

# BIG 5 AND MOTIVES

## BIG 5

The Big Five personality traits (Big Five) are a proposed taxonomy, or grouping, of personality traits developed from the 1980s onwards in psychological trait theory. Beginning in the 1990s, the theory identified five factors according to the labels, for the US English-speaking population, commonly referred to as:

- **Openness to experience** (inventive/curious vs consistent/cautious)
- **Conscientiousness** (efficient/organized vs. extravagant/careless)
- **Extraversion** (outgoing/energetic vs. lonely/reserved)
- **Agreeableness** (friendly/sympathetic vs. critical/rational)
- **Neuroticism** (sensitive/nervous vs. resistant/confident)

We have two letters for each category.

### EXTRAVERSION (S/R)

**Sociable/social (S)** are typical extroverted personalities. They prefer being in a group as well as working with a group, they like to be the center of attention and they are very good leaders. They are impulsive, but also optimistic. They are very talkative and like to interact with others. They are also very open. **Withdrawn/reserved (R)** are introverts, i.e. the complete opposite of social types. They prefer to be alone because large groups of people exhaust them. They don't like being the center of attention, so they are often submissive to other people's wishes (they are more followers than leaders). They are very closed off and not a fan of talking.

### NEUROTICISM (C/L)

**Calm/Calm (C)** are in control of their emotions. They are not temperamental, and they do not have emotional attacks. They are motivated and optimistic, as well as confident. They don't mind changing. **Limbic/Aggressive (L)** don't have such good control over their emotions. They are temperamental and have a low tolerance threshold. Sometimes they are envious, and have a fear of not feeling accepted. They don't like change.

### CONSCIENTIOUSNESS (O/U)

**Organized (O)** types are more logical. They can be perfectionists. They value tradition and balance. They don't look weird and dress appropriately. They are serious and mature. **Unorganized (U)** are very unpredictable and sometimes immature. They are not traditional, and have their own specific, i.e. "strange" style. They are impulsive, and more abstract.

### **AGREEABLENESS (A/E)**

**Agreeable (A)** types are those who practically live for others. They are very compassionate and full of empathy. They are not so competitive, nor are they "in love with themselves". They are modest and not prone to conflict. **Egocentric (E)** types are sometimes full of themselves. They are more focused on themselves and their needs, and they only help those they are very close to. They are very honest.

### **OPENNESS (N/A)**

**Non-inquisitive (N)** are, in one word, rigid. They are not imaginative, nor analytical. They do not pay attention to any deeper meanings or connections. They are not interested in details, and prefer caution and safety to imagination and play. **Inquisitive (I)** types like to look at things from different angles. They are interested in deeper and broader opinions, and they like to solve problems. They are imaginative and original.

Now how to know which type you are: The Big Five type can look like this: SCOAN or RLUEI. So, each of the five traits has two sub-traits. One of those two is always dominant. For example, with the RLUEI type, the dominant traits are: reserved (R), limbic (L), unorganized (U), egocentric (E) and inquisitive (I). The properties are arranged in the following order:

1. **Extraversion (S/R)**
2. **Neuroticism (C/L)**
3. **Conscientiousness (O/U)**
4. **pleasantness (A/E)**
5. **openness (N/I)**

However, even among these five traits, there will always be some that are more present. The one that is the most dominant is marked with [ ], and the second dominant with //. So the SCOAN type might look like this: /S/CO[A]N. The less prominent traits are written in lowercase, while the more prominent ones are written in uppercase. So the /S/CO[A]N can look like /S/Co[A]n. But that's not mandatory. I don't do it because it looks ugly, but if you want to be an intermediate typology nerd keyboard warrior, use that.

\*Bonus: My big 5 type is /S/cO[E]i

## **MOTIVES**

It's a similar system to the Big 5. It has the same structure: type is determined by traits, and obviously there is a primary one. There are seven main aspects in motives:

- 1. Impressing (Materialistic, Ascetic)**
- 2. Experimenting (Offbeat, Conventional)**
- 3. Planning (Thinking, Haphazards)**
- 4. Helping: (Interpersonal, Withholding)**
- 5. Being positive (Vital, Depressed)**
- 6. Relaxing (Easy-going, Rigid)**
- 7. Tribal defense (Secretary, Globalistic)**

Let's start with the description of each trait:

### **IMPRESSING (M/A)**

**The Materialist (M)** is oriented towards wanting to be attractive and impressive to others. They are often externally narcissistic, seeking to be whatever the external world deems best. The less healthy Materialist is more likely to resort to other tricks/enhancements such as makeup, hair coloring, fashion, plastic surgery, etc. to make them appear to be more attractive than they actually are. A Materialist wants to resemble a mirrored delusion of what is considered most ideal/attractive by others, society, or their subculture. Money, which is basically a social construct, is naturally prized by the Materialist, the more they have, the more they think they are worth, their value is drawn from the external instead of the internal. On the other hand healthy Materialists can use their superior desirability for the good of the world much like attractive actors and actresses often serve as ambassadors for non profits. **The Ascetic (A)** shuns the material world, external ideals, public opinion, and the need to find validation in their social rank/status, physical beauty. They could thus be considered internally narcissistic, only caring about what they think is valuable. They tend to want to live apart from society, outside of it, in the wilderness. The whole underlying psychology of this orientation spectrum is how much one

values social rank, status, society, and what society deems valuable. Ascetics, more free of social preoccupations, can be better able to focus more on whatever their internal interests might be but their social isolation can impair their cognitive capacity, greatly limiting the universe of ideas they are exposed to. The dangers of an overly Ascetic existence is the rejection of the material nature of existence and the value of others, society, civilization. Physical attractiveness, physical symmetry does correlate to health to a fair degree, lack of social standing/awareness can endanger one's life, and on most topics society knows more than any one individual. So to shun, not attending to the external compromises your ability to be physically happy, healthy, not to mention harms the quality of society you are choosing to avoid, not contribute to.

### **EXPERIMENTING (O/C)**

**The Offbeat (O)** mindset seeks to live on the vanguard of existence, to step into the unknown. What is the point of living a life that has already been lived before? Is the ethos of the Offbeat individual, to sacrifice who you were, are, to become something new, different. **The Conventional (C)** on the other hand is more likely to fear change and sometimes even desires an older, more simple existence. There is so much that hasn't been figured out, perfected, etc. that to be too conventional is to be against improvement, progress, a better life and a better world. There is nothing admirable in that and that is why no one typically admires the conventional.

### **PLANNING (T/H)**

**The Thinker's** prime motivation is to have a planned out, orderly life, to know where they are headed. Essentially, they desire predictability, security, certainty, order. It is not enough to understand that something feels good or that something works, the Thinker needs a more rational understanding so they can achieve reliable results in life. The only problem with this orientation is getting too stuck in a particular plan, not being open to updating, changing one's life plan based on poor results and/or new information. There is so much yet that we do not know and new information can change what we know as true. A Thinker can be hindered by their need for total certainty, order in what will likely always be a somewhat uncertain, disordered world, their need to understand things that remain indecipherable. **The Haphazard** shuns or finds it difficult to be structured and orderly, to make and follow long term plans. Consequently, they tend to live a more unplanned, meandering life, relying more on chance. This makes them less stiff, less rigid than thinkers can be. But it also makes them basically stuck in the mental development of a child. This is normal when you are a child and your brain is still developing, but a resistance, failure to plan, develop that ability/skill, becomes disabling as an adult. Like children, Haphazards are a bit lost, undifferentiated. They have a more amorphous identity as a result of their aversion or inability to focus, organize.

## HELPING (I/W)

**Interpersonal types (I)** care more about others than themselves and would rather hurt them-self than hurt another person. They don't help others to get something back, they help others because they are more wired to the needs/feelings/happiness of others than their own. However, there is also a negative to this orientation. A society of selfless people can be prime fuel for selfish people to take advantage of. The substance of this personality spectrum is about valuing others, empathy. I think the ideal is to be as Interpersonal as possible without hurting yourself and/or the world. They feel hunger, pain, and happiness in someone else more than in themselves. A lot of good can come out of this orientation. It is the basis for a lot of the charitable and humanitarian causes which make the world a more hospitable place. **Withholding types (W)** like to claim everyone is selfish as they can't imagine anyone not having their selfish orientation. An extreme Withholding preference is one aspect of all sociopaths of the world. They lack empathy towards others, which means they are ignorant or inconsiderate of the pain of others. A more common Withholding type is simply just looking out for their own interests a little more than other people's.

## BEING POSITIVE

**Vital (V)** types self report as liking who they are, enjoying life, being optimistic, having a strong will to live, and being self motivated. It is thought that for some people Vitality is somewhat of a drive in itself but for others. The Vital score is more of a reflection of the success or failure of their preferences on the other six drives. Some people spend their whole life being rewarded for their preference profile and suddenly it's no longer rewarded. If their happiness never recovers and they never make any changes to address that, they have the effect of Vitality (happiness) but they lack the drive to maintain it. **Depressed (D)** types on the other hand hate who they are while also reporting that they don't even know who they are, they lack motivation, feel they have no control over life, and think most people are better than them. Depressives self report as being really hard on themselves which is ironic because they also self report as not really putting any effort into things. It would seem that what energy they have is devoted to self nullifying thinking patterns. Many Depressives are stuck/fixated on unhealthy attachment issues and/or trauma issues (consciously or unconsciously). Another item that divides Vitals and Depressives strongly is the notion that happiness is something one has control over. Depressives refuse to accept it because they consciously or unconsciously want to be saved by someone/something other than them-self or alternately they think there simply is no hope.

### **RELAXING (E/R)**

**Easygoing (E)** people have a tranquil nature and prefer to conserve energy and to relax. Some people are really good at relaxing, really enjoy it, and some people are horrible at it, don't see the point. While you can certainly over relax, relaxation is an essential part of being a healthy human being as it enables the body to repair itself and it's important to learn to relax as much as you need to. **Rigid (R)** people are prone to be on edge, high strung and stiff and less likely to prioritize relaxation. People that don't know how to relax are more likely to experience stress related health consequences

### **TRIBAL DEFENSE (S/G)**

**Sectarians (S)** tend to be politically or economically conservative, concerned with keeping their country/nation how it is or returning it to how it used to be. They are attracted to strong leaders, are at very least open to authoritarian style governing. **Globalists (G)** favor a multi-cultural society and tend to be politically liberal. They tend to favor inclusion, unity, diversity; more likely to put the welfare of the whole world above the welfare of their tribe/culture/nation/race/etc and are less likely to be nationalistic, ethno-egotistical.

\*Bonus: My MOTIVES type: MO[T]WVRG