

Big 5 Personality Traits – Dual-Shadow considerations of the four ‘positive’ traits

SHADOW-SHAME:
Me too much & Me not enough

C Conscientiousness
efficient/organized vs. easy-going/ careless

- Disorganized, distracted
- Messy desk, messy mind, disorganization
- Gives up too soon
- So busy, so inefficient
- Finds ways not to work hard
- Other's \$ in background
- Unpredictable unreliable
- Excessive mental planning
- Hyper-organizing-not-accomplishing
- Over-deliberating, dwelling-not-doing
- Work-egoism, workaholic, work-escapism
- Resumé-infatuation, identified with accomplishments

a Agreeableness
friendly/ compassionate vs. challenging / detached

- Aloof, superficial friendliness
- Pseudo-warmth
- Doubts, points out other side. "But..."
- Emotion-quashing/ enthusiasm-dampening
- Grandiose, self-caught up
- Unique desperations
- Manipulative, cold, dismissing
- Suspicious-distancing
- Submissive, follower, left out
- Gullible, naïve
- Selfless-but-unappreciated
- Giving-driven

O Openness to experience
inventive/curious vs. consistent/cautious

- Routine-rigidity
- Rigid, narrow, inflexible
- Disengaged
- Detached, Bored
- Bitter, sullen, defeated
- Superior/mean-spirited, judgmental
- New Agey
- Magical Thinking
- Weak on detail
- Eccentricities

e Extraversion
outgoing/energetic vs. solitary/reserved

- Checked-out
- Passive, weak lifeforce
- Timid, dullness
- Insincere effort
- Attention-seeking
- Needy, clingy, oversharing
- Interpersonally-hollow & hoping
- Excitement-seeking
- Excess entertainment
- Distractions, topics, food, surfaces