

Finding one's identity

Outline of Brian Littles Talk:

- Personality Psychology and its goals
- The big Five personality traits: OCEAN
- Extroversion/Introversion
- Personality is more than just traits
- Acting out of character

My own understanding of personality:

Brian Littles statements about personality are actually pretty similar to my understanding of Personality. I have heard of the OCEAN model before and also thought about intro- and extroversion in particular. But there is one point where our opinion differs. I do think that you can be described completely by a model of traits. Even if that model had to be almost infinitely more complex than the simple OCEAN model. I don't agree that our doings are separate from our traits and that they control our personality. I believe those doings depend on traits and could be described and predicted by a really complex model.