

N	N
Worried, someone who worries easily.	Irritable, someone who gets angry easily.
N	N
Depressed, someone who often feels down.	Shy, someone who feels self-conscious around others.
N	N
Impulsive, someone who follows their urges.	Stressed, someone who easily becomes overwhelmed.
E	E
Friendly, someone who is warm and welcoming.	Sociable, someone who enjoys being around others.
E	E
Dominant, someone who likes to oversee a group.	Active, someone who is energetic and quick-moving.

E	E
Party-loving, someone who enjoys lively social activities.	Cheerful, someone who experiences positive emotions.
O	O
Creative, someone who is imaginative.	Aesthetically sensitive, someone who is sensitive to art and beauty.
O	O
Emotional, someone who experiences strong emotions.	Adventurous, someone who is drawn to novelty.
O	O
Reflective, someone who enjoys playing with ideas.	Tolerant, someone who is open-minded.
A	A
Trusting, someone who readily trusts others.	Frank, someone who is willing to say what they think.

A	A
Helpful, someone who is willing to help others.	Obedient, someone who does what they are told.
A	A
Modest, someone who tends to keep a low profile.	Altruistic, someone who is sensitive to other people's problems.
C	C
Self-assured, someone who is confident in themselves.	Organized, someone who is well organized.
C	C
Reliable, someone who can be trusted.	Ambitious, someone who sets high goals for themselves.
C	C
Persistent, someone who sees their projects through to completion.	Prudent, someone who thinks before acting.

NOT AT ALL	A LITTLE
A LOT	Instructions Sort the cards according to how well you feel each one describes you.
Interpretation N Neuroticism E Extraversion O Openness A Agreeableness C Conscientiousness	Inventory OCEAN – Cards Sort (© S. Rochat, 2019)  See Chapter 5.2 of the book <i>Mapping Career Counseling Interventions</i>