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Image: Shutterstock Don't be embarrassed! Everyone has something about their personalities that you might consider your worst. While we know you are perfect most of the time, having a ratty moment or a dark side is only human nature. Our worst personality trait quiz will give you the bad news in the most gentle way possible. We're not here to shame you; we're here to put you in touch with the best sides of yourself. Then, you can overcome the worst! We all have our moments, and no person is immune from having a quirk here or there. Some of us cannot stand to be late for anything; others of us will put anything and everything off to the last minute. It's these little habits that make up our worst personality traits. We'll examine your outlook on life and the way you would react to various situations. Every honest answer you give us leads us to finding the worm inside your apple. We promise that you will not beat yourself up at the end of the quiz. In fact, we think you are going to somewhat enjoy seeing what others find to be you at your worst. C'mon! You know you want to know! PERSONALITY We'll Guess Your Dominant Personality Trait Based On How You See Beauty In This Quiz! 5 Minute Quiz 5 Min PERSONALITY Take This Word Association Test and We'll Guess Your Dominant Personality Trait! 4 Minute Quiz 4 Min PERSONALITY Can We Guess What Personality Trait Is Strongest in You? 6 Minute Quiz 6 Min PERSONALITY What's Your Most Compelling Personality Trait? 5 Minute Quiz 5 Min PERSONALITY Answer These Yes or No Questions and We'll Guess Your Most Dominant Personality Trait 5 Minute Quiz 5 Min PERSONALITY This In-Depth Personality Test Could Show What Type of Person You Are 5 Minute Quiz 5 Min PERSONALITY Which Fragrance Matches Your Personality? 5 Minute Quiz 5 Min PERSONALITY Order a Bunch of Food From Olive Garden and We'll Guess Your Strongest Personality Trait 5 Minute Quiz 5 Min PERSONALITY What's Your Zodiac Personality? 5 Minute Quiz 5 Min PERSONALITY The Personality Quiz 5 Minute Quiz 5 Min How much do you know about dinosaurs? What is an octane rating? And how do you use a proper noun? Lucky for you, HowStuffWorks Play is here to help. Our award-winning website offers reliable, easy-to-understand explanations about how the world works. From fun quizzes that bring joy to your day, to compelling photography and fascinating lists, HowStuffWorks Play offers something for everyone. Sometimes we explain how stuff works, other times, we ask you, but we're always exploring in the name of fun! Because learning is fun, so stick with us! Playing quizzes is free! We send trivia questions and personality tests every week to your inbox. By clicking "Sign Up" you are agreeing to our privacy policy and confirming that you are 13 years old or over. Copyright © 2021 InfoSpace Holdings, LLC, a System1 Company Image: simarik / E+ / Getty Images People process the world in strikingly different ways. Some of us draw energy from an internal source, perceive the environment around us through intuition and make choices based on how we feel. Others find their energy and motivation from the external world, understand the surrounding environment through the senses and make decisions based on rational judgment. Failing to recognize these drastic poles of personality can lead us to misunderstand each other and even misunderstand ourselves.Carl Jung created a theory about what causes the wide range of personalities among people. He hypothesized that people experience the world through the lens of being introverted or extroverted, intuitive or sensing and feeling or thinking. Later, Isabel Briggs Myers added a fourth dimension — judging vs. perceiving — to describe the sources people use to make choices. Her formulation of Jung's work has been shaped into the Myers-Briggs personality theory.We've drawn from Jung and Myers-Briggs' way of thinking about how people experience the world differently to help you understand what distinguishes your own way of interacting with the world. Have you ever reacted extremely strongly to a situation and not understood what was at the root of your response? Have you ever had an intense disagreement with a friend or a partner and not been able to find out what caused it in the first place? Understanding your own personality type is the first step to better understanding yourself and others. You can take that step by answering these simple questions! PERSONALITY Which Era Embodies Your Personality? 5 Minute Quiz 5 Min PERSONALITY What's Your Color Personality? 5 Minute Quiz 5 Min PERSONALITY What Does Your Imagination Say About Your Personality? 6 Minute Quiz 6 Min PERSONALITY What Type of Flower Matches Your Soul? 5 Minute Quiz 5 Min PERSONALITY How Many Disney Princesses Make Up Your Personality? 5 Minute Quiz 5 Min PERSONALITY What Celtic Animal Are You Based on Your Myers-Briggs Type? 5 Minute Quiz 5 Min PERSONALITY What's Your Moral Alignment? 6 Minute Quiz 6 Min PERSONALITY What's Your Crystal Type? 6 Minute Quiz 6 Min PERSONALITY What Myers-Briggs Type Are You Destined to Marry? 6 Minute Quiz 6 Min PERSONALITY What Type of Witchcraft Should I Practice? 5 Minute Quiz 5 Min How much do you know about dinosaurs? What is an octane rating? And how do you use a proper noun? Lucky for you, HowStuffWorks Play is here to help. Our award-winning website offers reliable, easy-to-understand explanations about how the world works. From fun quizzes that bring joy to your day, to compelling photography and fascinating lists, HowStuffWorks Play offers something for everyone. Sometimes we explain how stuff works, other times, we ask you, but we're always exploring in the name of fun! Because learning is fun, so stick with us! Playing quizzes is free! We send trivia questions and personality tests every week to your inbox. By clicking "Sign Up" you are agreeing to our privacy policy and confirming that you are 13 years old or over. Copyright © 2021 InfoSpace Holdings, LLC, a System1 Company Our personalities are complicated systems of thoughts, feelings, and behaviors that describe how we interact with others and the world around us. Throughout the past century, psychologists and personality researchers have worked to try and simplify personality's complexity by suggesting most people can fit into a certain category that generally captures their preferences.Personality psychology seeks to understand the differences between personality traits and devise systems to scientifically evaluate them (John & Srivastava, 1999). One of the more popular and recognized systems is called The Big Five (or the "Big 5") that covers these five "core" personality traits:Extraversion — the level of sociability and enthusiasmAgreeableness — the level of friendliness and kindnessConscientiousness — the level of organization and work ethicEmotional Stability (also called Neuroticism) — the level of calmness and tranquilityIntellect/imagination (also called Openness) — the level of creativity and curiosityOther personality systems ranging in complexity have also been proposed and researched, including Hans Eysenck's three-factor theory (psychoticism, extraversion, and neuroticism), Raymond Cattell's 16 personality factors, and Gordon Allport's comprehensive and overwhelming list of 4,000 personality traits. The Big 5, however, has captured most researchers' attention because it is a reasonable number that most people can quickly understand.The Big Five traits appear to be nearly universally held, no matter the culture (McCrae et al., 2005). While genetics plays a role in determining personality, research has not conclusively determined exactly how much of your personality is genetically pre-determined, and how much is the result of environmental and parenting factors. Many researchers believe it's about half and half, based upon the available scientific evidence.While it was once believed that once established, your personality generally remain stable throughout your lifetime, newer research suggests that is not always the case. "[O]ur findings suggest that personality is not "set like plaster" at age 30; instead it continues to change, with the exact pattern of change depending on the trait" (Srivastava et al., 2003). These researchers found that, "Conscientiousness and Agreeableness increased throughout early and middle adulthood at varying rates; Neuroticism declined among women but did not change among men."Every one of the Big Five is scored on a scale that is composed of two opposite extremes. Most people score somewhere between the two poles in each trait, described in detail below.ExtraversionExtraversion (also sometimes referred to as extroversion) is a trait that describes a person's assertiveness, emotional expression, and comfort levels in social situations.Somene who scores high on this trait are generally seen as being more assertive, outgoing, and generally talkative. Others see a person who scores high on this trait as being sociable — who actually thrives in social situations (such as meetings or parties). They tend to feel comfortable in expressing emotions appropriately and making their opinion heard.Those who score low in extraversion may be called introverted. Such people tend to avoid social situations because they take a lot of energy to attend to. They are less comfortable with small talk, and feel more comfortable listening to others than needing to talk or be heard.HighThrives on socializing with othersPrefers being with others and meeting new peopleLikes to start conversations and talking to othersHas a wide social circle of friends and acquaintancesFinds it easy to make new friendsSometimes says things before thinking about themEnjoys being the center of attentionLowFeels exhausted after socializingPrefers being alone or by themselvesDislikes making small talk or starting conversationsGenerally thinks things through before speakingDislikes being the center of attentionAgreeablenessAgreeableness is a trait that describes a person's overall kindness, affection levels, trust, and sense of altruism.A person who scores high on this trait is someone who is comfortable with being kind and friendly to others. Others see such people as being helpful and cooperative, and someone who is trustworthy and altruistic.Somene who scores low on this trait is seen as being more manipulative and generally less friendly to others. They may also be seen as someone who is more competitive and less cooperative.HighKind and compassionate toward othersHas a great deal of interest in and wants to help othersFeels empathy and concern for other peoplePrefers to cooperate and be helpfulLowDoesn't care about other people's feelings or problemsTakes little interest in othersCan be seen as insulting or dismissive of othersCan be manipulativePrefers to be competitive and stubbornConscientiousnessConscientiousness is a trait that describes a person's ability to engage in goal-directed behaviors, exert control over their impulses, and their overall thoughtfulness.Somene who scores high on this trait prefers to be organized with behaviors that are goal-oriented. They are seen by others as being thoughtful, detail-oriented, and with good impulse control — they generally don't act on the spur of the moment. Someone who scores high on conscientiousness practice mindfulness — they live in the moment and understand that their behavior and choices can affect others.People who score low on conscientiousness have more difficulty with staying organized and focused on a goal. They tend to be messier and dislike structure and schedules. They don't always appreciate or care how their behavior affects others.HighGoal- and detail-oriented and are well organizedDon't give in to impulsesFinishes important tasks on timeEnjoys adhering to a scheduleIs on time when meeting othersLowDislikes structure and schedulesMessy and less detail-orientedFails to return things or put them back where they belongProcrastinates about important tasks and rarely finishes them on timeFails to stick to a scheduleIs always late when meeting othersEmotional Stability (Neuroticism)Emotional Stability (Neuroticism) is a trait that describes the overall emotional stability of an individual.A person who scores high on this trait may be seen by others as being moody, irritable, and with a black cloud over their head. They may be seen as suffering from depression, or experience mood swings.A person who scores low on this trait are seen as being more emotionally stable and resilient. They appear to others as less anxious or moody.HighGets upset more easilyAppears anxious, irritable, or moodyAppears to always be stressedWorries constantlyExperiences visible mood swingsStruggles to bounce back after troubles in lifeLowEmotionally stable and resilientDeals well with stressRarely feels sad, moody, or depressedRelaxed and doesn't worry muchIntellect/Imagination (Openness)Intellect/Imagination (Openness) is a trait that describes a person's preference for imagination, artistic, and intellectual activities.People who score high on this trait are seen by others as being intellectual, creative, or artistic. They tend to be forever curious about the world around them and are interested in learning new things. A person who scores high on this trait typically has a broad rand of interests and may enjoy traveling, learning about other cultures, and trying out new experiences.People who score low on this trait prefer to stick with what they know and don't enjoy learning or being creative. They are uncomfortable with change and like to stick close to home. They generally struggle with creative activities or abstract thinking.HighMore creative or intellectual in focusEmbraces trying new things or visiting new placesEnjoys taking on new challengesAbstract ideas come more easilyLowMore traditional in thinking and less creativeAvoids change or new ideasDoes not enjoy new things or visiting new placesHas trouble with abstract or theoretical conceptsRemember, personality traits are just general categories — they don't really define a complete person, nor capture the complexity of most people's personality. Instead, think of them as a handy shorthand to better understand yourself and others.Want to learn more? Take the free Take the Psych Central Personality Test now to see how you score on the Big 5 personality dimensions.

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