

# Positive personality traits

Psychology



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Positive Personality Traits Some personality traits are positive: Being honest no matter what the consequences are is one personality trait people should aspire to. Having responsibility for all of your actions and being a little bit of a perfectionism are also personality traits. Adaptability and compatibility are great and can help you get along with others. Having the drive to keep going, and having compassion and understanding are positive personality traits. Patience is a virtue and also another trait. Getting up the courage to do what's right in those tough situations and loyalty to your friends and loved ones are also personality traits. Here's a few more to consider:

Adventurous Affable Conscientious Cultured Dependable Discreet Fair  
Fearless Observant Impartial Independent Optimistic Intelligent Keen  
Gregarious Persistent Capable Charming Precise Confident Dutiful

Encouraging Reliable Exuberant Helpful Humble Suave Imaginative

Meticulous Obedient Trusting Valiant Negative Personality Traits Other

personality traits are negative. For example: Laziness Picky Sullen Pompous

Dishonesty Finicky Sarcastic Pompous Arrogant Cowardly Sneaky Rude

Quarrelsome Impulsive Slovenly Self-centered Boorish Surly Unfriendly

Unruly Thoughtless Stingy Bossy Vulgar Malicious Conceited Obnoxious A

whole host of other bad characteristics can also be considered personality

traits if you practice these things habitually. Determining Personality Types

Your personality type can be determined by many factors. You can approach it the scientific way, by testing yourself and having a psychologist analysis

you. A personality test is rather simple. By answering a few questions about your likes and dislikes and where you would like to go in life, a professional

can give you a report detailing the type of personality you have. In

psychology, there are five factors that determine different personality types.

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The big five factors are: Openness is appreciation for a variety of experience. Conscientiousness is planning ahead rather than being spontaneous. Extraversion involves going out with friends and being energetic. Agreeableness is, as it says, being agreeable. Neuroticism refers to worrying or being vulnerable. Your personality test assesses how much of each of these five factors you possess. Another way of determining your personality type is to just take a long and deep look at yourself. Asking questions is a great way of discovering who you are and what you are. Ask things like: " If a child is hurt and alone, what would you do? " The main thing you want to know is if you are a good person. How Do I Create My Personality? Your personality is entirely up to you. It is in the actions you take and the decisions you make. Either you are a patient person, or not; a responsible person or not. The only way to change your personality is to take active steps to become the person you want to be. Taking up a hobby is a great way to become well rounded and improve your personality. Sports can make you stronger, arts and crafts can make you patient, volunteering can make you caring. Even just reading a book can push you to be better. Ads by Google Knowing your Personality Most detailed Personality Assessment on the Internet [www. personalitybook. com](http://www.personalitybook.com) Mom: \$10, 000 Scholarship No GPA, No Essay, No Stress! Apply Now. Takes Only 1 Minute. [www. Scholarships4Moms. net](http://www.Scholarships4Moms.net) How Can My Personality Affect Others? Being positive and upbeat can influence everyone around you, and so can negativity. For example, a friendly smile to a stranger can brighten up their day, as a glare can frighten them and cause their mood to drop. Like the famous quote, " Do unto others as you would have them do to you". While you may not be able to help it if you are having a bad day or if you don't like <https://assignbuster.com/positive-personality-traits/>

doing a particular thing, changing your attitude changes everything. Complaining and sulking will only make time drag on when doing an unpleasant task. Singing a song in your head or even humming makes it just a little easier to deal with. Being a pleasant person helps every day. Understanding examples of personality traits is a great way to start the journey into self discovery. Remember, if you're up for the challenge, you can make positive changes to your personality type.