejection of creative or innovative ideas as too strange or “crazy.”
- Repeated use of old, failed solutions to new problems.
- Concrete thinking.
- Lack of intellectual curiosity.
# NEO Problems in Living Checklist

<table>
<thead>
<tr>
<th>O1: Fantasy</th>
<th>T score</th>
<th>35</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women scoring in this range may experience the following problems:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Lack of any interest in fantasy or daydreams; sterile imagination.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Inability to enjoy activities, arts, or games that involve fantasy or imagination.</td>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>O6: Values</th>
<th>T score</th>
<th>40</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women scoring in this range may experience the following problems:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Dogmatism and closed-mindedness with respect to moral, ethical, or religious belief system.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Intolerance of alternative belief systems.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Prejudice and bigotry.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Excessive conventionality.</td>
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<td></td>
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</tbody>
</table>

## Agreeableness

### A5: Modesty

<table>
<thead>
<tr>
<th>A5: Modesty</th>
<th>T score</th>
<th>70</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women scoring in this range may experience the following problems:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Self-denigration; failure to appreciate or acknowledge own talents, abilities, attractiveness, or other positive attributes.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Inhibition that interferes with potential accomplishments or rewards.</td>
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<td></td>
</tr>
</tbody>
</table>

### A2: Straightforwardness

<table>
<thead>
<tr>
<th>A2: Straightforwardness</th>
<th>T score</th>
<th>41</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women scoring in this range may experience the following problems:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Machiavellian behavior; manipulates, cons, or deceives others for personal profit or advantage.</td>
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<td></td>
</tr>
<tr>
<td>□ Reputation as untrustworthy or a “user.”</td>
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<td></td>
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<tr>
<td>□ Pathological lying.</td>
<td></td>
<td></td>
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<tr>
<td>□ Infidelity.</td>
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</tbody>
</table>

### A3: Altruism

<table>
<thead>
<tr>
<th>A3: Altruism</th>
<th>T score</th>
<th>41</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women scoring in this range may experience the following problems:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Greed and selfishness.</td>
<td></td>
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</tbody>
</table>
NEO Problems in Living Checklist

- Envy.
- Insensitivity to others’ needs and feelings.
- Reputation as a miser.

A6: Tender-Mindedness  
T score 41

Women scoring in this range may experience the following problems:

- Inability to sympathize with others.
- Heartless rationality.

Conscientiousness

C1: Competence  
T score 33

Women scoring in this range may experience the following problems:

- Low self-esteem.
- Inability to enjoy challenges and accomplishments.
- Limited skills and underdeveloped potentials.

C3: Dutifulness  
T score 37

Women scoring in this range may experience the following problems:

- Unreliability; breaks promises and fails to meet commitments.
- Unethical or immoral behavior.
- Disregard for rules (e.g., illegal parking, speeding).
- Chronic pattern or history of unpaid debts.

C5: Self-Discipline  
T score 40

Women scoring in this range may experience the following problems:

- Difficulty concentrating and maintaining attention.
- Poor academic or job performance due to unfinished tasks.
- Difficulty budgeting money.
- Poor health habits.
- Inability to change maladaptive behaviors.
NEO Problems in Living Checklist

C2: Order

Women scoring in this range may experience the following problems:

☐ Disorganization in personal and professional life; items and time lost.
☐ Job performance or academic achievement impaired by sloppy work.

T score 41

C4: Achievement Striving

Women scoring in this range may experience the following problems:

☐ Aimlessness; lacks clear goals, plans, or direction in life.
☐ Educational or occupational underachievement.

T score 42

*** End of Report ***