

You are viewing the Personality Profile for:  
**Someone in Anytown, USA**

## Premium Personality Profile

### Reports Category

Agreeableness

Openness

Emotional Stability

Anger Management

Emotional Strength

Ease with Others ▶

Conscientiousness

Extraversion



## Emotional Stability

### Steady or Responsive

#### Emotional Stability - Introduction:

In eHarmony.com Personality Profile you were described as someone who is very responsive to your emotions and tends to run with them, or someone who exercises control over your emotions using your thinking and your will-power, or as someone who falls between these two extremes. The following paragraphs take this discussion of responsiveness or steadiness to a deeper level, using three categories that further explore your emotional life: Anger Management, Emotional Strength, and Ease with Others.

#### Ease with Others - Introduction:

Most of us have at least one or two friends or family members we know we can trust; many of us have a whole crowd of people we think of as reliable. But some people just aren't sure; they don't know if it's foolish to trust even the person they feel closest to. After all, they've been let down before and what's to keep it from happening again, even from someone close at hand? Many of us walk out the door into the world believing that there is fun and goodness and even love to find out there; we embrace the opportunity to explore new places with new or familiar friends. But some people just aren't sure; the world is a dangerous place, and whatever fun or goodness or love there is out there is compromised by the danger of some people and the random acts of violence that no one is safe from. What about you? Do you leave your home every day with a buoyant expectation that you'll find pleasure and kindness out there, or do you anticipate the worst and guard against it with prudence and caution and a very observant eye? The following paragraphs describe ways in which you view the world and the people in it as you venture forth.

#### Ease with Others: Your Personalized Description

When some people leave the house in the morning the thought they carry out the door is, "Be careful". Not you. "Have a great time" is more like it. After all, there are people out there to meet who are interesting, even if they're strangers to you. And who knows what new adventure awaits you at work or where you stop on the way home? As long as you open yourself to whatever comes, what you say to yourself walking out the door may describe what actually happens: you have a great time.

You're not about to be duped, you aren't careless. You know that life can be dangerous. Thoughtless drivers, irresponsible colleagues, truly dangerous thugs, ill people who don't know that they're spreading whatever they carry. You're cautious enough to be on guard when you wade into contact with these people. But with you, it's caution, not fear. You want to be careful around these people, but you're not frightened of them, or of the world in general.

Because you are not afraid but expectant, you have more, and more varied, experiences than most other people. You'll try new restaurants or weekend vacation spots, introduce yourself to strangers, even some of the strangest of them, and trust people even before they've earned your trust, just because you're that kind of person. Some of your friends may admire and try to emulate your gregarious way with the world. But others, who are more motivated by fear than you are, will hold back and play it safe. This may create some friction between you and them, which you'll have to talk through. The secret to success in these conversations is to understand and respect one another, even in your differences, and to realize the futility of trying to make the other person more like you.

Lucky you. You step into each day with the expectation that you're going to meet people with whom you will have a good time, and more often than not that's what the day provides. It's great to live without unnecessary fear, and to enjoy life as much as you do. Again, lucky you.

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