

Research question: How do personality traits influence our daily lives?

### Focus Group 1

**Moderator:** Thank you all for joining today's focus group. We're here to discuss how different personality traits influence your daily lives. Let's start with introductions. Can each of you briefly introduce yourselves and share what you believe is your dominant personality trait?

**Participant 1 (Sarah):** Hi, I'm Sarah. I think my dominant trait is being very organised and detail-oriented. I guess you could say I'm conscientious.

**Participant 2 (Mike):** Hi, I'm Mike. I'd say I'm pretty outgoing and enjoy being around people. Definitely an extrovert.

**Participant 3 (Emily):** Hello, I'm Emily. I tend to be more introverted. I enjoy my alone time and find large social gatherings quite draining.

**Participant 4 (David):** Hi, I'm David. I believe I'm open to new experiences. I love exploring new ideas and trying out new things.

**Moderator:** Great, thank you. Let's dive into our first topic. How do your dominant traits affect your work or study habits?

**Sarah:** Being conscientious means I'm always on top of my tasks. I keep detailed to-do lists and schedules, which help me stay organised and meet deadlines. For my line of work, this is great, but I guess, for others, not requiring such organisation might be a bit much. I find it very stressful if things are chaotic or last-minute. This can sometimes be detrimental to my day. I get hung up on to-do lists and the need to complete the task, no matter what. This can lead to working long hours and blowing my friends off. So I guess my social life can be affected, because I want to get things done some things aren't hanging over me. Don't get me wrong I enjoy what I do, but sometimes it takes over my life, to the detriment of fun things.

**Mike:** I thrive in team settings. I get energised by collaborating with others and brainstorming ideas. However, I sometimes struggle with focusing when I have to work alone for too long. So the dreaded procrastination creeps in, and I don't complete the task – I need to work better alone. But on the other hand, I mean, people may think I need others to do the work for me. This isn't true, I just work better in a team – bouncing off each other. I'm not a social loafer.

**Emily:** I'm the opposite of Mike. I work best in quiet, solitary environments where I can think deeply and concentrate without distractions. Group work can be challenging for me because I need time to process information on my own. This can be difficult when you have people breathing down your neck and wanting results. I wish they would just leave me alone to get on with things – my way. It gets done, but with less drama and it takes a bit longer, but it gets done.

**David:** I love incorporating new methods and technologies into my work. I'm always looking for innovative ways to improve processes. However, this can sometimes mean I take on too many projects at once and spread myself thin. Then I can get hassle from upstairs, your know, the bosses. They want all the new ideas – but they want them yesterday – all of them. I guess that's my fault though. I can't help but be excited to move on all the projects – but seeing them all though isn't always realistic.

**Moderator:** Interesting. How do you handle stress or challenges that arise in your personal and professional lives?

**Sarah:** When I'm stressed, I revert to my planning. I break down the problem into smaller tasks and tackle them one by one. It helps me regain a sense of control. I can't be 'out of control' I just can't. On the rare occasion that things do fall apart I become stressed, it's really overwhelming for me. So I try to avoid this at all costs but when it does happen I'm in real trouble.

**Mike:** I usually talk it out with friends or colleagues. Social support is crucial for me. If I can share what I'm going through, it feels less overwhelming. This interaction is important to me – without it, I don't see how I'd get through some days. So yes, I rely on others - but also happy to be there for others if they're in the same situation.

**Emily:** I prefer to withdraw and reflect. I need some quiet time to think things through and come up with a solution. I also practice mindfulness to stay calm. Unlike Mike, I like my own space, just me. I can work through my feelings and come out the other side.

**David:** I dive into research or learning something new related to the challenge. It's my way of coping. Finding a new angle or perspective often helps me solve the problem creatively. I'm not sure this is healthy though, ostrich-sand thing going on – but it works for me.

**Moderator:** How do your personality traits influence your relationships with others, both personally and professionally?

**Sarah:** I think my organizational skills make me reliable. People know they can count on me, which strengthens trust. However, I can sometimes come across as too rigid or controlling. I guess this has affected my relationships in the past. I tend to frighten men away – a control freak.

**Mike:** I build strong, friendly relationships easily. My extroversion helps me connect with people and create a positive atmosphere. On the flip side, I sometimes overlook the need for personal space and quiet time, which can really bug people and lack tact, too. This isn't always great when I'm looking for love.

**Emily:** I value deep, meaningful connections over a large circle of acquaintances. I'm a good listener and tend to form close bonds with a few people. However, those who don't know me well may perceive me as aloof or distant. I have to get to know people and trust them, then I can open up and develop a friendship/relationship.

**David:** My openness helps me connect with a diverse range of people. I'm always interested in learning from others. But because I'm involved in so many different things, I can sometimes be seen as scattered or unfocused. This can be annoying for some people, well, and me. It makes developing close bonds tricky – because I'm off thinking and doing the next new thing.

**Moderator:** Those are some great insights. Let's talk about any strategies or practices you've developed to balance or enhance your dominant traits.

**Sarah:** I've learned to be more flexible and spontaneous. While planning is important, I've realised that not everything can be controlled, and sometimes you must adapt quickly. Don't get me wrong – I find this a challenge at times because I like to be organised and in control, you know, no surprises to knock out my routine.

**Mike:** I've worked on improving my focus and independence. Setting personal goals and working on solo projects has helped me become more self-reliant. I have enjoyed this, I can get loads of work done. I thought I would find it hard, you know, working on my own, without bouncing ideas off others in a team.

**Emily:** I've pushed myself to engage more in social settings and collaborate with others. Joining smaller groups and finding common interests has made it easier for me to interact.

**David:** I've become more selective with the projects I take on. Prioritising and learning to say no have helped me manage my time and energy better. I used to take on too much and this often led to burnout.

**Moderator:** Thank you all for sharing. It's clear that our personality traits shape many aspects of our lives, from work to relationships. Any final thoughts on how understanding personality can benefit us?

**Sarah:** Understanding our traits helps us leverage our strengths and work on our weaknesses. It's about finding balance.

**Mike:** It also helps us understand and empathize with others better. Knowing that people operate differently can improve teamwork and relationships.

**Emily:** Self-awareness is key. Recognising our traits can lead to personal growth and better decision-making.

**David:** It's also about continuous learning. Our personalities are not set in stone, and we can evolve and adapt over time.

**Moderator:** Absolutely. Thank you all for your valuable insights and participation today. This has been a very enlightening discussion on personality types.

## **Focus Group 2**

**Moderator:** Thank you all for joining today's focus group. We're here to discuss how different personality traits influence your daily lives. Let's start with introductions. Can each of you briefly introduce yourselves and share what you believe is your dominant personality trait?

**Participant 1 (Anna):** Hi, I'm Anna. I think my dominant trait is being empathetic and cooperative. I'd say I'm quite agreeable.

**Participant 2 (John):** Hello, I'm John. I'm very analytical and love solving problems. I guess that makes me more of a thinker.

**Participant 3 (Linda):** Hi, I'm Linda. I'm very creative and spontaneous. I enjoy coming up with new ideas and going with the flow, so I'd describe myself as open to new experiences.

**Participant 4 (Tom):** Hi, I'm Tom. I'm quite organized and like to have a clear plan for everything. I'd say I'm conscientious.

**Moderator: Moderator:** Great, thank you. Let's dive into our first topic. How do your dominant traits affect your work or study habits?

**Anna:** In work I tend to consider how my decisions will affect others. I prioritize harmony and try to ensure that everyone's needs are met, even if it means compromising my own preferences sometimes.

**John:** Luckily my job allows me to focus on logic and data. I like to gather as much information as possible and weigh the pros and cons before making a decision. I aim for the most efficient and effective outcome.

**Linda:** I guess I work on intuition and inspiration. I like to think outside the box and often go with what feels right at the moment. I'm comfortable taking risks if it means trying something new.

**Tom:** I rely heavily on planning and structure in my everyday life. I make lists, set goals, and follow a systematic approach to decision-making. I like to minimize uncertainty and avoid surprises. Surprise equals meltdowns for me.

**Moderator:** How do you handle stress or challenges that arise in your personal and professional lives?

**Anna:** I try to mediate and find a solution that everyone can agree on. I avoid confrontations and prefer to talk things out calmly and respectfully.

**John:** I approach stress by addressing the issues directly and objectively. I believe in finding logical solutions and sometimes need to remind myself to consider the emotional aspect as well.

**Linda:** I handle stress by trying to see things from different perspectives and coming up with creative solutions. I believe flexibility and open-mindedness can resolve most issues.

**Tom:** I handle stress by sticking to the rules and procedures. I think clear communication and setting boundaries are crucial. I also try to remain calm and focused on finding a fair resolution.

**Moderator:** How do your personality traits influence your relationships with others, both personally and professionally?

**Anna:** I'm motivated by a desire to help others and improve my relationships. I enjoy learning about communication, empathy, and teamwork. I often seek feedback to improve my interactions with others.

**John:** I'm driven by a need to get on well with others. So I try hard to get to know people and see where we go from there. Unfortunately, this can lead to losing friends, because I give 100 percent, and often, others don't. curiosity and a desire to understand how things work.

**Linda:** I'm always looking for new and exciting relationships. I thrive on variety and new experiences. So getting to know new people is like a hobby to me. I think I'm quite good at it because I have lots of friends all over the world.

**Tom:** I have to work really hard at developing and maintaining friendships. I think I come across as too strong willed and focused, which scares people off, especially if they don't know me. I think I have too many barriers in the way.

**Moderator:** Let's talk about any strategies or practices you've developed to balance or enhance your dominant traits.

**Anna:** I remind myself that it's sometimes okay to put my needs first. I've learned to be assertive and set boundaries while being considerate of others. I guess I need to be like this to help maintain good relationships and friendships with others.

**John:** I've worked on becoming more empathetic and understanding the emotional aspects of situations. Balancing logic with empathy has helped me connect better with others.

**Linda:** I try to incorporate some structure into my spontaneous nature. Setting small goals and timelines helps me stay focused without stifling my creativity.

**Tom:** I've learned to be more flexible and open to change. Embracing uncertainty and adapting to new situations has helped me become more resilient and less stressed.

**Moderator:** It's clear that our personality traits shape many aspects of our lives, from work to relationships. Any final thoughts on how understanding personality can benefit us?

**Anna:** Understanding my traits has helped me appreciate my strengths and work on my weaknesses. It's made me more self-aware and better at managing my relationships. To be honest, I'm not very good at holding onto relationships. I think I need to be more honest and open.

**John:** It's helped me strike a balance between logic and emotion, making me a more well-rounded individual. I'm more effective in my problem-solving and communication. But I guess, it's not always good to focus on my problem-solving abilities. I need to be better at communicating.

**Linda:** It's given me the freedom to embrace my creativity while also finding ways to be productive and focused. I'm more confident in my decisions and explorations.

**Tom:** It's made me more adaptable and less rigid. I've learned to value spontaneity and flexibility, which has improved my overall well-being and productivity.

**Moderator:** Thank you all for your insights. This has been a very enlightening discussion.

### **Focus Group 3**

**Moderator:** Thank you all for joining today's focus group. We're here to discuss how different personality traits influence your daily lives. Let's start with introductions. Can each of you briefly introduce yourselves and share what you believe is your dominant personality trait?

**Participant 1 (Alex):** Hi, I'm Alex. I would say my dominant personality trait is conscientiousness. I'm very organized and detail-oriented, especially in my work. I tend to be methodical in everything I do, and I enjoy planning and structuring my tasks to maximize efficiency. I take pride in my ability to stay disciplined and focused.

**Participant 2 (Jasmine):** Hello, I'm Jasmine. I think my main trait is extroversion. I love being around people, and I get energy from social interactions. I enjoy networking, meeting new people, and engaging in lively discussions. I feel most productive and motivated when I'm in a group setting where I can share ideas and collaborate with others.

**Participant 3 (Ryan):** Hi, I'm Ryan. I'd describe myself as highly agreeable. I value harmony and try to avoid conflicts whenever possible. I often find myself mediating disagreements and trying to ensure that everyone is comfortable. While I enjoy being cooperative and helpful, I sometimes struggle with standing up for my own opinions if they might cause tension.

**Participant 4 (Sophia):** Hi everyone, I'm Sophia. I believe openness is my dominant trait. I enjoy trying new things and being creative. I find excitement in exploring different perspectives, whether through travel, learning, or artistic expression. My curiosity leads me to constantly seek new experiences and knowledge, though sometimes I can get distracted by too many interests at once.

**Moderator:** Great, thank you. Let's dive into our first topic. How do your dominant traits affect your work or study habits?

**Alex:** Being conscientious helps me stay focused and meet deadlines. I tend to plan ahead and make to-do lists to keep myself on track. I thrive on structure and organization, so I often set clear goals and prioritize my tasks efficiently. However, I can sometimes be overly perfectionistic, which means I spend extra time ensuring everything is just right, even when it might not be necessary.

**Jasmine:** For me, being an extrovert means I thrive in collaborative environments. I love group projects and brainstorming sessions, but I sometimes struggle with independent tasks. When I have to work alone for extended periods, I find it challenging to stay motivated. I also tend to talk through problems with others rather than working them out internally, which can be an asset but also means I sometimes rely on external validation.

**Ryan:** Since I'm agreeable, I work well in teams and try to ensure everyone is happy. However, I sometimes prioritize others' opinions over my own, which can be a challenge. I find it difficult to push back when I disagree with someone, so I occasionally go along with decisions even if I have reservations. On the positive side, my cooperative nature makes me a valued team player who helps create a positive atmosphere.

**Sophia:** My openness makes me eager to explore new ideas and methods in my studies, but it can also mean I get distracted easily by different interests. I love diving deep into subjects that fascinate me, but sometimes I struggle with sticking to one topic for too long. I'm always looking for ways to integrate creativity into my work, which can be great for problem-solving but also makes it harder to focus on routine tasks.

**Moderator:** How do you handle stress or challenges that arise in your personal and professional lives?

**Alex:** I manage stress by sticking to a structured routine. When things feel overwhelming, I break tasks into smaller steps. This helps me maintain a sense of control and prevents me from feeling paralyzed by large projects. I also use checklists and time management techniques to stay on top of my workload. However, I sometimes need to remind myself to take breaks and not overwork myself.

**Jasmine:** I rely on my support system—friends and colleagues help me process stress. Talking things out helps me find solutions. If I'm feeling overwhelmed, I seek out social interactions to lift my mood. I also use physical activities like going for a walk or exercising to relieve stress. My biggest challenge is that I sometimes distract myself with socializing instead of addressing the root cause of my stress.

**Ryan:** I try to avoid conflict, which sometimes means I internalize stress. I've been working on setting boundaries and addressing issues directly when needed. I tend to bottle up my feelings rather than expressing them, which can build up over time. To manage stress, I practice mindfulness and self-reflection to ensure I'm not neglecting my own needs.

**Sophia:** I see challenges as opportunities to grow. I try to reframe difficulties as learning experiences and stay open to new ways of tackling them. When I encounter obstacles, I look for creative solutions and embrace change. However, I sometimes struggle with

overanalyzing situations and need to remind myself to take action rather than getting lost in possibilities.

**Moderator:** How do your personality traits influence your relationships with others, both personally and professionally?

**Alex:** I tend to take responsibility for organizing group activities and ensuring everything runs smoothly. Sometimes, I have to remind myself to relax and go with the flow. I can be very dependable, but I need to be mindful of not becoming too rigid in my expectations of others.

**Jasmine:** Being social helps me build strong connections quickly. However, I need to be mindful of giving introverted friends space when they need it. I love engaging in deep conversations and maintaining a wide network, but I also have to remember that not everyone recharges the same way I do.

**Ryan:** I often act as the peacemaker in conflicts. While this helps maintain harmony, I sometimes struggle to assert my own needs. I am always ready to lend a helping hand, but I have learned that it's important to also prioritize my own well-being and make sure I'm not overextending myself.

**Sophia:** My curiosity leads me to connect with a diverse range of people. However, I sometimes get restless and need to remind myself to maintain deeper connections. I enjoy intellectual discussions and discovering new perspectives, but I also recognize the importance of nurturing long-term relationships and being present in the moment.

**Moderator:** Let's talk about any strategies or practices you've developed to balance or enhance your dominant traits.

**Alex:** I've learned to be more flexible and accept that not everything can be perfectly planned. I now build in buffer time for unexpected changes and remind myself that adaptability is just as important as organization.

**Jasmine:** I make a conscious effort to schedule quiet time for myself so I don't burn out from too much social interaction. I've also started journaling as a way to process my thoughts privately.

**Ryan:** I practice self-assertion techniques to ensure my opinions are heard without feeling like I'm causing conflict. I remind myself that my needs are just as important as others' and that setting boundaries benefits everyone.

**Sophia:** I try to channel my curiosity into structured projects to prevent myself from getting too scattered. Setting specific goals and timelines helps me stay focused while still allowing room for exploration.

**Moderator:** It's clear that our personality traits shape many aspects of our lives, from work to relationships. Any final thoughts on how understanding personality can benefit us?

**Alex:** Understanding my trait has helped me embrace my strengths and work on my weaknesses. It's made me more self-aware and intentional in my approach to tasks.

**Jasmine:** It's made me more aware of how I interact with different personalities and how to adjust accordingly. I've learned to appreciate both my social energy and the need for balance.

**Ryan:** Recognizing my tendencies has helped me balance my agreeable nature with assertiveness. It's helped me develop healthier communication habits.

**Sophia:** Learning about personality traits has helped me appreciate both my strengths and the differences in others. It's given me insight into how to work more effectively with diverse people.

**Moderator:** Thank you all for sharing your insights! This discussion has highlighted the importance of self-awareness in navigating daily life.