

SECTION
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SCOPE PERSONALITY PROFILE



The SCOPE Personality Profile is based on the Five Factor Model, one of the most widely accepted theories of personality. This model is sometimes referred to as the Big Five Theory of Personality, and has been widely replicated across cultures.

SCOPE ACRONYM

- **S**ocial – extroversion vs. introversion; preference and behavior in social situations
- **C**hange – dependable vs. open to change; flexibility, and interest in new experiences
- **O**rganized – conscientious vs. easygoing; how organized and persistent a person is in their daily life and in pursuing goals
- **P**leasing – agreeable vs. competitive; how considerate and cooperative with others
- **E**motionally Steady – calm vs. sensitive; the emotional reaction to stress

AN EFFECTIVE TOOL

SCOPE is intended to help couples:

- Foster awareness and understanding about personality similarities and differences
- Help couples learn how to work with differences, not change them
- Increase couple's ability to work together as a team using individual personality strengths

GIVING FEEDBACK ON SCOPE

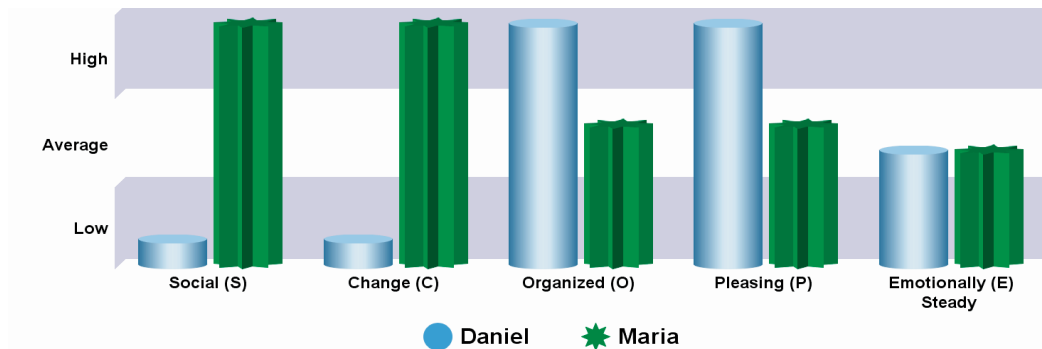
Remember:

- The results are written in positive and descriptive language
- Both high and low scores can be interpreted in a positive way
- SCOPE works best for those in normal range of personality, not with clinical disorders
- Consider all five scales, not just the one or two highest/lowest scores



COUPLE EXERCISE SCOPE OUT YOUR PERSONALITY

SCOPE Personality Scales



The **SCOPE Personality** Assessment consists of five dimensions based on the Five Factor Model of Personality. The five dimensions and the couple's results are described below. Review the results of all five dimensions, rather than focusing on just one or two traits where individuals score high or low.

Compare where the Personality SCOPE results are similar and where they are different. Discuss the advantages and drawbacks to each.

PREPARE/ENRICH Exercise: *SCOPE out your Personality*

Social (S)

This trait reflects preference for, and behavior, in social situations.

- **Daniel** scored **Low** on being Social. Such individuals tend to be reserved or introverted. Social introverts often lack the exuberance and activity levels of extroverts. They may be low-key, deliberate, and less connected socially. They often prefer to be alone or with just a few close friends. These individuals likely feel re-energized after spending time alone or in small, intimate settings, as opposed to large groups or parties. If out of balance, they could appear reclusive or cut off from others.
- **Maria** scored **High** on the Social dimension. These individuals are generally outgoing. Social extroverts enjoy being with people and are often full of energy. They may be enthusiastic and action-oriented. They often enjoy their ability to make friends and acquaintances easily and do not prefer solitude. In groups they like to talk, assert themselves, and may often be the center of attention. If out of balance, they could appear to be attention seeking or shallow.

Couple Results: Couples with one person scoring higher than the other will need to communicate openly with one another about attending social events and getting together with others. One person receives energy from socializing, while the other prefers more privacy and alone time. This difference may become more apparent when they are experiencing greater amounts of stress. They can avoid unnecessary conflict in their relationship by seeking agreement with each other before saying "yes" or "no" to making social plans.



PERSONALITY

Question: Do "opposites attract" or do "birds of a feather flock together"?

Answer: Both are true.

SCOPE OUT YOUR PERSONALITY

Exploring your personality and your partner's personality can be a fascinating and fun process. It can also point out challenges for couples who love one another, but have very different personalities and approaches to life.

COUPLE DISCUSSION

First, review the Personality SCOPE section of your Couple's Report.

- In what area(s) are your personalities similar?
 - How can your similarities be a strength?
 - How can your similarities create problems?
- In what areas are your personalities different?
 - How can your differences be a strength?
 - How can your differences create problems?
- Do the roles you fulfill in your relationship match your personality strengths? (e.g. Does the person who scored high on organization manage the checkbook?)



DEALING WITH PERSONALITY DIFFERENCES

- Don't try to change your partner's personality.
- Remember the positive aspects of your partner's personality that attracted you in the first place.
- Be responsible for yourself. Learn behaviors that will positively contribute to your relationship.
- How can you use your personality differences as a strength in your relationship?