

表 1 大五人格特质

Table 1 Five major personality traits

特质因素 Idiosyncratic factor	特征 Feature
神经质 Neuroticism	烦恼对平静 Worry vs calm
	不安全感对安全感 Insecurity vs security
	自怜对自我满意 Self-pity vs self-satisfaction
外向性 Extroversion	好交际对不好交际 Good communication vs bad communication
	爱娱乐对严肃 Love entertainment vs seriousness
	感情丰富对含蓄 Rich emotions vs reserved emotions
开放性 Openness	富于想象对务实 Rich in imagination vs pragmatic
	寻求变化对遵守惯例 Seeking change vs adhering to conventions
	自主对顺从 Autonomous vs submissive
宜人性 Agreeableness	热心对无情 Enthusiastic vs ruthless
	信赖对怀疑 Trust vs doubt
	乐于助人对不合作 Helpful vs uncooperative
尽责性 Conscientiousness	有序对无序 Ordered vs disordered
	谨慎细心对粗心大意 Cautiousness vs carelessness
	自律对意志薄弱 Self discipline vs weak willpower