

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	

Birth order can influence personality

For decades, pop psychology books have touted the effects of birth order on personality. It was Alfred Adler, an Austrian psychologist, who first came up with the concept of birth order in the 1960s. His theory suggests that the order in which you are born into your family can 1) _____ on your behaviour, emotions, and relationships with other people. While there is some support indicating that birth order can affect people in small ways, it is just one part of the developmental puzzle. In other words, there may be some truth to the idea that firstborns are more responsible and ambitious, middleborns are more outgoing and 2) _____, and lastborns are more charming, immature and 3) _____, but the specific dynamics in your family might hinge more on things like resources and parenting styles than on whether you arrived first, middle, or last.

Personality changes for the better with age

Do you think that your personality can change over time or is it 4) _____? According to researcher Paul T. Costa Jr., our personality stays relatively stable as we grow older. Costa said "what changes as you go through life are your roles and the issues that matter most to you. People may think their personality has changed as they age, but it is their habits that change, their vigor and health, their responsibilities and circumstances—not their basic personality." But there are three aspects of our personalities that do tend to change as we get older: anxiety, friendliness, and eagerness for new experiences. Researchers have noted that extraversion and neuroticism tend to decline as we age, while conscientiousness and agreeableness tend to increase. Older folks may also feel like they're more stable and emotionally resilient; 5) _____ through adversity, "take life as it comes" and appreciate the little things without stressing out about stuff that worked them up when they were younger. Truly 6) _____!