

# Personality Spectrum

**Ridged**

**Flexible**

<| | | | | | • | | | | | | >

**Self**

**Others**

<| | | | | | • | | | | | | >

**Introvert**

**Extrovert**

<| | | | | | • | | | | | | >

**Conservative**

**Liberal**

<| | | | | | • | | | | | | >

**Independent**

**Dependent**

<| | | | | | • | | | | | | >

**Planner**

**Spontaneous**

<| | | | | | • | | | | | | >

**Hypersensitive**

**Detached**

<| | | | | | • | | | | | | >

**Submissive**

**Dominant**

<| | | | | | • | | | | | | >

**Rational/Thinker**

**Emotional/Feeler**

<| | | | | | ● | | | | | >

**Passive**

**Action-prone**

<| | | | | | ● | | | | | >

**Giver**

**Taker**

<| | | | | | ● | | | | | >

**Attentive**

**Distracted**

<| | | | | | ● | | | | | >

**One-Focused**

**Multi-focused**

<| | | | | | ● | | | | | >

**Expressive**

**Private/Reserved**

<| | | | | | ● | | | | | >

**Skeptical**

**Open**

<| | | | | | ● | | | | | >

**Specifics/Details**

**Big picture**

<| | | | | | ● | | | | | >