

My personality traits essay examples

[War](#), [Intelligence](#)



Psychology:

I am industrious, humble, loyal, intelligent and hot tempered. These are the five words that best describe me, as I have consistently heard from family, friends and colleagues. Cardinal traits are those that permeate an individual's personality largely, to the extent that they influence virtually every act. According to Allport's trait theory, very few individuals have cardinal traits. I couldn't say any of the five above mentioned traits is my cardinal trait. On the other hand, central traits are less pervasive than the cardinal traits; my central traits are loyalty, humility, industriousness and intelligence. I consider my temper an individual personality.

Traits are also categorized as either inherited or learnt. Inherited traits are those encoded on the genetic makeup of a person and thus often run in a family. On the other hand, learned traits are those acquired through interaction with others and the environment. My intelligence and temper are inherited traits which I think I inherited from my father. My grandfather was also hot tempered and my sister also has a hot temper. On the other hand, I have learnt the loyalty, industriousness and humility from my parents and grandparents. Generally, most traits are developed as through inheritance and learning. Most of the members of my family, and mostly my sister, are intelligent, hard working, hot tempered, loyal and humble. I think my traits are more learnt than inherited, because three out of the five mentioned traits are learnt rather than inherited traits. In conclusion, the five words that define me are humility, loyalty, intelligence, industriousness, hot temperedness. While some are inherited others I have learnt from my parents and grandparents.