

Fill in the gaps with the words from the box:

have a bearing	take its toll	set in stone	the salt of the earth	
reclusive	malleable	in the spotlight	put to the test	shine through
place such emphasis	wreak havoc	keep their chin up	quirks	

Personality traits can influence your lifespan

In the past, there were a ton of theories that specific mental traits were linked to physical ailments—for example, hostility and aggression were linked often linked to heart disease. When 7) _____, some researchers uncovered some previously unnoticed connections between neurotic personality traits and a few specific illnesses: headaches, asthma, arthritis, peptic ulcers, and heart disease. We also know stress can 8) _____ on your mind and the rest of your body. So, if a person is not able to handle stress well, it could 9) _____ on their physical and mental well-being over time. One study suggested that shyness could be linked to a shorter lifespan. Another study on more than 26,000 participants found that people who scored high in traits like calmness, empathy, tidiness, curiosity, and maturity, and scored low on impulsivity, had a lower risk of dying from any cause during an almost 50-year follow-up.

Animals and humans share similar personality traits.

Animals from nearly every species — cats and dogs, birds and elephants — have been found to have their own personalities. They have their own preferences, behaviours, and 10) _____ that are, not unlike ours, often the same throughout their lives. While some critics argue that this is us giving human traits to animals, animal personality researchers have seen consistent behavioural patterns that can be scientifically measured and tested, which gives some credibility to the claims. For example, psychologist Sam Gosling at the University of Texas-Austin has discovered that male hyenas tend to be more neurotic “scaredy-cats,” and females are more dominant. That observation actually makes sense, because female hyenas are physically larger than males. Gosling’s also thought a lot about how different animal behaviour might seem quite familiar to humans. “Whereas an introverted human will stay at home on a Saturday night or stand alone at a party, an octopus will stay in its den during feeding and attempt to hide itself by changing colour,” says Gosling. Researching a wide range of animals will help us understand how personality might 11) _____ in different species.

Introverts can’t be charismatic

You don’t have to change your personality to be charismatic - you can actually be a very charismatic introvert. In Western society, we 12) _____ on the skills and abilities of extroverts that introverts can end up feeling defective and uncool. But introversion can actually be an advantage for certain forms of charisma. In reality, introversion can be a major asset for certain forms of charisma, because they feel no compulsion to be 13) _____, which allows them to effectively implement many likability techniques.