

**Go through the list and highlight or mark those traits you feel are very strong or intense in your personality. Don't overly focus on the negative column. Watch the video to learn more and what to do next. Bolded traits are those that are highly related to personality disorders.**

**Positive Traits (234 = 37%)**

1. Accessible
2. Active
3. Adaptable
4. Admirable
5. Adventurous
6. Agreeable
7. Alert
8. Allocentric
9. Amiable
10. Anticipative
11. Appreciative
12. Articulate
13. Aspiring
14. Athletic
15. Attractive
16. Balanced
17. Benevolent
18. Brilliant
19. Calm
20. Capable
21. Captivating
22. Caring
23. Challenging
24. Charismatic
25. Charming
26. Cheerful
27. Clean
28. Clear-headed
29. Clever
30. Colorful
31. Companionly
32. Compassionate
33. Conciliatory
34. Confident
35. Conscientious
36. Considerate
37. Constant
38. Contemplative
39. Cooperative
40. Courageous
41. Courteous

**Neutral Traits (292 = 18%)**

1. Absentminded
2. Aggressive
3. Ambitious
4. Amusing
5. Artful
6. Ascetic
7. Authoritarian
8. Big-thinking
9. Boyish
10. Breezy
11. Businesslike
12. Busy
13. Casual
14. Cerebral
15. Chummy
16. Circumspect
17. Competitive
18. Complex
19. Confidential
20. Conservative
21. Contradictory
22. Crisp
23. Cute
24. Deceptive
25. Determined
26. Dominating
27. Dreamy
28. Driving
29. Droll
30. Dry
31. Earthy
32. Effeminate
33. Emotional
34. Enigmatic
35. Experimental
36. Familial
37. Folksy
38. Formal
39. Freewheeling
40. Frugal
41. Glamorous

**Negative Traits (292 = 45%)**

1. Abrasive
2. Abrupt
3. Agonizing
4. Aimless
5. Airy
6. Aloof
7. Amoral
8. Angry
- 8. Anhedonia**
- 8. Antagonistic**
- 9. Anxious**
10. Apathetic
11. Arbitrary
12. Argumentative
13. Arrogant
14. Artificial
15. Asocial
16. Assertive
17. Astigmatic
- 17. Attention seeking**
- 17. Avoidant of intimacy**
18. Barbaric
19. Bewildered
20. Bizarre
21. Bland
22. Blunt
23. Biosterous
24. Brittle
25. Brutal
26. Calculating
- 27. Callous**
28. Cantakerous
29. Careless
30. Cautious
31. Charmless
32. Childish
33. Clumsy
34. Coarse
35. Cold
36. Colorless
37. Complacent

42. Creative  
43. Cultured  
44. Curious  
45. Daring  
46. Debonair  
47. Decent  
48. Decisive  
49. Dedicated  
50. Deep  
51. Dignified  
52. Directed  
53. Disciplined  
54. Discreet  
55. Dramatic  
56. Dutiful  
57. Dynamic  
58. Earnest  
59. Ebullient  
60. Educated  
61. Efficient  
62. Elegant  
63. Eloquent  
64. Empathetic  
65. Energetic  
66. Enthusiastic  
67. Esthetic  
68. Exciting  
69. Extraordinary  
70. Fair  
71. Faithful  
72. Farsighted  
73. Felicific  
74. Firm  
75. Flexible  
76. Focused  
77. Foreful  
78. Forgiving  
79. Forthright  
80. Freethinking  
81. Friendly  
82. Fun-loving  
83. Gallant  
84. Generous

42. Guileless  
43. High-spirited  
44. Huried  
45. Hypnotic  
46. Iconoclastic  
47. Idiosyncratic  
48. Impassive  
49. Impersonal  
50. Impressionable  
51. Intense  
52. Invisible  
53. Irreligious  
54. Irreverent  
55. Maternal  
56. Mellow  
57. Modern  
58. Moralistic  
59. Mystical  
60. Neutral  
61. Noncommittal  
62. Noncompetitive  
63. Obedient  
64. Old-fashioned  
65. Ordinary  
66. Outspoken  
67. Paternalistic  
68. Physical  
69. Placid  
70. Political  
71. Predictable  
72. Preoccupied  
73. Private  
74. Progressive  
75. Proud  
76. Pure  
77. Questioning  
78. Quiet  
79. Religious  
80. Reserved  
81. Restrained  
82. Retiring  
83. Sarcastic  
84. Self-conscious

38. Complaintive  
39. Compulsive  
40. Conceited  
41. Condemnatory  
42. Conformist  
43. Confused  
44. Contemptible  
45. Conventional  
46. Cowardly  
47. Crafty  
48. Crass  
49. Crazy  
50. Criminal  
51. Critical  
52. Crude  
53. Cruel  
54. Cynical  
55. Decadent  
**56. Deceitful**  
57. Delicate  
58. Demanding  
**59. Depressive**  
60. Dependent  
61. Desperate  
61. Destructive  
**62. Detached**  
62. Devious  
63. Difficult  
64. Dirty  
65. Disconcerting  
66. Discontented  
67. Discouraging  
68. Discourteous  
69. Dishonest  
70. Disloyal  
71. Disobedient  
72. Disorderly  
73. Disorganized  
74. Disputatious  
75. Disrespectful  
76. Disruptive  
77. Dissolute  
78. Dissonant

85. Gentle  
86. Genuine  
87. Good-natured  
88. Gracious  
89. Hardworking  
90. Healthy  
91. Hearty  
92. Helpful  
93. Heroic  
94. High-minded  
95. Honest  
96. Honorable  
97. Humble  
98. Humorous  
99. Idealistic  
100. Imaginative  
101. Impressive  
102. Incisive  
103. Incorruptible  
104. Independent  
105. Individualistic  
106. Innovative  
107. Inoffensive  
108. Insightful  
109. Insouciant  
110. Intelligent  
111. Intuitive  
112. Invulnerable  
113. Kind  
114. Knowledge  
115. Leaderly  
116. Leisurely  
117. Liberal  
118. Logical  
119. Lovable  
120. Loyal  
121. Lyrical  
122. Magnanimous  
123. Many-sided  
124. Masculine (Manly)  
125. Mature  
126. Methodical  
127. Meticulous

85. Sensual  
86. Skeptical  
87. Smooth  
88. Soft  
89. Solemn  
90. Solitary  
91. Stern  
92. Stoic  
93. Strict  
94. Stubborn  
95. Stylish  
96. Subjective  
97. Surprising  
98. Soft  
99. Tough  
100. Unaggressive  
101. Unambitious  
102. Unceremonious  
103. Unchanging  
104. Undemanding  
105. Unfathomable  
106. Unhurried  
107. Uninhibited  
108. Unpatriotic  
109. Unpredictable  
110. Unreligious  
111. Unsentimental  
112. Whimsical

**79. Distractible**  
80. Disturbing  
81. Dogmatic  
82. Domineering  
83. Dull  
84. Easily Discouraged  
85. Egocentric  
86. Enervated  
87. Envious  
88. Erratic  
89. Escapist  
90. Excitable  
91. Expedient  
92. Extravagant  
93. Extreme  
94. Faithless  
95. False  
96. Fanatical  
97. Fanciful  
98. Fatalistic  
99. Fawning  
100. Fearful  
101. Fickle  
102. Fiery  
**103. Fixed (perseveration)**  
104. Flamboyant  
105. Foolish  
106. Forgetful  
107. Fraudulent  
108. Frightening  
109. Frivolous  
110. Gloomy  
111. Graceless  
**112. Grandiose**  
113. Greedy  
114. Grim  
115. Gullible  
116. Hateful  
117. Haughty  
118. Hedonistic  
119. Hesitant  
120. Hidebound  
121. High-handed

128. Moderate  
129. Modest  
130. Multi-leveled  
131. Neat  
132. Nonauthoritarian  
133. Objective  
134. Observant  
135. Open  
136. Optimistic  
137. Orderly  
138. Organized  
139. Original  
140. Painstaking  
141. Passionate  
142. Patient  
143. Patriotic  
144. Peaceful  
145. Perceptive  
146. Perfectionist  
147. Personable  
148. Persuasive  
149. Planful  
150. Playful  
151. Polished  
152. Popular  
153. Practical  
154. Precise  
155. Principled  
156. Profound  
157. Protean  
158. Protective  
159. Providential  
160. Prudent  
161. Punctual  
162. Purposeful  
163. Rational  
164. Realistic  
165. Reflective  
166. Relaxed  
167. Reliable  
168. Resourceful  
169. Respectful  
170. Responsible

**122. Hostile**  
123. Ignorant  
124. Imitative  
125. Impatient  
126. Impractical  
127. Imprudent  
**128. Impulsive**  
129. Inconsiderate  
130. Incurious  
131. Indecisive  
132. Indulgent  
133. Inert  
134. Inhibited  
**135. Insecurity**  
136. Insensitive  
137. Insincere  
138. Insulting  
139. Intolerant  
140. Irascible  
141. Irrational  
**142. Irresponsible**  
143. Irritable  
144. Lazy  
145. Libidinous  
146. Loquacious  
**146. Manipulative**  
147. Malicious  
148. Mannered  
149. Mannerless  
150. Mawkish  
151. Mealymouthed  
152. Mechanical  
153. Meddlesome  
154. Melancholic  
155. Meretricious  
156. Messy  
157. Miserable  
158. Miserly  
159. Misguided  
160. Mistaken  
161. Money-minded  
162. Monstrous  
**163. Moody**(emotional instability)

171. Responsive  
172. Reverential  
173. Romantic  
174. Rustic  
175. Sage  
176. Sane  
177. Scholarly  
178. Scrupulous  
179. Secure  
180. Selfless  
181. Self-critical  
182. Self-defacing  
183. Self-denying  
184. Self-reliant  
185. Self-sufficient  
186. Sensitive  
187. Sentimental  
188. Seraphic  
189. Serious  
190. Sexy  
191. Sharing  
192. Shrewd  
193. Simple  
194. Skillful  
195. Sober  
196. Sociable  
197. Solid  
198. Sophisticated  
199. Spontaneous  
200. Sporting  
201. Stable  
202. Steadfast  
203. Steady  
204. Stoic  
205. Strong  
206. Studious  
207. Suave  
208. Subtle  
209. Sweet  
210. Sympathetic  
211. Systematic  
212. Tasteful  
213. Teacherly

164. Morbid  
165. Muddle-headed  
166. Naive  
167. Narcissistic  
168. Narrow  
169. Narrow-minded  
170. Natty  
171. Negativistic  
172. Neglectful  
173. Neurotic  
174. Nihilistic  
175. Obnoxious  
176. Obsessive  
177. Obvious  
178. Odd  
179. Offhand  
180. One-dimensional  
181. One-sided  
182. Opinionated  
183. Opportunistic  
184. Oppressed  
185. Outrageous  
186. Overimaginative  
187. Paranoid  
188. Passive  
189. Pedantic  
190. Perverse  
191. Petty  
192. Pharissical  
193. Phlegmatic  
194. Plodding  
195. Pompous  
196. Possessive  
197. Power-hungry  
198. Predatory  
199. Prejudiced  
200. Presumptuous  
201. Pretentious  
202. Prim  
203. Procrastinating  
204. Profligate  
205. Provocative  
206. Pugnacious

214. Thorough  
215. Tidy  
216. Tolerant  
217. Tractable  
218. Trusting  
219. Uncomplaining  
220. Understanding  
221. Undogmatic  
222. Unfoolable  
223. Upright  
224. Urbane  
225. Venturesome  
226. Vivacious  
227. Warm  
228. Well-bred  
229. Well-read  
230. Well-rounded  
231. Winning  
232. Wise  
233. Witty  
234. Youthful

207. Puritanical  
208. Quirky  
209. Reactionary  
210. Reactive  
211. Regimental  
212. Regretful  
213. Repentant  
214. Repressed  
215. Resentful  
216. Ridiculous  
**217. Rigid (perfectionistic)**  
**217. Risk taking**  
218. Ritualistic  
219. Rowdy  
220. Ruined  
221. Sadistic  
222. Sanctimonious  
223. Scheming  
224. Scornful  
225. Secretive  
226. Sedentary  
227. Selfish  
228. Self-indulgent  
229. Shallow  
230. Shortsighted  
231. Shy  
232. Silly  
233. Single-minded  
234. Sloppy  
235. Slow  
236. Sly  
237. Small-thinking  
238. Softheaded  
239. Sordid  
240. Steely  
241. Stiff  
242. Strong-willed  
243. Stupid  
**244. Submissive**  
245. Superficial  
246. Superstitious  
**247. Suspicious**  
248. Tactless

249. Tasteless
250. Tense
251. Thievish
252. Thoughtless
253. Timid
254. Transparent
255. Treacherous
256. Trendy
257. Troublesome
258. Unappreciative
259. Uncaring
260. Uncharitable
261. Unconvincing
262. Uncooperative
263. Uncreative
264. Uncritical
265. Unctuous
266. Undisciplined
- 266. Unemotional** (restricted affect)
267. Unfriendly
268. Ungrateful
269. Unhealthy
270. Unimaginative
271. Unimpressive
272. Unlovable
273. Unpolished
274. Unprincipled
275. Unrealistic
276. Unreflective
277. Unreliable
278. Unrestrained
279. Unself-critical
280. Unstable
281. Vacuous
282. Vague
283. Venal
284. Venomous
285. Vindictive
286. Vulnerable
287. Weak
288. Weak-willed
289. Well-meaning
290. Willful

From: <http://ideonomy.mit.edu/essays/traits.html>

291. Wishful  
292. **Withdrawn**