

SURNAME:		GIVEN NAME:		DATE: MM DD YY		
SEX: <input type="checkbox"/> Male <input type="checkbox"/> Female	MARITAL STATUS: <input type="checkbox"/> Never Married <input type="checkbox"/> Married <input type="checkbox"/> Widowed <input type="checkbox"/> Divorced <input type="checkbox"/> Separated	AGE: []	RESIDENTIAL STATUS: <input type="checkbox"/> In Hospital <input type="checkbox"/> In Other Institution <input type="checkbox"/> At Home	OCCUPATION: (N/A = Not Applicable) <input type="checkbox"/> Employed <input type="checkbox"/> Unemployed <input type="checkbox"/> Retired <input type="checkbox"/> Homemaker <input type="checkbox"/> Student <input type="checkbox"/> Disabled		

Rating Scale:



Causes little or no difficulty



Limits usual activities OR causes moderate difficulty



Prevents usual activities OR causes severe difficulty

DO YOU HAVE A PROBLEM WITH ANY OF THESE?

Physical Exercise 1	Mobility 2	Pain or Discomfort 3
Physical exercise	Walking or climbing stairs	Pain or physical discomfort
0 A lot (3+ hours / week of vigorous exercise)	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Some (1-3 hours / week of vigorous exercise)	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Little (less than 1 hour / week of vigorous exercise)	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Energy 4	Sleep 5	Appetite or Eating 6
Fatigue or excessive energy	Under or over sleeping	Under or over eating
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Sex 7	Vision or Hearing 8	Overall Physical Health 9
0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Family 10	Friends 11	Love Life 12
Functioning with your family	Functioning with friends (or lacking friends)	Functioning with your romantic or sexual partner
0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty	0 Causes little or no difficulty <input type="checkbox"/> OR N/A
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Stress 13	School 14	Job 15
Current stress level	Functioning at school	Functioning at work
0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty <input type="checkbox"/> OR N/A
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty

Housekeeping 16	Financial Situation 17	Residence 18
Housekeeping (cooking, cleaning, laundry etc.)	Financial situation and money management	Residence and neighborhood
0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty <input type="checkbox"/> OR N/A
3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Reckless Risk Taking 19	Disrespect For The Law 20	Physical Violence 21
Doing recklessly dangerous activities	Showing disrespect for normal law-abiding behavior	Being physically violent towards others (e.g. physical assault or property damage)
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Smoking 22	Alcohol Use 23	Drug or Medication Use 24
0 None <input type="checkbox"/> OR N/A	0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty <input type="checkbox"/> OR N/A
1 Some (but not chain smoking)	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 A lot (chain smoking)	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

DO YOU HAVE A PROBLEM WITH ANY OF THESE?

Agoraphobia 25	Specific Phobia 26	Panic Attacks 27
Having marked fear and avoidance of multiple situations (e.g. leaving home or travelling alone)	Having unreasonable fear or panic due to one specific situation (e.g. flying, public speaking)	Having sudden, brief attacks of intense, unreasonable panic not due to a specific situation
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
3 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
6 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Obsessions or Compulsions 28	Depressed Mood 29	Anxiety 30
Having unwanted, disturbing obsessive thoughts or compulsive rituals due to unreasonable fear	Having feelings of sadness, gloom, or despondency	Having intense worry, nervousness, or unease caused by fear of danger or misfortune
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Anger 31	Guilt or Shame 32	Self-Harm 33
Feeling strong annoyance or displeasure; being irritable	Having frequent, persistent, or intense feelings of guilt or shame	Having thoughts of suicide or self-injury, OR showing severe self-neglect
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	3 Moderate difficulty (but suicide is not imminent)
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	6 Severe difficulty (suicide is imminent)

Elated Mood 34	Over-Talkativeness 35	Hyperactivity 36
Feeling great happiness or exhilaration	Being overly talkative or having one's speech race from topic to topic	Being abnormally or extremely active (e.g. can't sit still; excessive pacing or hand-wringing)
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Perceptual Dysregulation 37	Unusual Beliefs / Experiences 38	Eccentricity 39
Having odd or unusual perceptions e.g. feeling unreal, things looking unreal, out-of-body feeling	Firmly believing a false belief (delusion) or false perception (hallucination) e.g. hearing "voices"	Having unconventional and slightly strange views or behavior
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty
6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty

Distractibility 40	Loss of Interest or Pleasure 41	Forgetfulness 42
Difficulty concentrating and focusing on tasks; attention easily diverted by extraneous stimuli	Having diminished interest or pleasure in almost all activities	Having a poor memory; failing to remember (e.g. paying bills, appointments, yesterday's activities)
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty

Impaired Reasoning 43	Impaired Communication 44	Restricted Repetitive Behaviors 45
Lacking good judgment; impaired ability to solve problems by thinking in a logical, sensible way	Refraining from speech; (in more severe cases) loss of the ability to understand or express speech	Repetitive movements of objects; interest fixated on a few things; inflexible insistence on sameness
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty
6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty

Impaired Self-Care 46	Psychomotor Slowing 47	Confusion 48
Having difficulty with bathing, dressing self, or using the toilet	Thinking, speaking, or moving so slowly that it was noticeable to others	Getting lost near home, not knowing "person, place or time", too confused to drive a car
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty	3 Limits usual activities OR causes moderate difficulty
6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty	6 Prevents usual activities OR causes severe difficulty

Institutional Care 49	Lack of Insight 50	Usual Activities 51
Being in residential care (e.g. nursing or group home, institution or hospital)	Lacking understanding of (and willingness to change) one's own personal problems	Usual activities (e.g. functioning at school, work, home, or with others; shopping; traveling; play)
0 Is not in residential or hospital care	0 Causes little or no difficulty	0 Little or no difficulty doing usual activities
3 Is in (non-hospital) residential care	3 Limits usual activities OR partially refuses help	3 Usual activities are limited OR moderately difficult
6 Is in hospital OR was recently discharged	6 Prevents usual activities OR refuses all help	6 Usual activities are prevented OR severely difficult

Alternative A

DO YOU HAVE A PROBLEM WITH ANY OF THESE?

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Low Self-Esteem 52	Pessimism 53	Loneliness 54
Having feelings of low self-worth or low self-confidence	Seeing the worst aspect of things or believing that the worst will happen	Feeling sad from being alone
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Separation Anxiety 55	Submissiveness 56	Difficulty Handling Conflict 57
Having anxiety provoked by threats of separation or rejection from significant others	Willing to give in to others; frequently needing advice and reassurance	Difficulty handling disagreement; failing to firmly set or defend fair moral boundaries
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Intimacy Avoidance 58	Social Withdrawal 59	Restricted Emotions 60
Avoiding close relationships, romantic relationships, or intimate sexual relationships	Avoiding social contacts and activities	Having a flat or constricted emotional experience and expression
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Rigid Perfectionism 61	Over-Working 62	Overconscientiousness 63
Insisting on everything being flawless; holding self and others to unrealistically high standards	Working to excess (not required by economic necessity)	Being overly scrupulous and inflexible about ethics, or overly preoccupied with details or rules
0 Causes little or no difficulty	0 Causes little or no difficulty <input type="checkbox"/> OR N/A	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Attention Seeking 64	Promiscuity 65	Impulsivity 66
Trying to attract notice and to make oneself the focus of others' attention and admiration	Having many transient sexual relationships or having an intense desire for illicit sex	Acting suddenly or rashly without a plan or consideration of the consequences
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Emotional Instability 67	Lack of Long-Term Goals 68	Social Instability 69
Lacking emotional control and stability under stress; having over-reactive, intense emotions	Lacking sustained effort to achieve long-term goals; lacking meaning and purpose to one's life	Having an unstable and stormy social life
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Suspiciousness 70	Bearing Grudges 71	Jealousy 72
Having excessive suspicion of the motives of others	Having persistent resentment; not forgiving an insult or injury; seeking revenge	Being resentful or envious of someone's achievements or advantages
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Arrogance 73	Greedy Manipulation 74	Callousness 75
Showing an offensive display of superiority, self-importance, or overbearing pride	Unfairly exploiting or controlling others to satisfy one's desire for unneeded excess	Lacking guilt about causing others harm; being indifferent to the suffering of others
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Aggression 76	Irresponsibility 77	Deceitfulness 78
Being disrespectful or physically cruel, or bullying, threatening, or intimidating others	Being unreliable, careless; refusing to accept blame; ignoring correction; not making amends	Lying, stealing, or cheating others; dishonesty; fraud (wrongful and criminal deception)
0 Causes little or no difficulty	0 Causes little or no difficulty	0 Causes little or no difficulty
1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty	1 Limits usual activities OR causes moderate difficulty
2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty	2 Prevents usual activities OR causes severe difficulty

Alternative B

DO YOU HAVE A PROBLEM WITH ANY OF THESE?

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Confidence	52	Optimism	53	Social Support	54
Believing in one's own abilities; showing self-assurance, bravery, or courage		Having a positive outlook on life; expecting a good outcome; being hopeful		Having sympathetic and helpful family or friends	
0	Little or no difficulty	0	Little or no difficulty	0	Little or no difficulty
1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty
2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty

Independence	55	Assertiveness	56	Conflict Resolution	57
Not fearing embarrassment, rejection, or separation from significant others		Confidently expressing one's opinion; not being submissive		Skillfully handling disagreement; firmly setting and enforcing fair moral boundaries	
0	Little or no difficulty	0	Little or no difficulty	0	Little or no difficulty
1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty
2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty

Intimacy	58	Gregariousness	59	Demonstrativeness	60
Wanting close relationships and intimate sexual relationships		Wanting to be in the company of others; wanting social contact		Showing one's feelings openly, especially affection	
0	Little or no difficulty	0	Little or no difficulty	0	Little or no difficulty
1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty
2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty

Realistic Expectations	61	Good Life-Work Balance	62	Psychological Flexibility	63
Setting realistic goals; accepting "good enough" rather than demanding perfection		If working, setting aside sufficient time for one's social life and recreation		Being adaptable and open-minded; not being preoccupied with details or rules	
0	Little or no difficulty	0	Little or no difficulty	0	Little or no difficulty
1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty
2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty

Genuineness	64	Chastity	65	Caution	66
Being sincere and free from pretense; not attention seeking or theatrical		Avoiding transient sexual relationships; lacking an intense desire for illicit sex		Thinking carefully before acting or speaking; taking care to avoid mistakes or danger	
0	Little or no difficulty	0	Little or no difficulty	0	Little or no difficulty
1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty
2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty

Emotional Stability	67	Long-Term Goals	68	Social Stability	69
Being calm under stress; having good emotional control and stability		Showing sustained effort to achieve long-term goals; having meaning and purpose to one's life		Having a stable and peaceful social life	
0	Little or no difficulty	0	Little or no difficulty	0	Little or no difficulty
1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty
2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty

Trust	70	Forgiveness	71	Empathy	72
Feeling that it is safe to act without being unfairly embarrassed, cheated, or punished by others		Forgiving other people's honest mistakes; not bearing grudges or seeking revenge		Understanding & sharing of the emotions and experiences of others	
0	Little or no difficulty	0	Little or no difficulty	0	Little or no difficulty
1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty
2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty

Humility	73	Generosity	74	Love	75
Having a modest estimate of one's own importance; not being arrogant		Unselfishly giving or sharing		Affection for others; showing gratefulness, caring, kindness, and compassion	
0	Little or no difficulty	0	Little or no difficulty	0	Little or no difficulty
1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty
2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty	2	Lack prevents usual activities / causes severe difficulty

Respect	76	Responsibility	77	Honesty	78
Respecting others and treating them with dignity; making others feel appreciated		Being reliable and careful; being able to accept blame, heed correction and make amends		Not lying, stealing, cheating, or otherwise deceiving others	
0	Little or no difficulty	0	Little or no difficulty	0	Little or no difficulty
1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty	1	Lack limits usual activities / causes moderate difficulty

(For Therapist)

"BIG 5" FACTORS COLOR CODE

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(1) AGREEABLENESS

[Healthy] Agreeableness

Description: *Agreeableness* is synonymous with [compassion and politeness](#). Compassion reflects empathy, sympathy, and caring for others. Politeness reflects respect for others. Agreeable people are interested in others, and they make people feel comfortable. The *Agreeableness* dimension measures the behaviors that are central to the concept of **JUSTICE** (fair, honest, and helpful behavior - living in harmony with others, neither harming nor allowing harm). Justice is then the public manifestation of love. (This dimension appears to measure the behaviors that differentiate *friend* from *foe*.)

Descriptors: Compassionate, polite, warm, friendly, helpful, unselfish, generous, modest.

[Unhealthy] Antagonism

Description: *Antagonism* is synonymous with competition and aggression. Antagonistic people are self-interested, and do not see others positively.

Descriptors: Manipulative, deceitful, grandiose, callous, disrespectful, unfriendly, suspicious, uncooperative, malicious.

(2) CONSCIENTIOUSNESS

[Healthy] Conscientiousness

Description: *Conscientiousness* is synonymous with being self-disciplined, industrious and orderly. The *Conscientiousness* dimension measures the behaviors that are central to the concept of **SELF-CONTROL** - organizing and controlling one's behavior in order to achieve one's goals. (This dimension appears to measure the behaviors that differentiate behavioral *order and inhibition* from *chaos and disinhibition*.)

Descriptors: Industrious, self-disciplined, rule-abiding, organized

[Unhealthy] Disinhibition

Description: *Disinhibition* is synonymous with being distractible, impulsive and disorganized.

Descriptors: Distractible, impulsive, irresponsible, disorganised, unreliable, careless, forgetful.

(3) OPENNESS / INTELLECT

[Healthy] Openness to Experience

Description: *Openness or Intellect* (or "Openness To Experience") is synonymous with being open-minded and creative. The *Openness/Intellect* dimension measures the behaviors that are central to the concept of **WISDOM** - having experience, knowledge, and good judgment. (This dimension appears to measure the behaviors that differentiate *open-minded* from *close-minded* individuals.) Open-minded people are usually creative, sophisticated, intellectual, curious and interested in art.

Descriptors: Receptive to new ideas, curious, imaginative, creative, unconventional.

[Unhealthy] Closed to Experience

Description: *Low Openness/Intellect* (or "Closed To Experience") is synonymous with being closed-minded and uncreative. Low Openness/Intellect is associated with narrow-mindedness, unimaginativeness and ignorance.

Descriptors: Narrow-minded, conservative, ignorant, simple.

(4) SOCIABILITY

[Healthy] Sociability / Extraversion

Description: *Sociability (Extraversion)* is synonymous with being [enthusiastic and assertive](#). Assertiveness encompasses traits relating to leadership, dominance, and drive. Enthusiasm encompasses both sociability and the tendency to experience and express positive emotion. Extraverts tend to engage in social interaction; they are enthusiastic, risk-taking, talkative and assertive. The *Extraversion* dimension measures the behaviors that are central to the concept of **SOCIABILITY** - seeking and enjoying companionship. (This dimension appears to measure the behaviors that differentiate *approach* from *avoidance*.)

Descriptors: Sociable, gregarious, reward-seeking, talkative.

[Unhealthy] Detachment / Introversion

Description: *Detachment* is synonymous with being reserved and quiet.

Descriptors: Withdrawn, anhedonic (pleasureless), intimacy avoiding, detached, shy, passive, solitary, moody.

(5) EMOTIONAL STABILITY

[Healthy] Emotional Stability

Description: *Emotional Stability* is synonymous with being calm and emotionally stable. The *Emotional Stability* dimension measures the behaviors that are central to the concept of **COURAGE** - having calm composure and endurance when confronting adversity. (This dimension appears to measure the behaviors that differentiate *safety* from *danger*.)

Descriptors: Calm, even-tempered, peaceful, confident.

[Unhealthy] Negative Emotion

Description: Degree to which people experience persistent anxiety or depression and are easily upset. (This could be thought of as high threat sensitivity or low stress tolerance.)

Descriptors: Emotionally unstable, anxious, separation-insecure, depressed, self-conscious, oversensitive, vulnerable.

(6) PHYSICAL HEALTH

[Healthy] Physically Healthy

[Unhealthy] Physically Unhealthy