

Personality, Self Esteem and Emotions

Lesson 1 - Personality





Personality - the behaviors, attitudes, feelings, and ways of thinking that make you an individual

Being outgoing or shy are personality traits. So are being reliable, organized, and forgiving etc.



A psychologist studies how people think, feel, and behave.

Psychologists have described hundreds of personality traits.

You are getting a list of personality traits. Can you find some on each side that would describe you? It may not necessarily be an absolute there is always gray area or times when you possess one trait at one time and not at another time.

Using the list provided fill out the chart for yourself.

Positive Personality Traits (5)	Negative Personality Traits (5)

Using the personality traits provided, fill out the chart on a good friend.

Positive Personality Traits (5)	Negative Personality Traits (5)