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**Someone in Anytown, USA**

## Premium Personality Profile

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## Agreeableness

Taking care of others or  
taking care of yourself.

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### Introduction to Agreeableness

This section of your profile describes your interactions with other people. The ways we communicate our feelings, beliefs and ideas to others are influenced by our cultural backgrounds, the way we were raised, and sometimes which side of the bed we got up on this morning. Some of us are very mindful of others making decisions we hope will be in their best interests, even if it means sometimes neglecting our own interests. Others of us believe each person should be responsible for themselves, taking deep pride in our own character and independence with a firm belief that others are best served by doing the same. The following describes how you engage with others; illustrating the dimension of your personality that determines your independence or your desire to reach out and touch others in meaningful ways.

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### You are best described as:

**CONSISTENTLY TAKING CARE OF OTHERS**

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## Words that describe you:

- Sympathetic
- Trusting
- Altruistic
- Selfless
- Tenderhearted
- Compassionate
- Straightforward
- Deferential
- Generous

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## A General Description of How You Interact with Others

"What can I do for you?" These words probably feel very natural to you. More than most people, you are genuinely interested in the well-being of others. If they are in trouble, you offer compassion and go out of your way to be helpful. If they need someone who will listen, you are attentive, trustworthy and sympathetic. And you are direct with them; when they need advice or counsel, you offer it in as straightforward and direct a manner as you can.

There may even be times when you put others' needs in front of your own. And you do so without the expectation of some reward or recognition. Yours is a different kind of compassion; you are genuinely tenderhearted and take pleasure in helping others while expecting little or nothing in return. For you, it's not tit-for-tat, you truly want to do things for others that will better their lives. You mean it when you ask, "What can I do for you?"

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## Negative Reactions Others May Have Toward You

Though your motives arise from genuine compassion, some people might think of you as "a little too good to be true." They could suspect that your kindness is something you use to ingratiate yourself with others or to get them to like you. Others may suspect that your altruism is a mask for your own problems; you take care of others but never let others get to know you well enough to offer you their care. Some of this suspicion may be genuine; they just can't believe you're this kind. But it may also be triggered by envy; people see in you a tenderheartedness they don't find in themselves, and it makes them uncomfortable so they take it out on you with their suspicions.

Another critical response others may have may be something you want to take a serious look at. If you spend your time taking care of others, you may not have enough left to take very good care of yourself. If you're always asking, "What can I do for you?", you may not focus enough on your own needs. You're so busy taking care of others that you neglect yourself and empty your reserves of energy and good health. Like we said, give it consideration and if it doesn't fit move on.

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## Positive Responses Others May Have Toward You

For the most part, people will feel gifted to come across someone like you. For those you help, you will be light in the darkness, a hand up when they've fallen into a ditch. Your true graciousness and selflessness is rather rare these days and is often a breath of fresh air in this all too often dog-eat-dog world. Others will see in you the kindness that each of us seeks in life, both in our own characters and in our relationships with others. And you will become a model of that honest compassion; someone others may even look up to. Hopefully that feels okay to you.

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