

The Berlin Multi-Facet Personality Inventory

Domain	Facet	Item
Agreeableness	A1: Appreciation	I acknowledge others' accomplishments. I respect others' feelings. I respect others. I am a good listener. I am polite to strangers.
	A2: Integrity	I speak ill of others. (-) I insult people. (-) I do things out of revenge. (-) I misuse power. (-) I try to avoid doing favors for others. (-)
	A3: Low competitiveness	I would like to have more power than other people. (-) I want to control the conversation. (-) I tend to brag about my accomplishments. (-) I want to be told I am right. (-) I see other people as my competitors. (-)
	A4: Readiness to give feedback	I want to be liked. I do what others want me to do. I change myself to suit others. I am afraid of providing criticism. I find it necessary to please the people who have power.
	A5: Search for support	I show my sadness. I show my fear. I show my anger. I tend to complain. I seek support.
	A6: Compliance	I trust what people say. I trust others. I believe that others have good intentions. I am good at working with a group. I feel like a loser if I compromise. (-)
	A7: Genuineness	I lie to get myself out of trouble. (-) I respect authority. I try to fool others. (-) I find it easy to manipulate others. (-) I use flattery to get ahead. (-)
	A8: Altruism	I think of others first. I let other people take the credit for my work. I try to respond with understanding when someone treats me badly. I return extra change when a cashier makes a mistake.
Conscientiousness	C1: Dominance	I want to be in charge. I try to lead others. I demand perfection in others. I resist authority. I try to outdo others.
	C2: Persistence	I give up easily. (-) I never give up. I am easily discouraged. (-)

		I like to take my time. (-) My interests change quickly. (-)
	C3: Self-discipline	I am easily talked into doing silly things. (-) I rush into things. (-) I act impulsively when something is bothering me. (-) I am easily distracted. (-) I say inappropriate things. (-)
	C4: Task planning	I do things according to a plan. I follow a schedule. I make plans and stick to them. I want things to proceed according to plan. I am always prepared.
	C5: Goal orientation	I accomplish a lot of work. I work hard. I put little time and effort into my work. (-) I am a goal-oriented person. I carry out my plans.
	C6: Carefulness	I choose my words with care. I look at the facts. I make careful choices. I avoid mistakes. I take precautions.
	C7: Orderliness	I leave a mess in my room. (-) I often forget to put things back in their proper place. (-) I am continually losing things. (-) I can never find anything. (-) I make a mess of things. (-)
	C8: Wish to work to capacity	I work too much. I have extra time on my hands. (-) I am always busy. I have too many things to do. I am exacting in my work.
	C9: Productivity	I can manage many things at the same time. I start tasks right away. I can't wait to get started on a project. I finish tasks quickly. I stop when work becomes too difficult.
Extraversion	E1: Sociability	I am quiet around strangers. (-) I start conversations. I feel comfortable only with friends. (-) I feel comfortable around people. I have difficulty showing affection. (-)
	E2: Readiness to take risks	I seek danger. I enjoy being reckless. I avoid dangerous situations. (-) I act wild and crazy. I like loud music.
	E3: Wish for affiliation	I prefer to be alone. (-) I enjoy spending time by myself. (-) I enjoy silence. (-) I feel isolated from other people. (-) I hold back my opinions. (-)
	E4: Positive attitude	I look forward to each new day. I look at the bright side of life.

		<p>I love life.</p> <p>I laugh a lot.</p> <p>I feel lucky most of the time.</p>
	E5: Forcefulness	<p>I automatically take charge.</p> <p>I do most of the talking.</p> <p>I know how to convince others.</p> <p>I like having authority over others.</p> <p>I challenge others' points of view.</p>
	E6: Communicativeness	<p>I talk a lot.</p> <p>I like talking about myself.</p> <p>I easily share my feelings with others.</p> <p>I love to chat.</p> <p>I disclose my intimate thoughts.</p>
	E7: Humor	<p>I am known for my sense of humor.</p> <p>I try to add some humor to whatever I do.</p> <p>I like to amuse others.</p> <p>I try to tease my friends out of their gloomy moods.</p> <p>I amuse myself easily.</p>
	E8: Conviviality	<p>I enjoy being part of a group.</p> <p>I enjoy teamwork.</p> <p>I am good at planning group activities.</p> <p>I would enjoy a lot of social interaction.</p> <p>I am good at getting people to like me.</p>
	E9: Energy	<p>I maintain high energy throughout the day.</p> <p>I tire out quickly. (-)</p> <p>I am usually active and full of energy.</p>
Emotional Stability	N1: Equanimity	<p>I get angry easily. (-)</p> <p>I snap at people. (-)</p> <p>I get annoyed at the slightest provocation. (-)</p> <p>I shout or scream when I'm angry. (-)</p> <p>I get upset if others change the way that I have arranged things. (-)</p>
	N2: Confidence	<p>I feel sad. (-)</p> <p>I think my life is a failure. (-)</p> <p>I have a dark outlook on the future. (-)</p> <p>I feel lonely. (-)</p> <p>I feel desperate. (-)</p>
	N3: Carefreeness	<p>I worry a lot. (-)</p> <p>I often feel tense. (-)</p> <p>I am filled with doubts about things. (-)</p> <p>I worry about what people think of me. (-)</p> <p>I feel fearful. (-)</p>
	N4: Mental balance	<p>I remain calm under pressure.</p> <p>I can handle stress well.</p> <p>I face danger confidently.</p> <p>I readily overcome setbacks.</p> <p>I adapt easily to new situations.</p>
	N5: Drive	<p>I feel it hard to get going. (-)</p> <p>I hardly know where my life is going. (-)</p> <p>I give up easily. (-)</p> <p>I let others discourage me. (-)</p> <p>I never spend more than I can afford. (-)</p>
	N6: Emotional robustness	<p>I cry easily. (-)</p> <p>I get overwhelmed by emotions. (-)</p>

		<p>I need protection. (-)</p> <p>I am easily hurt. (-)</p> <p>I immediately feel sad when hearing of an unhappy event. (-)</p>
	N7: Self-attention	<p>I need the approval of others. (-)</p> <p>I am preoccupied with myself. (-)</p> <p>I feel threatened easily. (-)</p>
Openness to experience	O1: Creativity	<p>I do unexpected things.</p> <p>I know that my ideas sometimes surprise people.</p> <p>I pride myself on being original.</p> <p>I ask questions that nobody else does.</p> <p>I love to think up new ways of doing things.</p>
	O2: Wish for variety	<p>I like to visit new places.</p> <p>I like to travel.</p> <p>I am excited by many different activities.</p> <p>I have been creative during the last year.</p> <p>I like concerts.</p>
	O3: Open-mindedness	<p>I am valued by my friends for my good judgment.</p> <p>I am valued by others for my objectivity.</p> <p>I know how to apply my knowledge.</p> <p>I can see different points of view.</p> <p>I come up with alternatives.</p>
	O4: Interest in reading	<p>I read a lot.</p> <p>I like to read.</p> <p>I enjoy discussing books with others.</p> <p>I have read the great literary classics.</p> <p>I enjoy reading nonfiction.</p>
	O5: Aesthetics	<p>I appreciate all forms of art.</p> <p>I like art.</p> <p>I like poetry.</p> <p>I seldom notice the emotional aspects of paintings and pictures. (-)</p> <p>I like to visit museums.</p>
	O6: Wish to analyze	<p>I tend to analyze things.</p> <p>I like to speculate about things.</p> <p>I seek explanations of things.</p> <p>I love to reflect on things.</p> <p>I try to understand myself.</p>
	O7: Willingness to learn	<p>I want to increase my knowledge.</p> <p>I look forward to the opportunity to learn and grow.</p> <p>I find the world a very interesting place.</p> <p>I dislike learning. (-)</p> <p>I am thrilled when I learn something new.</p>
	O8: Sensitivity	<p>I am open about my feelings.</p> <p>I rarely notice my emotional reactions. (-)</p> <p>I find it hard to understand why people get emotional. (-)</p> <p>I am open about myself to others.</p>
	O9: Intellect	<p>I learn quickly.</p> <p>I am quick to understand things.</p> <p>I can handle a lot of information.</p>