

# Ten-Item Personality Inventory

Instructions: The following are pairs of personality traits that may or may not apply to you. Please rate each statement according to the extent to which you agree or disagree with that statement. You should rate the extent to which you agree with the pair of traits, even if one characteristic applies more strongly than the other.

- 1) 1. I see myself as extraverted, enthusiastic.  1-Disagree Strongly  
 2-Disagree moderately  
 3-Disagree a little  
 4-Neither agree nor disagree  
 5-Agree a little  
 6-Agree moderately  
 7-Agree strongly
- 2) 2. I see myself as critical, quarrelsome.  1-Disagree Strongly  
 2-Disagree moderately  
 3-Disagree a little  
 4-Neither agree nor disagree  
 5-Agree a little  
 6-Agree moderately  
 7-Agree strongly
- 3) 3. I see myself as dependable, self-disciplined.  1-Disagree Strongly  
 2-Disagree moderately  
 3-Disagree a little  
 4-Neither agree nor disagree  
 5-Agree a little  
 6-Agree moderately  
 7-Agree strongly
- 4) 4. I see myself as anxious, easily upset.  1-Disagree Strongly  
 2-Disagree moderately  
 3-Disagree a little  
 4-Neither agree nor disagree  
 5-Agree a little  
 6-Agree moderately  
 7-Agree strongly
- 5) 5. I see myself as open to new experiences, complex.  1-Disagree Strongly  
 2-Disagree moderately  
 3-Disagree a little  
 4-Neither agree nor disagree  
 5-Agree a little  
 6-Agree moderately  
 7-Agree strongly
- 6) 6. I see myself as reserved, quiet.  1-Disagree Strongly  
 2-Disagree moderately  
 3-Disagree a little  
 4-Neither agree nor disagree  
 5-Agree a little  
 6-Agree moderately  
 7-Agree strongly
- 7) 7. I see myself as sympathetic, warm.  1-Disagree Strongly  
 2-Disagree moderately  
 3-Disagree a little  
 4-Neither agree nor disagree  
 5-Agree a little  
 6-Agree moderately  
 7-Agree strongly

- 8) 8. I see myself as disorganized, careless.
- 1-Disagree Strongly
  - 2-Disagree moderately
  - 3-Disagree a little
  - 4-Neither agree nor disagree
  - 5-Agree a little
  - 6-Agree moderately
  - 7-Agree strongly
- 9) 9. I see myself as calm, emotionally stable.
- 1-Disagree Strongly
  - 2-Disagree moderately
  - 3-Disagree a little
  - 4-Neither agree nor disagree
  - 5-Agree a little
  - 6-Agree moderately
  - 7-Agree strongly
- 10) 10. I see myself as conventional, uncreative.
- 1-Disagree Strongly
  - 2-Disagree moderately
  - 3-Disagree a little
  - 4-Neither agree nor disagree
  - 5-Agree a little
  - 6-Agree moderately
  - 7-Agree strongly

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Gosling, S. D., Rentfrow, P. J., & Swann, W. B., Jr. (2003). A Very Brief Measure of the Big Five Personality Domains. *Journal of Research in Personality*, 37, 504-528.

For additional languages, the original manuscript, a pdf of the original document or information on scoring, norms, reliability and factor structure, please visit: [http://homepage.psy.utexas.edu/homepage/faculty/gosling/scales\\_we.htm](http://homepage.psy.utexas.edu/homepage/faculty/gosling/scales_we.htm)

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