

# FIVE FACTOR MODEL (BIG FIVE) FOR RELATIONSHIP INITIATION & LONGEVITY

Use personality insight to choose wisely, build deeply, and love for the long haul.



## THE FIVE FACTORS (BIG FIVE) AT A GLANCE

| 1. OPENNESS                                                                               | 2. CONSCIENTIOUSNESS                                                                | 3. EXTRAVERSION                                                                               | 4. AGREEABLENESS                                                                           | 5. NEUROTICISM                                                                                        |
|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
|          |    |              |          |                    |
| Curiosity, creativity, imagination, open-mindedness                                       | Responsibility, reliability, self-discipline, organization                          | Sociability, assertiveness, energy, positive emotionality                                     | Kindness, empathy, trust, cooperation, compassion                                          | Emotional stability vs. stress sensitivity, moodiness                                                 |
| <b>Healthy Partner Expression:</b><br>Willing to grow, learn, explore life and new ideas. | <b>Healthy Partner Expression:</b><br>Keeps promises, plans ahead, follows through. | <b>Healthy Partner Expression:</b><br>Engaging, communicative, expressive, enjoys connection. | <b>Healthy Partner Expression:</b><br>Compassionate, forgiving, supportive, team-oriented. | <b>Healthy Partner Expression:</b><br>Calm under pressure, resilient, handles stress in healthy ways. |
| <b>Relationship Impact:</b>                                                               | Brings advebility, adaptability, and keeps life interesting.                        | Brings fun, connection, and strong communication.                                             | Builds harmony, emotional safety, and partnership.                                         | Determines how well you handle challenges together.                                                   |

★ Research shows: High Conscientiousness, High Agreeableness, and Low Neuroticism are the strongest predictors of long-term relationship satisfaction.



## WHY THIS MATTERS

- FFM helps you understand behavior patterns, not just surface traits.
- It predicts how someone shows up in love, conflict, and commitment.
- Use it to choose a partner who builds a life with you, not just sparks chemistry.

## BIG FIVE RELATIONSHIP SCORECARD

Rate a potential partner 1–10

|                                                                                       |                                       |        |
|---------------------------------------------------------------------------------------|---------------------------------------|--------|
|    | Openness                              | ___/10 |
|    | Conscientiousness                     | ___/10 |
|   | Extraversion                          | ___/10 |
|  | Agreeableness                         | ___/10 |
|  | Emotional Stability (Low Neuroticism) | ___/10 |

Ideal Range:

Most Important → Conscientiousness, Agreeableness, Emotional Stability

## 22 GUIDELINES: WHAT TO LOOK FOR IN A GUY

-  Look for emotional stability, not emotional intensity. Drama is not love.
-  Watch how he handles disappointment. Character appears under stress.
-  Choose consistency over chemistry. Consistent actions build lasting trust.
-  Evaluate conscientiousness. Is he responsible with work, money, health, and commitments?
-  Look at how he treats people who cannot benefit him. Kindness reveals character.
-  Find out his relationship with responsibility. Does he own it or make excuses?
-  Assess emotional vocabulary. Can he express feelings and take accountability?
-  Look for secure attachment behaviors. No games. Direct communication. Independence is respected.
-  Examine his relationship history. Look for patterns, not perfect past.
-  Check alignment of life goals. Marriage, children, money, values, lifestyle, location.
-  Look for humility. A great man can say "I don't know", "You were right", "I need to improve."
-  Evaluate agreeableness. Kind and cooperative, but not a people-pleaser who avoids conflict.
-  Watch his conflict style. Healthy: listens, respectful, seeks solutions.
-  Pay attention to his friendships. Friends reveal values and character.
-  Observe his attitude toward growth. Does he want to become better? Or believes he's already perfect?
-  Assess financial maturity. Spending, saving, debt, work ethic. Character > Income.
-  Look for protective behavior, not controlling behavior. Care vs. control are different.
-  Evaluate openness. Can he adapt, explore, and accept differences?
-  Notice whether he celebrates your success. He should lift you up, not compete.
-  Look for integrity when nobody is watching. Can you trust him with your future?
-  Choose someone whose daily habits you respect. Ordinary days build extraordinary relationships.
-  Look for a teammate, not a project. Two complete people building a better life together.

## GREEN FLAGS (Keep an Eye Out For)

- ✓ Consistent and reliable
- ✓ Communicates openly and kindly
- ✓ Takes responsibility
- ✓ Respects your boundaries
- ✓ Supports your goals
- ✓ Handles stress with maturity
- ✓ Shows up when it matters
- ✓ Treats others with respect
- ✓ Makes you feel safe and valued



## RED FLAGS (Don't Ignore)

- ✗ Hot and cold behavior
- ✗ Refuses accountability
- ✗ Disrespects others
- ✗ Avoids deep conversations
- ✗ Controls or isolates you
- ✗ Poor anger management
- ✗ Talks negatively about exes
- ✗ Inconsistent with words/actions
- ✗ Makes you feel anxious or small



## THE MOST IMPORTANT QUESTION

It's not "How much do I like him?"  
It's "Who do I become when I'm with him?"



## A HIGH-QUALITY PARTNER MAKES YOU FEEL

-  Secure
-  Capable
-  Respected
-  Yourself

## REMEMBER

A relationship should feel like:  
"Life is better with you."  
Not: "I hope you eventually become someone different."

## LOVE WISELY. CHOOSE CHARACTER. BUILD TOGETHER. GROW FOREVER.



The right partner adds to your peace, your purpose, and your future.



## COMPATIBILITY + CHARACTER + COMMITMENT = LONGEVITY

Attraction starts the journey.  
The five factors help you finish it—together.

