



Personality Profile

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Personality Traits

Personality *traits* are broad, enduring patterns of thinking, feeling, and behaving. This unique combination of traits results in a consistent personality pattern.

Elena: A deeply curious, organized, solitary, kind, and emotionally stable soul.

Below are estimates of Elena's placement on five broad personality traits, known as the Big Five in personality research.

Each personality dimension is described by a best estimate and a margin of error. The **best estimate** is a single number (between 1 and 99) that describes how Elena compares to other people. The **margin of error** (light blue bar) describes the reliability of the estimate.

Big Five Overview

Openness



Conscientiousness



Extraversion



Agreeableness

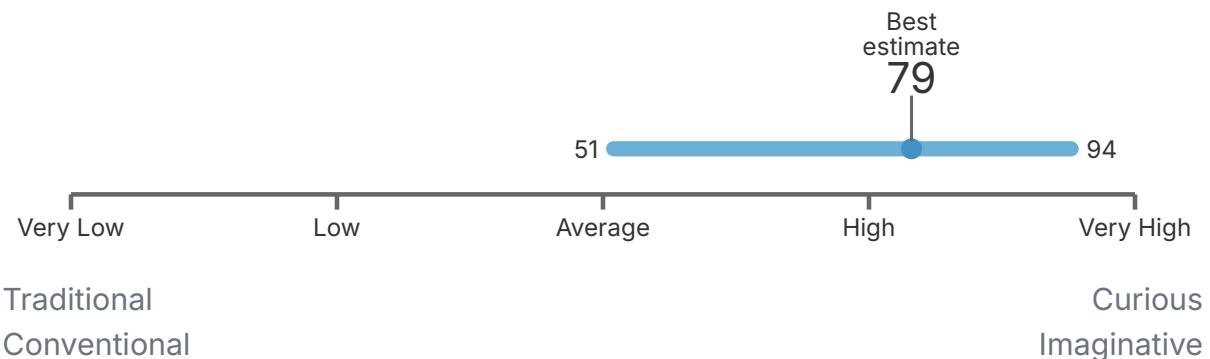


Neuroticism



Openness to Experience

Openness describes your interest and tolerance for new experiences, ideas, and feelings.



Based on your answers so far, our best estimate of your level of Openness puts you at the 79th percentile. In other words, you scored higher than 79%, or lower than 21%, of other people. This estimate will vary as you answer additional questions, and your true value is likely somewhere between the 51st and 94th percentiles.

You are higher than most people on the Openness to Experience dimension.

As a highly open person, you crave new experiences and enjoy learning about different points of view.

You are likely deeply curious about a wide range of topics, and you may occasionally get lost when diving into a new subject, hobby, or intellectual pursuit.

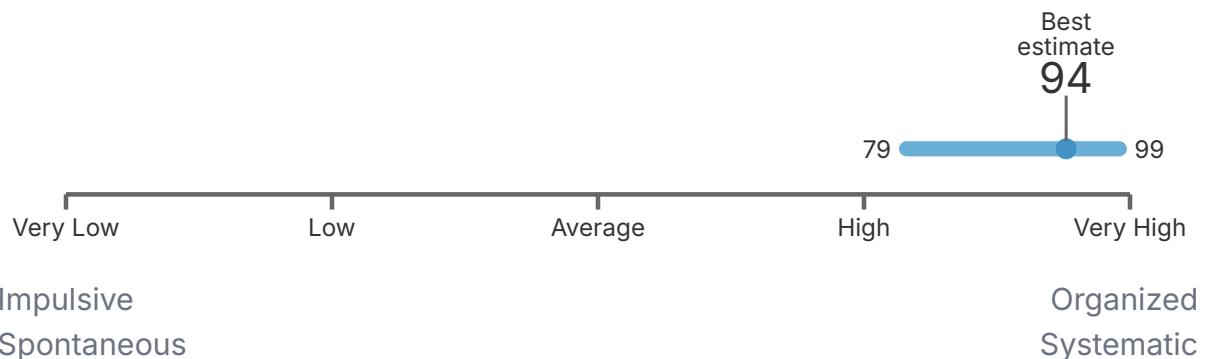
You may be eager to escape from familiar sights and routines, and you often defy conventional norms or ways of thinking.

In the world of ideas and feelings, you are adventurous. You are unusually sensitive and aware of your own emotions and patterns of thought. You feel a need to consistently expand your perspective and often reflect deeply on your past experiences.

You have a high tolerance for ambiguity and an appreciation for complexity. While some people prefer things to be merely black or white, you are very comfortable with shades of grey.

Conscientiousness

Conscientiousness describes your planning, impulsivity, and tendency to follow socially accepted norms and rules.



Based on your answers so far, our best estimate of your level of Conscientiousness puts you at the 94th percentile. In other words, you scored higher than 94%, or lower than 6%, of other people. This estimate will vary as you answer additional questions, and your true value is likely somewhere between the 79th and 99th percentiles.

You are higher than most people on the Conscientiousness dimension.

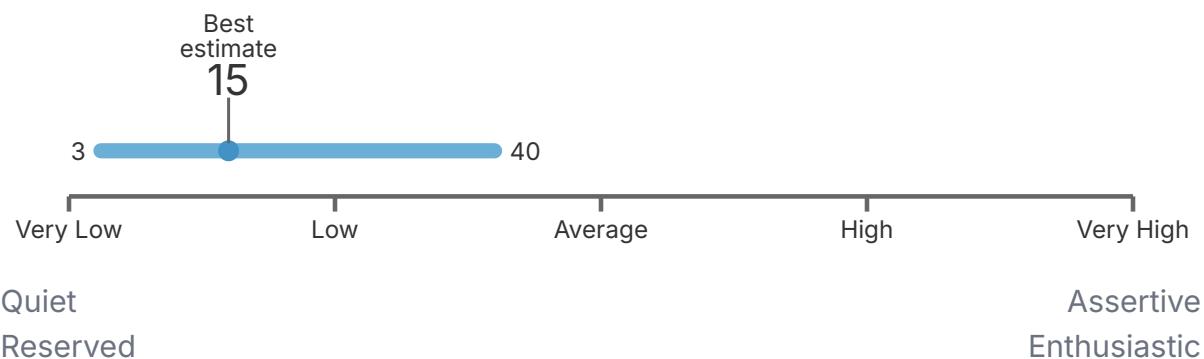
You are usually very systematic in your thinking and planning. You prefer detailed plans, schedules, and routines, rather than simply figuring things out in the moment.

You can maintain focus on long-term goals (e.g., schooling, career, or health goals), persist through difficult challenges, and are less easily distracted by short-term opportunities and other temptations.

You value order and regularity. While you may not agree with every socially-accepted rule and guideline, you tend to do things by the book, regardless of the situation.

Extraversion

Extraversion describes your interpersonal assertiveness and tendency to experience positive emotions.



Based on your answers so far, our best estimate of your level of Extraversion puts you at the 15th percentile. In other words, you scored higher than 15%, or lower than 85%, of other people. This estimate will vary as you answer additional questions, and your true value is likely somewhere between the 3rd and 40th percentiles.

You are lower than most people on the Extraversion dimension.

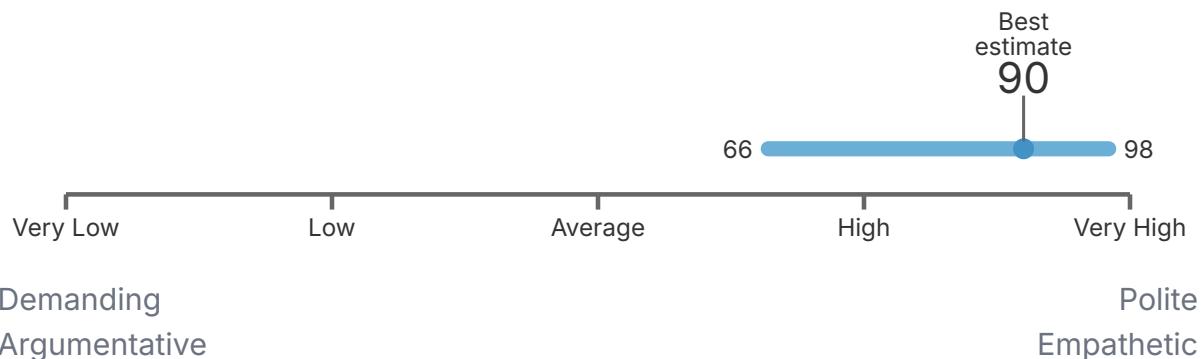
You try to limit most social engagements when possible. You prefer to sit back and observe, and you avoid being the center of attention.

You gravitate towards less stimulating environments, and you avoid loud, busy, and crowded spaces. After a long or intense social engagement, you may feel overstimulated and exhausted, and you may need extended downtime to recover.

In group situations, you are more reserved than most people. You tend to speak less often, speak more softly, and smile and laugh less frequently than others in these settings. You are more comfortable when playing a supporting role, rather than taking charge and leading the group.

Agreeableness

Agreeableness describes your motivation to maintain positive relationships with others and diffuse interpersonal tension.



Based on your answers so far, our best estimate of your level of Agreeableness puts you at the 90th percentile. In other words, you scored higher than 90%, or lower than 10%, of other people. This estimate will vary as you answer additional questions, and your true value is likely somewhere between the 66th and 98th percentiles.

You are higher than most people on the Agreeableness dimension.

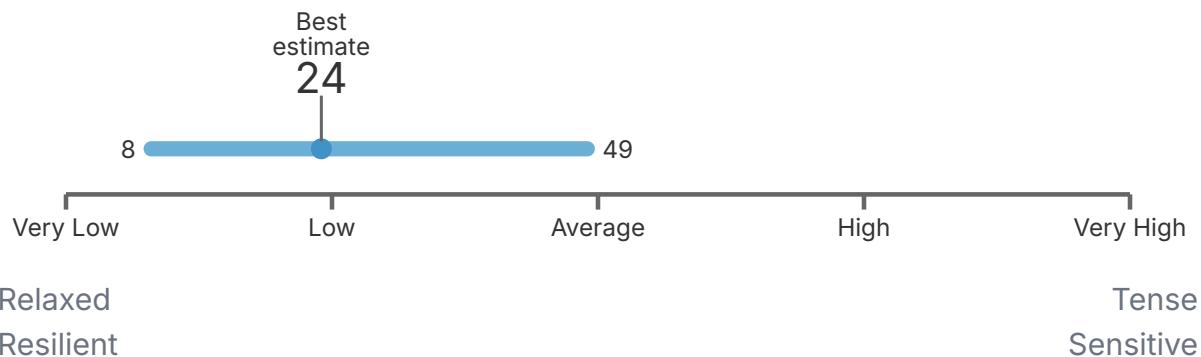
You are highly motivated to maintain warm, friendly relationships with other people. You avoid conflict as much as possible, and when conflict does arise, you immediately seek to reduce or resolve any interpersonal tension.

You strive to be helpful and cooperative, and people often see you as a team player. You are more likely to do what is best for the group, rather than only do what is best for you.

You are highly sensitive to the emotions of other people. You often try to see things from another person's perspective, and you consider their feelings before taking action. You readily take on the emotions of people close to you. For example, if your friend is sad, you feel sad, too.

Neuroticism

Neuroticism describes your emotional variability and tendency to experience negative emotions.



Based on your answers so far, our best estimate of your level of Neuroticism puts you at the 24th percentile. In other words, you scored higher than 24%, or lower than 76%, of other people. This estimate will vary as you answer additional questions, and your true value is likely somewhere between the 8th and 49th percentiles.

You are lower than most people on the Neuroticism dimension.

You tend to be very emotionally stable and have very few mood swings. Even under high stress, you experience relatively low levels of sadness, anxiety, and anger.

You rarely worry. You tend to be optimistic about the future, knowing that you can handle problems if they arise.

You are highly resilient to stress. Compared to most people, you can function normally under high amounts of stress, and it seldom disrupts your thinking, eating, or sleeping. Even after highly stressful events, you tend to bounce back quickly.

16 Personality Types

The 16 Personality typology groups people by their preferences in four cognitive functions: *Introversion-Extraversion, Sensing-Intuiting, Thinking-Feeling, and Judging-Perceiving*.

Cognitive Function Preferences

TraitLab estimated how likely Elena is to prefer each function or attitude below, based on their personality profile.



Based on Elena's most likely preferences above, they are most similar to **INFJ**. However, most people don't fit neatly into a single type and are more accurately described as a blend of two or more types.

Most similar type:

INFJ

55% similarity

Other similar types:

INTJ (21%) **INFP** (15%) **INTP** (6%)

Enneagram Types

The Enneagram is a popular framework that categorizes personalities into nine interrelated types. According to this model, each Enneagram type has characteristic patterns of thinking, feeling, and behaving.

Most similar type:

Type 5

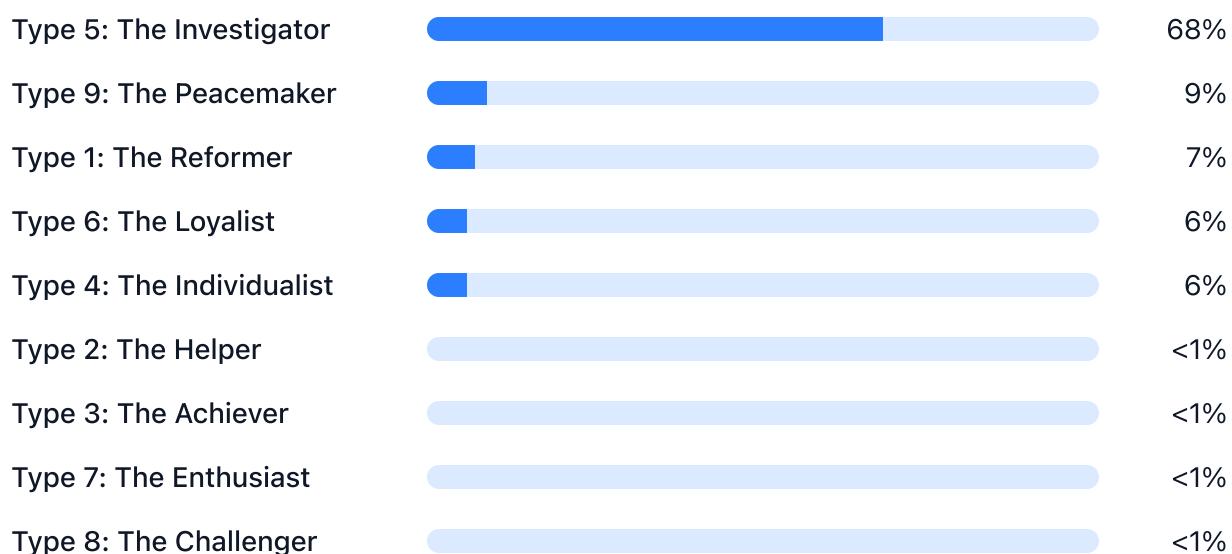
The Investigator

68% similarity

Wing subtype:

5w6: The Technician

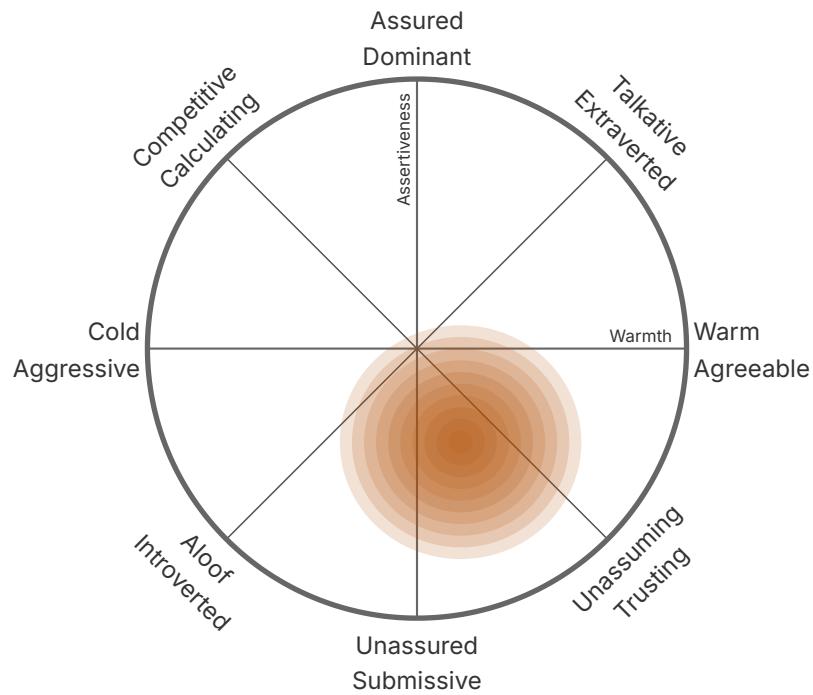
Most people do not fall neatly into a single primary type. The wing subtype shows additional nuance by highlighting which adjacent types are most similar to Elena's personality.



Interpersonal Style

Interpersonal style describes Elena's patterns of interacting with others, managing relationships, and dealing with conflict.

These patterns are strongly influenced by a person's blend of *assertiveness* and *warmth*, and Elena's blend of these two traits is visualized in the chart below.



Understanding Interpersonal Style

Elena's interpersonal style comes with its own opportunities and potential challenges described below.

Opportunities and Challenges for Elena

People with this interpersonal style are notably more modest and trusting than most people. They tend to be humble about their achievements and generally assume positive intent from others. These individuals don't seek the spotlight and are comfortable sharing credit for successes. They're inclined to trust others and give people second chances, though they maintain some awareness of when their trust might be misplaced. They prefer to let their work speak for itself rather than actively promoting their accomplishments.

Opportunities These people are excellent team collaborators who create low-ego environments where everyone can contribute effectively. Their trustful nature helps build strong relationships and encourages others to be more open and honest. They're often seen as genuine and authentic because they don't have hidden agendas or political motivations. Their humility makes them approachable leaders and mentors. Others appreciate their willingness to share recognition and their focus on collective success rather than personal advancement.

Potential Issues They may sometimes be too trusting in situations where more caution would be appropriate, or may not advocate for themselves strongly enough in competitive environments. People with this interpersonal style might occasionally hear feedback like "You should have been more suspicious of that offer," "You need to speak up more about your contributions," or "You're giving them too many chances after they've let you down." They may need to be more assertive about ensuring they receive fair treatment and recognition for their work.

Balance Strategies They can work on developing better judgment about when to trust and when to verify by paying attention to patterns in people's behavior over time. Learning to document and communicate their contributions more clearly can help ensure they receive appropriate recognition. They might benefit from seeking advice from trusted colleagues when making decisions that involve significant trust in others. Practicing self-advocacy in low-stakes situations can build their comfort with promoting their own interests when necessary. They can work on balancing their natural generosity with appropriate self-protection.

Strengths

Strengths are positive qualities that emerge when Elena is at their best.

Top Strengths

- **Self Regulation:** Self-regulation is the ability to control attention, emotions, and impulses in the face of distraction and temptations.
- **Appreciation Of Beauty:** Appreciation of Beauty is the ability to notice and experience deep appreciation for examples of physical and natural beauty, excellence in skill, craft, or talent, or the moral goodness of other people.
- **Creativity:** Creativity is the ability to generate ideas and solutions that are both novel and useful.
- **Judgment:** Judgment is the willingness to remain open-minded, consider conflicting perspectives, and carefully weigh evidence from all sides.
- **Curiosity:** Curiosity is the persistent motivation to seek novelty and expand one's knowledge.

Overall Strength Type

Based on Elena's blend of interpersonal, intrapersonal, and intellectual strengths, they best fit the *Visionary* archetype:

The Visionary

The Visionary combines intellectual curiosity with strong personal discipline, enabling them to both generate innovative ideas and follow through on complex projects. They can see possibilities others miss while maintaining the focus needed to turn those visions into reality. Visionaries excel at strategic planning, leading long-term initiatives, or developing new approaches to persistent challenges.

Understanding the Visionary Archetype

The Visionary is a blend of intellectual and intrapersonal strengths—someone who can generate new ideas but also has the self-discipline to carry them out. Visionaries combine broad thinking with strong personal principles and the ability to stick with things through sustained effort.

Their intellectual strengths fuel their ability to see possibilities. Their **curiosity** drives continuous exploration while their **love of learning** creates the commitment needed for deep expertise. Through **creativity**, they generate new solutions and see problems from angles others miss. Their **appreciation of beauty** helps them notice patterns and excellence that others overlook, while their **perspective** lets them combine complex information into practical wisdom that considers multiple viewpoints and long-term effects.

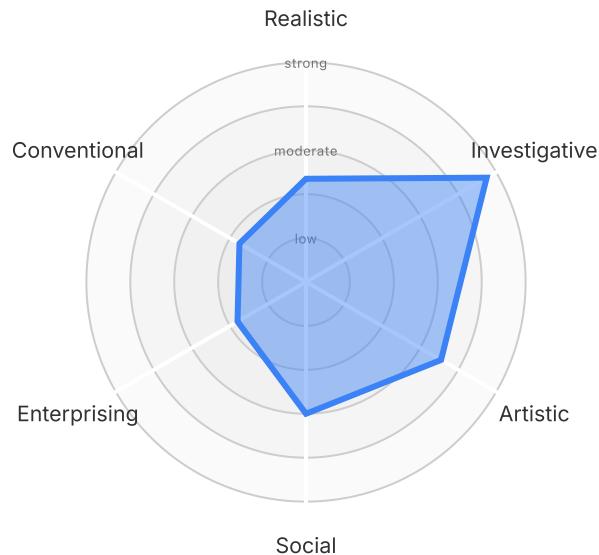
Their intrapersonal strengths provide the foundation that turns ideas into results. Their **integrity** ensures that their ideas and efforts match their real values—they only pursue visions that truly matter to them. **Judgment** keeps them from rushing toward quick solutions, instead applying the same careful thinking to carrying out plans that they bring to creating them. Through **persistence**, Visionaries maintain effort through the challenges that complex visions always face, adapting their approach while keeping focus on long-term goals.

Prudence helps them navigate from idea to reality with careful planning, thoughtfully weighing risks and consequences. Their **self-regulation** provides multiple strategies for managing the competing demands of exploring new ideas and executing plans, ensuring steady progress without getting lost in endless possibilities.

As Visionaries, they have both the intellectual ability to see what could be and the disciplined character to make it happen. This combination lets them pursue ambitious, meaningful goals with both creativity and consistency.

Working Style

Your combination of interests determines your *working style*. When your working style fits well with the day-to-day demands of a particular career, work is more satisfying and engaging.



Working Style Summary

Elena's interests profile suggests a primary working style of **The Investigator** and a secondary working style of **The Creator**. Together, these two styles blend to form the combined working style of **The Research Innovator**.

PRIMARY

The Investigator

Investigators focus on solving complex analytical problems through research and logical reasoning. They enjoy working at the intersection of technical skills and abstract concepts, particularly in fields requiring deep understanding of systems and phenomena. Exemplary roles include mathematician, biomedical engineer, computer scientist, and epidemiologist.

SECONDARY

The Creator

Creators focus on experimenting with ideas and working in unstructured, creative environments. They enjoy artistic expression, conceptual thinking, and projects that require imagination and creative risk-taking. Exemplary roles include photographer, fashion designer, writer, and musician.

Combined Working Style

Based on Elena's primary and secondary working styles, the combined working style of **The Research Innovator** describes the kind of work, challenges, and roles that fit them best.

The Research Innovator

This blend combines the Investigator's systematic analytical approach with the Creator's imaginative vision, resulting in individuals who excel at pioneering new ideas through rigorous research and experimentation. Research Innovators are drawn to cutting-edge fields where they can push boundaries while maintaining scientific rigor. They thrive in roles that allow them to explore uncharted territories, whether developing new technologies, conducting groundbreaking research, or creating novel solutions to complex problems.

Unlike pure Investigators who may focus primarily on understanding existing systems, Research Innovators are motivated to discover entirely new possibilities. They bring creative hypothesis generation to their analytical work, often seeing connections and patterns that others miss. Similarly, unlike pure Creators who may rely primarily on intuition, Research Innovators ground their creative insights in solid evidence and methodical testing.

This combination is particularly powerful in fields like research and development, where the ability to both envision breakthrough innovations and systematically validate them is essential. Research Innovators often serve as the bridge between theoretical possibility and practical application, translating abstract concepts into concrete advances.

They excel in environments that encourage both intellectual rigor and creative risk-taking, such as technology startups, university research labs, or innovation teams within established organizations. Their work often involves designing experiments to test novel ideas, developing prototypes of new concepts, or creating entirely new frameworks for understanding complex phenomena.

Examples of roles that suit Research Innovators include data scientists developing new algorithms, biomedical researchers creating novel treatments, software engineers pioneering new applications, and product designers creating innovative solutions.