

PERSONALITY TRAITS EXERCISES



1. Match the personality trait with its definition.

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| _____ Outgoing | A. Willing to listen to different opinions and ideas. |
| _____ Shy | B. Easily angered or irritated. |
| _____ Hardworking | C. Friendly and sociable. |
| _____ Curious | D. Showing little care or attention. |
| _____ Patient | E. Not easily upset or stressed. |
| _____ Disagreeable | F. Reluctant to engage with others or speak up. |
| _____ Open-minded | G. Diligent and dedicated to work or tasks. |
| _____ Moody | H. Interested in learning new things. |
| _____ Generous | I. Willing to give to others. |
| _____ Careless | J. Experiencing frequent changes in mood. |

2. Fill in the blanks with the appropriate personality trait from the word bank.

Sarah is always _____ and loves meeting new people.

Patient

Tom is so _____ that he rarely speaks in public.

Hardworking

Emily is very _____ about her schoolwork and always meets her deadlines.

open-minded

Alex's _____ nature makes him ask questions and explore new places.

Outgoing

Andrea's _____ nature helps her remain calm even in difficult situations.

Generous

Daniel can be quite _____ when he doesn't get his way.

disagreeable

Being _____, Lisa is open to trying new foods and activities.

Moody

Mark's _____ behavior often leads to forgetfulness and mistakes.

Curious

Maria's _____ attitude and willingness to share make her a great friend.

Careless

Kevin's _____ personality can be challenging to be around when he's in a bad mood.

Shy

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3. Determine whether the statements are true or false.

Shy people are typically reserved and quiet. (True/False)

Being open-minded means being judgmental and inflexible. (True/False)

Rude people are polite and well-mannered. (True/False)

Easygoing people are generally relaxed and tolerant. (True/False)

Curious people don't like learning new things. (True/False)

4. Describe a someone's personality traits.

Exercise 4: Describe a someone's personality traits.

Think of someone and describe their personality using the vocabulary from the word bank. Write a few sentences about your friend's personality.

Example:

"My friend Sarah is very outgoing and talkative. She's always the life of the party and loves making new friends. However, she can be a bit moody at times."

