



OPEN BIG 5

— ASSESSMENT —

OPEN BIG 5 Assessment (v260427) Report

May 18, 2026



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Dear

Thank you for completing the OPEN Big 5 Enneagram Assessment!

Your Big Five Personality Profile offers far more than a description of your behavior — it provides a neuroscience-based map of how your nervous system tends to perceive, process, and respond to the world around you. These patterns influence how you handle stress, relationships, uncertainty, achievement, emotional experiences, and personal growth.

In the OPEN framework, personality is not viewed as fixed or limiting. Instead, your traits reflect deeply conditioned tendencies shaped by a combination of:

- genetics,
- early life experiences,
- emotional conditioning,
- environmental stress,
- attachment patterns,
- and neuroplastic adaptation over time.

The Big Five model measures five foundational dimensions of personality:

- Openness,
- Conscientiousness,
- Extraversion,
- Agreeableness,
- and Neuroticism.

Together, these dimensions help explain:

- how flexible or rigid your thinking becomes,
- how your nervous system regulates stress,
- how you connect emotionally with others,
- how you pursue goals,
- and how consciously you navigate your inner and outer world.

Within OPEN, these traits are not interpreted as “good” or “bad.” Every trait carries strengths, vulnerabilities, adaptive capacities, and potential blind spots. In many cases, traits that once helped you survive emotionally may now unconsciously shape behaviors, relationships, stress patterns, or identity structures that no longer serve your growth.

Most importantly, this report is grounded in the understanding that the brain remains capable of change throughout life. Through consciousness, emotional awareness, intentional habits, and neuroplasticity, personality patterns can become more flexible, resilient, and integrated over time. As awareness increases, you gain the ability to respond to life more consciously rather than automatically repeating inherited or conditioned patterns.

This report is therefore not a verdict about who you are.

It is a mirror reflecting:

- how your nervous system currently operates,
- how your personality influences consciousness and flow,
- and where opportunities for growth, healing, balance, and transformation may exist.

The goal is not to become someone else.

The goal is to learn how to work with your personality consciously so you can:

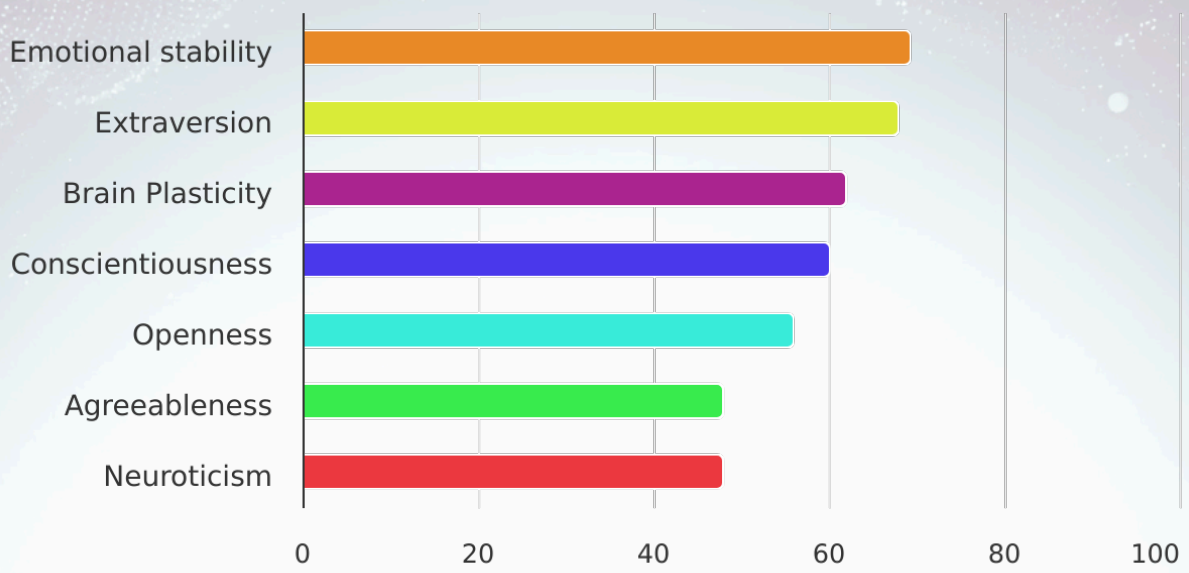
- strengthen resilience,
- increase flexibility,
- regulate stress more effectively,
- deepen emotional awareness,
- improve relationships,
- and cultivate a life of greater openness, stability, authenticity, and flow.



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EMOTIONAL STABILITY

Your Score: 69.33

Stability reflects your nervous system's overall capacity to remain emotionally regulated, grounded, resilient, and behaviorally consistent under stress, uncertainty, and emotional pressure.

How Your Level of Stability Shapes Emotional Regulation, Stress, Identity, Relationships, Consciousness, and Flow

In the OPEN framework, *Stability* is a higher-order personality meta-trait reflecting the nervous system's capacity for:

- emotional regulation,
- impulse control,
- resilience,
- behavioral consistency,
- stress tolerance,
- and psychological grounding.

Stability is strongly influenced by:

- low Neuroticism,
- healthy Conscientiousness,
- emotional safety,
- nervous system regulation,
- and self-awareness.

This trait influences:

- how well you handle adversity,

- how quickly you recover emotionally,
- how consistently you regulate behavior under pressure,
- and how grounded your identity remains during stress and uncertainty.

Stability exists on a spectrum. At healthy levels, it supports:

- resilience,
- emotional balance,
- grounded consciousness,
- reliable behavior,
- and sustainable flow.

When too low or excessively rigid, however, it can interfere with:

- emotional flexibility,
- growth,
- self-awareness,
- and adaptability.

OPEN Perspective on Stability

In OPEN, stability becomes healthiest when:

- emotional regulation remains balanced with emotional openness and flexibility.

Too little stability creates:

- chronic stress,
- emotional chaos,
- nervous system exhaustion,
- and reduced consciousness.

Too much stability without openness may create:

- emotional rigidity,
- overcontrol,
- reduced vulnerability,
- or emotional disconnection.

Optimal flow emerges when:

- the nervous system feels safe but flexible,
- emotions are felt without becoming overwhelming,
- and resilience coexists with emotional depth and authenticity.

The goal is not emotional perfection or numbness.

The goal is learning how to:

- remain grounded during uncertainty,
- regulate emotions without suppressing them,
- and build a nervous system capable of experiencing life with resilience, awareness, and flow.

Your score suggests you have MEDIUM STABILITY

MEDIUM STABILITY

“Balanced Emotional Regulation”

People with medium stability tend to balance:

- emotional sensitivity and resilience,
- responsiveness and regulation,
- flexibility and grounding.

Their nervous system experiences stress without remaining chronically overwhelmed by it.

This is often the healthiest range for sustainable emotional well-being and growth.

What Medium Stability Looks Like at Home

At home, medium stability often creates:

- emotional consistency,
- healthy communication,
- resilience during stress,
- and balanced emotional responsiveness.

Concrete Example

A medium-stability parent may feel emotionally activated during difficult situations but can recover, self-regulate, and respond thoughtfully rather than impulsively.

What Medium Stability Looks Like at Work

At work, medium stability supports:

- reliability under pressure,
- adaptability,
- emotional resilience,
- and sustainable performance.

Concrete Example

A medium-stability employee may experience stress before an important event but remain functional, emotionally regulated, and capable of recovery afterward.

What Medium Stability Looks Like in

Relationships

In relationships, medium stability often creates:

- emotional safety,
- secure attachment,
- healthy vulnerability,
- and balanced emotional responsiveness.

Concrete Example

A medium-stability partner can communicate emotional needs openly without becoming emotionally flooded or defensive.

Medium Stability, Consciousness, and Flow

In OPEN, medium stability often creates ideal conditions for:

- grounded consciousness,
- emotional resilience,
- adaptive plasticity,
- and sustainable flow.

The nervous system balances:

- sensitivity and regulation,
- openness and grounding,
- awareness and emotional safety.

This creates enough emotional stability for growth while preserving emotional depth.

Extraversion

68.00

EXTRAVERSION

Your Score: 68

Conscientiousness reflects how strongly your brain prioritizes structure, discipline, responsibility, self-control, and long-term goals over spontaneity and immediate gratification.

How Your Level of Extraversion Shapes Energy, Stimulation, Relationships, Consciousness, and Plasticity

In the OPEN framework, *Extraversion* reflects how strongly your nervous system seeks:

- stimulation,
- social interaction,
- excitement,
- emotional expression,
- and energy from the external world.

This trait influences:

- where you recharge emotionally,
- how much stimulation your brain craves,
- how you process emotions,
- and how you relate to people, activity, and solitude.

Extraversion exists on a spectrum. Neither introversion nor extraversion is superior. At healthy levels, both styles can support connection, resilience, and growth. When too low or too high, however, they can interfere with emotional balance, self-awareness, and nervous system regulation.

OPEN Perspective on Extraversion

In OPEN, extraversion becomes healthiest when:

- external engagement remains balanced with inner awareness.

Too little extraversion may create:

- isolation,
- withdrawal,
- and emotional contraction.

Too much may create:

- overstimulation,
- emotional avoidance,
- and dependency on external validation.

Optimal flow emerges when:

- stimulation is balanced by recovery,
- connection is balanced by reflection,
- and social energy remains connected to consciousness and emotional presence.

The goal is not becoming more introverted or extraverted.

The goal is learning how to regulate your nervous system so you can remain:

- connected without becoming depleted,
- expressive without losing self-awareness,
- and socially engaged without disconnecting from your inner life.

Your score suggests you have MEDIUM EXTRAVERSION (HIGH INTROVERSION).

MEDIUM EXTRAVERSION

“Balanced Between Reflection and Engagement”

People with medium extraversion tend to balance:

- social engagement and solitude,
- stimulation and recovery,
- expression and reflection.

Their nervous system can enjoy connection without becoming dependent on constant stimulation.

This is often the most socially adaptable range.

What Medium Extraversion Looks Like at Home

At home, medium extraversion often creates:

- emotional flexibility,
- balanced social needs,
- and healthy communication.

Concrete Example

A medium-extraversion individual may enjoy:

- gatherings,
- meaningful conversation,
- and shared activities,

while also appreciating:

- quiet evenings,

- rest,
 - and personal space.
-

What Medium Extraversion Looks Like at Work

At work, medium extraversion supports:

- collaboration,
- communication,
- leadership,
- and independent focus.

Concrete Example

A medium-extraversion manager may comfortably lead teams while also valuing focused solo work when needed.

What Medium Extraversion Looks Like in Relationships

In relationships, medium extraversion often creates:

- balanced emotional engagement,
- adaptability,
- and healthy interpersonal connection.

Concrete Example

A medium-extraversion partner can enjoy:

- social experiences,
- emotional intimacy,
- and stimulation,

without needing constant activity or total isolation.

Medium Extraversion, Consciousness, and Plasticity

In OPEN, medium extraversion often creates ideal conditions for healthy plasticity because the nervous system balances:

- stimulation and recovery,
- external engagement and inner reflection.

This balance supports:

- emotional regulation,
- adaptability,
- resilience,
- and sustainable growth.

BRAIN PLASTICITY

Your Score: 62

Plasticity reflects your brain's overall capacity to adapt, rewire, recover, evolve, and remain psychologically flexible in response to stress, experience, learning, and consciousness expansion.

PLASTICITY

How Your Level of Plasticity Shapes Adaptability, Identity, Relationships, Consciousness, and Flow

In the OPEN framework, *Plasticity* is a higher-order personality meta-trait reflecting the brain's capacity for:

- flexibility,
- adaptation,
- learning,
- emotional recovery,
- transformation,
- and openness to change.

Plasticity is strongly influenced by:

- Openness to Experience,
- Extraversion,

- nervous system regulation,
- emotional safety,
- and consciousness.

This trait influences:

- how easily you evolve,
- how quickly you recover from setbacks,
- how willing you are to update old narratives,
- and how capable your nervous system is of building new neural pathways.

Plasticity exists on a spectrum. At healthy levels, it supports:

- resilience,
- creativity,
- healing,
- curiosity,
- emotional flexibility,
- and flow.

When too low or dysregulated, however, it can create:

- rigidity,
- fear of change,
- emotional stagnation,
- overwhelm,
- or instability.

OPEN Perspective on Plasticity

In OPEN, plasticity becomes healthiest when:

- flexibility remains grounded in emotional regulation, embodiment, and conscious awareness.

Too little plasticity creates:

- rigidity,
- fear-based control,
- emotional stagnation,
- and resistance to growth.

Too much plasticity without grounding creates:

- fragmentation,
- instability,
- overwhelm,
- and difficulty integrating change.

Optimal flow emerges when:

- the nervous system feels safe enough to evolve,
- identity remains flexible but coherent,
- and growth becomes integrated into daily life rather than constantly pursued externally.

The goal is not endless reinvention.

The goal is learning how to:

- evolve without losing yourself,
- remain open without becoming fragmented,
- and build a nervous system capable of adapting to life with resilience, consciousness, and flow.

Your score suggests you have MEDIUM PLASTICITY

MEDIUM PLASTICITY

“Balanced Adaptability”

People with medium plasticity tend to balance:

- stability and change,
- identity and growth,
- structure and flexibility.

Their nervous system can tolerate uncertainty without becoming overwhelmed or rigid. This is often the healthiest range for sustainable personal growth.

What Medium Plasticity Looks Like at Home

At home, medium plasticity often creates:

- emotional adaptability,
- healthy routines,
- openness to change,
- and balanced family dynamics.

Concrete Example

A medium-plasticity individual may initially feel uncomfortable with major life changes but gradually adapt while remaining emotionally grounded.

They evolve without losing stability.

What Medium Plasticity Looks Like at Work

At work, medium plasticity supports:

- innovation within structure,
- adaptability,

- resilience,
- and healthy learning capacity.

Concrete Example

A medium-plasticity manager may embrace new ideas while still maintaining operational consistency and emotional stability during transition.

What Medium Plasticity Looks Like in Relationships

In relationships, medium plasticity often creates:

- emotional flexibility,
- healthy communication,
- willingness to repair,
- and openness to relational growth.

Concrete Example

A medium-plasticity partner can reflect on unhealthy patterns and gradually adjust behaviors without feeling that change threatens their identity.

Medium Plasticity, Consciousness, and Flow

In OPEN, medium plasticity often creates ideal conditions for:

- emotional resilience,
- neuroplastic growth,
- consciousness expansion,

- and sustainable flow states.

The nervous system balances:

- exploration and grounding,
- flexibility and stability,
- transformation and embodiment.

This balance allows the brain to:

- learn,
- adapt,
- recover,
- and integrate change effectively.

Conscientiousness

60.00

CONSCIENTIOUSNESS

Your Score: 60

Conscientiousness reflects how strongly your brain prioritizes structure, discipline, responsibility, self-control, and long-term goals over spontaneity and immediate gratification.

How Your Level of Conscientiousness Shapes Discipline, Stress, Identity, Relationships, Consciousness, and Plasticity

In the OPEN framework, conscientiousness reflects the degree to which your nervous system prioritizes:

- structure,
- responsibility,
- planning,
- impulse control,
- achievement,
- reliability,
- and long-term goal orientation.

Conscientiousness influences how you manage:

- time,
- commitments,
- emotions,
- habits,
- routines,
- and self-regulation.

At healthy levels, conscientiousness supports:

- stability,

- resilience,
- trust,
- and intentional living.

However, when unconscious or extreme, it can also fuel:

- chronic stress,
- perfectionism,
- rigidity,
- overcontrol,
- emotional suppression,
- and identity attachment to productivity.

In OPEN, conscientiousness directly affects consciousness and plasticity because highly rigid behavioral systems can either:

- stabilize growth,
or
- prevent transformation when flexibility is needed.

OPEN Perspective on Conscientiousness

In OPEN, conscientiousness becomes healthiest when:

- discipline supports consciousness,
rather than
- when consciousness becomes trapped inside control.

Too little conscientiousness creates:

- chaos,
- inconsistency,
- impulsivity,
- and difficulty sustaining growth or healing practices.

Too much conscientiousness creates:

- rigidity,

- chronic stress,
- perfectionism,
- emotional suppression,
- and overidentification with productivity and achievement.

Optimal flow emerges when:

- structure supports freedom,
- responsibility supports meaning,
- discipline remains flexible,
- and achievement stays connected to emotional well-being and presence.

The goal is not perfection or constant productivity.

The goal is learning how to create a life that is:

- stable without becoming rigid,
- productive without becoming emotionally disconnected,
- disciplined without losing spontaneity,
- and responsible without carrying the weight of the world alone.

Your score suggests you have MEDIUM CONSCIENTIOUSNESS.

MEDIUM CONSCIENTIOUSNESS

“Balanced Discipline”

Medium conscientiousness reflects a healthy balance between:

- structure and flexibility,
- achievement and rest,
- responsibility and spontaneity.

These individuals can:

- organize life effectively,
- while adapting when necessary.

Their nervous system values stability without becoming excessively rigid.

What Medium Conscientiousness Looks Like at Home

At home, medium conscientiousness often creates:

- manageable routines,
- organized environments,
- reliable parenting,
- and balanced responsibility-sharing.

Concrete Example

A medium-conscientiousness parent may maintain family structure while remaining emotionally flexible when plans change unexpectedly.

They are responsible without becoming controlling.

What Medium Conscientiousness Looks Like at Work

At work, medium conscientiousness supports:

- reliability,
- adaptability,
- emotional regulation,
- effective leadership,

- and sustainable productivity.

Concrete Example

A manager with medium conscientiousness may:

- create systems,
- meet deadlines,
- delegate effectively,
- while remaining open to feedback and innovation.

They do not collapse when uncertainty arises because identity is not rigidly fused with control.

What Medium Conscientiousness Looks Like in Relationships

In relationships, medium conscientiousness often creates:

- emotional consistency,
- reliability,
- follow-through,
- and healthy partnership dynamics.

Concrete Example

A medium-conscientiousness partner generally follows through on commitments while also understanding that occasional flexibility is part of life.

This creates trust without emotional rigidity.

Medium Conscientiousness, Consciousness, and Plasticity

In OPEN, medium conscientiousness often creates ideal conditions for healthy plasticity because:

- structure supports consistency,
- while flexibility allows adaptation.

The nervous system feels safe enough to:

- explore,
- evolve,
- and sustain new habits.

This balance strongly supports:

- healing,
- nervous system regulation,
- and long-term transformation.

Openness

56.00

OPENESS

Your Score: 56

This trait reflects intellectual curiosity, creativity, and a willingness to explore new experiences.

How Your Level of Openness Shapes Curiosity, Identity, Relationships, Consciousness, and Plasticity

In the OPEN framework, *Openness to Experience* reflects how willing your brain is to engage with:

- novelty,
- imagination,
- emotions,
- abstract ideas,
- spirituality,
- creativity,
- and transformation.

This trait influences:

- how flexible your thinking becomes,
- how easily you adapt to change,
- how deeply you explore meaning,
- and how open your nervous system is to new perspectives and experiences.

Openness exists on a spectrum. There is no ideal score. At healthy levels, it supports creativity, growth, consciousness, and adaptability. When too low or too high, however, it can interfere with grounding, emotional regulation, and psychological stability.

OPEN Perspective on Openness

In OPEN, openness becomes healthiest when:

- curiosity remains grounded in emotional stability and embodiment.

Too little openness creates rigidity.

Too much openness without grounding creates fragmentation.

Optimal flow emerges when:

- exploration is balanced by stability,
- curiosity is balanced by presence,
- and transformation is integrated into everyday life.

The goal is not becoming endlessly open.

The goal is learning how to evolve consciously while remaining emotionally grounded, resilient, and fully alive.

Your score suggests you have MEDIUM OPENNESS.

MEDIUM OPENNESS

“Balanced Between Stability and Exploration”

People with medium openness tend to balance practicality with curiosity. They can appreciate novelty without becoming destabilized by it.

This is often the most adaptable range socially and professionally because these individuals can:

- embrace change when necessary,
- while still maintaining structure and grounding.

Their nervous system is flexible without becoming chaotic.

What Medium Openness Looks Like at Home

At home, medium openness often creates a healthy balance between:

- routines and spontaneity,
- structure and play,
- responsibility and exploration.

Concrete Example

A medium-openness parent may maintain strong family traditions while still encouraging new experiences, travel, creativity, or emotional discussions.

They might say:

“Let’s try something new this weekend.”

without needing constant stimulation or dramatic change.

What Medium Openness Looks Like at Work

At work, medium openness supports:

- adaptability,
- collaborative thinking,
- innovation within structure,
- and healthy problem-solving.

These individuals often succeed in leadership because they can:

- respect systems,
- while remaining open to improvement.

Concrete Example

A medium-openness executive may initially resist a disruptive idea but become supportive once evidence and practical implementation are presented.

They are flexible without becoming impulsive.

What Medium Openness Looks Like in Relationships

In relationships, medium openness often creates emotional balance.

These individuals tend to:

- communicate reasonably well,
- tolerate differences,
- support growth,
- while still valuing emotional consistency.

Concrete Example

If their partner begins therapy or spiritual exploration, they may not fully understand everything immediately, but they remain curious rather than threatened.

They may say:

“Help me understand what this means to you.”

This response creates psychological safety and relational plasticity.

Medium Openness, Consciousness, and Plasticity

In the OPEN framework, medium openness often supports:

- balanced consciousness,
- adaptive nervous system functioning,
- and healthy neuroplasticity.

These individuals can:

- update beliefs,
- integrate feedback,
- recover from setbacks,
- and remain psychologically flexible without losing identity stability.

Their challenge is sometimes complacency.

Because life feels manageable, they may stop intentionally pursuing deeper consciousness or transformation.

Agreeableness

48.00

AGREABLENESS

Your Score: 48

Agreeableness reflects how strongly your nervous system prioritizes empathy, harmony, trust, compassion, and cooperation over competition, confrontation, and self-interest.

How Your Level of Agreeableness Shapes Compassion, Conflict, Identity, Relationships, Consciousness, and Plasticity

In the OPEN framework, *Agreeableness* reflects how strongly your brain prioritizes:

- harmony,
- empathy,
- cooperation,
- emotional attunement,
- trust,
- and relational connection.

This trait influences:

- how you handle conflict,
- how much you prioritize others' emotions,
- how easily you trust people,
- and how your nervous system balances compassion with self-protection.

Agreeableness exists on a spectrum. There is no ideal score. At healthy levels, it supports connection, empathy, emotional safety, and collaboration. When too low or too high, however, it can interfere with boundaries, authenticity, emotional regulation, and consciousness.

OPEN Perspective on Agreeableness

In OPEN, agreeableness becomes healthiest when:

- empathy remains balanced with authenticity and boundaries.

Too little agreeableness creates:

- emotional disconnection,
- excessive criticism,
- and relational rigidity.

Too much creates:

- self-neglect,
- people-pleasing,
- emotional exhaustion,
- and loss of identity.

Optimal flow emerges when:

- kindness is balanced by honesty,
- compassion is balanced by self-respect,
- and connection does not require abandoning yourself.

The goal is not becoming endlessly accommodating or emotionally detached.

The goal is learning how to remain:

- compassionate without self-erasure,
- honest without cruelty,
- and emotionally connected without losing your center.

Your score suggests you have **MEDIUM**

AGREABLENESS.

MEDIUM AGREEABLENESS

“Balanced Between Compassion and Boundaries”

People with medium agreeableness tend to balance:

- empathy and assertiveness,
- kindness and honesty,
- cooperation and self-protection.

Their nervous system can maintain connection without losing individuality.

This is often the healthiest range for sustainable relationships and emotional adaptability.

What Medium Agreeableness Looks Like at Home

At home, medium agreeableness often creates:

- emotional warmth,
- healthy communication,
- mutual respect,
- and balanced boundaries.

Concrete Example

A medium-agreeableness parent may validate emotions while still maintaining healthy structure and accountability.

They are compassionate without becoming emotionally overinvolved.

What Medium Agreeableness Looks Like at Work

At work, medium agreeableness supports:

- collaboration,
- emotional intelligence,
- teamwork,
- and constructive communication.

Concrete Example

A medium-agreeableness manager may challenge ideas respectfully while preserving psychological safety within the team.

They can balance performance and people effectively.

What Medium Agreeableness Looks Like in Relationships

In relationships, medium agreeableness often creates:

- emotional balance,
- trust,
- healthy compromise,
- and authentic communication.

Concrete Example

A medium-agreeableness partner can express disagreement honestly without becoming emotionally aggressive or emotionally avoidant.

This creates emotional safety and mutual respect.

Medium Agreeableness, Consciousness, and Plasticity

In OPEN, medium agreeableness often creates ideal conditions for healthy plasticity because the nervous system balances:

- compassion and boundaries,
- empathy and individuality,
- emotional openness and self-protection.

This balance supports:

- emotional regulation,
- adaptability,
- relational healing,
- and conscious communication.

Neuroticism

48.00

NEUROTICISM

Your Score: ###neuroticism###

Neuroticism reflects how strongly your nervous system reacts to stress, uncertainty, emotional pain, and perceived threats, influencing your tendency toward anxiety, emotional intensity, worry, and psychological sensitivity.

NEUROTICISM

How Your Level of Neuroticism Shapes Stress, Emotional Reactivity, Identity, Relationships, Consciousness, and Plasticity

In the OPEN framework, *Neuroticism* reflects the sensitivity and reactivity of your nervous system to:

- stress,
- uncertainty,
- emotional discomfort,
- perceived danger,
- rejection,
- and loss of control.

This trait influences:

- how intensely you experience emotions,
- how quickly your nervous system becomes activated,
- how long stress lingers in your body,
- and how vulnerable you are to anxiety, overwhelm, and emotional dysregulation.

Neuroticism exists on a spectrum. There is no “perfect” score. At healthy levels, emotional sensitivity can support empathy, intuition, awareness, and depth. When too low or too high, however, it can interfere with emotional balance, resilience, consciousness, and plasticity.

OPEN Perspective on Neuroticism

In OPEN, neuroticism becomes healthiest when:

- emotional sensitivity remains balanced with nervous system regulation and self-awareness.

Too little neuroticism may create:

- emotional detachment,
- lack of urgency,
- or reduced emotional depth.

Too much creates:

- chronic stress,
- anxiety,
- emotional overwhelm,
- rumination,
- and nervous system exhaustion.

Optimal flow emerges when:

- emotional awareness is balanced by emotional regulation,
- sensitivity is balanced by resilience,
- and fear no longer dominates consciousness.

The goal is not becoming emotionally numb or endlessly anxious.

The goal is learning how to remain:

- emotionally open without becoming overwhelmed,
- sensitive without living in fear,
- and deeply aware without becoming trapped inside your thoughts and emotions.

Your score suggests you have **MEDIUM NEUROTICISM**

MEDIUM NEUROTICISM

“Balanced Emotional Sensitivity”

People with medium neuroticism tend to balance:

- emotional sensitivity and regulation,
- caution and resilience,
- awareness and stability.

Their nervous system responds appropriately to stress without remaining chronically overwhelmed.

This is often the healthiest range for emotional adaptability and psychological growth.

What Medium Neuroticism Looks Like at Home

At home, medium neuroticism often creates:

- emotional awareness,
- healthy responsiveness,
- and manageable stress regulation.

Concrete Example

A medium-neuroticism parent may feel stress during difficult moments but can recover emotionally and respond thoughtfully rather than impulsively.

What Medium Neuroticism Looks Like at Work

At work, medium neuroticism supports:

- emotional awareness,
- motivation,
- adaptability,
- and balanced stress responsiveness.

Concrete Example

A medium-neuroticism employee may feel pressure before a major presentation but use that activation to prepare effectively rather than becoming paralyzed by anxiety.

What Medium Neuroticism Looks Like in Relationships

In relationships, medium neuroticism often creates:

- emotional responsiveness,
- empathy,
- vulnerability,
- and healthy emotional awareness.

Concrete Example

A medium-neuroticism partner can express insecurity or emotional needs openly without becoming consumed by fear or emotional instability.

Medium Neuroticism, Consciousness, and Plasticity

In OPEN, medium neuroticism often creates ideal conditions for healthy plasticity because the nervous system balances:

- emotional sensitivity and regulation,
- awareness and resilience,
- caution and adaptability.

This balance supports:

- emotional growth,
- empathy,
- mindfulness,
- and conscious self-reflection.

Conclusion

Your personality is not your prison — it is your starting point.

The patterns revealed in this report reflect the ways your nervous system has learned to:

- protect you,
- motivate you,
- connect with others,
- respond to stress,
- and navigate the complexity of life.

Some of these patterns may naturally support:

- resilience,
- creativity,
- emotional depth,
- leadership,
- compassion,
- or adaptability.

Others may contribute to:

- anxiety,
- rigidity,
- emotional overwhelm,
- people-pleasing,
- overcontrol,
- avoidance,
- or chronic stress.

In the OPEN framework, however, personality is not viewed as fixed. Your brain remains capable of change throughout life. Through consciousness, self-awareness, emotional healing, and intentional neuroplastic practices, you can gradually reshape patterns that no longer serve your well-being or growth.

The purpose of this report is therefore not to label or limit you. It is to help you better understand:

- how your nervous system currently operates,
- how your traits influence your relationships and life experience,
- and where opportunities for greater balance, flexibility, and flow may exist.

Growth does not require becoming someone else.
It requires becoming more conscious of:

- your emotional patterns,
- your conditioned responses,
- your strengths,
- your blind spots,
- and the stories that shape your identity.

As consciousness expands, the brain becomes more flexible. As plasticity increases, new ways of thinking, feeling, and living become possible. This is the foundation of lasting transformation.

The ultimate goal is not perfection.

The goal is learning how to create a life in which:

- openness is balanced with grounding,
- discipline is balanced with self-compassion,
- sensitivity is balanced with resilience,
- connection is balanced with authenticity,
- and growth is integrated into everyday living.

The more consciously you understand your personality, the more freedom you gain to shape your future intentionally rather than unconsciously repeating the past.

This is the path toward greater awareness, resilience, emotional freedom, and flow.

This is the journey of becoming OPEN.



Dr. Christophe Morin

Questions and Responses

I enjoy exploring ideas that challenge my usual way of thinking.

Your Response: 2

I prefer sticking to familiar methods rather than trying new approaches.

Your Response: 0

I tend to focus more on practical matters than abstract ideas.

Your Response: 5

I am curious about how things work.

Your Response: 2

I enjoy encountering different cultures, ideas, or ways of working.

Your Response: 2

I prefer proven methods over experimenting with new ways to solve problems.

Your Response: 1

I am drawn to creative or imaginative experiences,

Your Response: 3

I prefer focusing on realistic solutions rather than exploring possibilities.

Your Response: 5

I feel energized by learning new skills or taking on unfamiliar tasks.

Your Response: 0

I tend to stick with my habits rather than question or change them.

Your Response: 0

I often work without clear goals or structured plans.

Your Response: 1

I usually complete tasks I start, even when they become difficult.

Your Response: 4

I do not pay much attention to organization or small details.

Your Response: 4

I struggle to manage my time and prioritize tasks effectively.

Your Response: 2

When things go wrong, I tend to focus on solutions rather than excuses.

Your Response: 5

I often begin tasks without a clear plan.

Your Response: 3

I maintain consistent standards for the quality of my work.

Your Response: 5

I get easily distracted when working toward important goals.

Your Response: 5

I keep commitments even when they require extra effort.

Your Response: 3

I break down large tasks into smaller, manageable steps.

Your Response: 3

I feel drained after interacting with groups of people.

Your Response: 0

I prefer environments with a lot of activity and interaction.

Your Response: 3

I prefer to stay in the background rather than take leadership roles in groups.

Your Response: 1

I tend to keep my ideas to myself in meetings.

Your Response: 0

I enjoy energetic, fast-paced work environments.

Your Response: 2

I find it difficult to start conversations with strangers.

Your Response: 1

I speak up easily when I have something to say.

Your Response: 4

I avoid speaking in public or presenting ideas to groups.

Your Response: 3

I often take the initiative in social situations.

Your Response: 5

I show enthusiasm that encourages others to engage.

Your Response: 0

I make an effort to understand others' perspectives.

Your Response: 3

I weigh my own priorities before helping others.

Your Response: 0

I try to maintain respectful and cooperative relationships at work.

Your Response: 0

I tend to be blunt, even when it may affect others.

Your Response: 2

I am cautious about trusting others' intentions.

Your Response: 3

I adapt my style to create cooperative working relationships.

Your Response: 1

I show patience when others need time to explain their point of view.

Your Response: 0

I prioritize my own opinion rather than trying to build consensus.

Your Response: 0

I offer support and encouragement to colleagues facing challenges.

Your Response: 4

I tend to prioritize my own needs over others.

Your Response: 4

I remain calm and composed when under pressure.

Your Response: 1

I recover quickly from setbacks and keep working toward goals.

Your Response: 1

I keep perspective and do not let small problems derail my work.

Your Response: 3

I tend to be overly upset when criticized

Your Response: 0

My mood tends to fluctuate during stressful periods.

Your Response: 3

I manage my emotions so they do not get in the way of important tasks.

Your Response: 4

I remain confident and focused when facing challenging situations.

Your Response: 1

I have trouble staying calm during tense moments.

Your Response: 0

I feel unsettled when dealing with unexpected changes.

Your Response: 0

I often see setbacks as personal failures.

Your Response: 2