

**Module 8: Personality**  
**Topic 2 Content: The Eysenck Model**

**Introduction**

# Eysenck Model

Hans Eysenck (1916-1997) created a simple model of personality by describing two basic traits:

- extroversion/introversion
- neuroticism/emotional stability

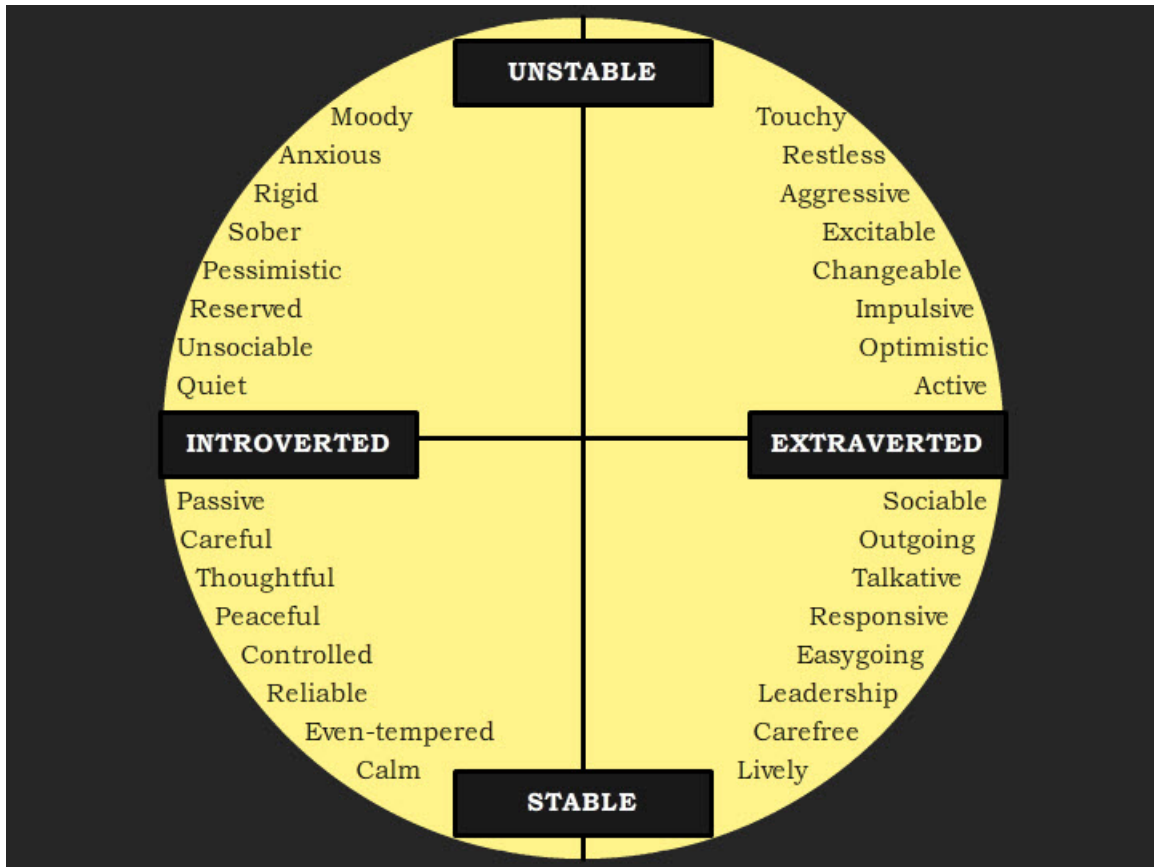


Hans Eysenck created a simple model of personality by describing two basic traits: extroversion/introversion and neuroticism/emotional stability. Click the traits that are the most relevant to you as listed in the Eysenck model.

# Module 8: Personality

## Topic 2 Content: The Eysenck Model

### Trait Selection



#### Traits listed between Unstable and Extraverted

Touchy, restless, aggressive, excitable, changeable, impulsive, optimistic, active.

#### Traits listed between Extraverted and Stable

Sociable, outgoing, talkative, responsive, easygoing, leadership, carefree, lively.

#### Traits listed between Stable and Introverted

Calm, even-tempered, reliable, controlled, peaceful, thoughtful, careful, passive.

#### Traits listed between Introverted and Unstable

Quiet, unsociable, reserved, pessimistic, sober, rigid, anxious, moody.

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#### Summary

#### Consider the following:

- Based on your check marks, which quadrant of Eysenck's Model did you most heavily fall into?
- What do you think this means about your personality?
- Do you believe the Eysenck Model provides an accurate assessment of your personality?

Based on your check marks, which quadrant of Eysenck's Model did you most heavily fall into? What do you think this means about your personality? Do you believe the Eysenck Model provides an accurate assessment of your personality?