Deep Soul

Chan - HEXACO Detailed Analysis

DEEP PSYCHOLOGICAL INSIGHT REPORT

REPORT DATE: 2025-12-12

Introduction

The authority and strengths of the HEXACO model

HEXACO is a six-factor personality model developed by Canadian psychologists Kibeom Lee and Michael C. Ashton. It was built on the lexical hypothesis and refined through multi-language adjective-based factor analysis (Honesty-Humility, Emotionality, Extraversion, Agreeableness, Conscientiousness, and Openness). Its authority comes from cross-cultural empirical validation, strong reliability and validity, and a stable six-factor structure, and it has been widely used in academic research and professional assessment.

Advantages compared with MBTI and the Big Five:

- **More scientific than MBTI:** HEXACO uses continuous dimensional scores, avoiding MBTI's dichotomies (e.g., E/I, S/N) that can oversimplify and rigidify types, resulting in stronger predictive validity.
- **More incremental value than the Big Five:** By adding the Honesty-Humility dimension, HEXACO can more accurately predict integrity, workplace deviance, altruistic tendencies, and moral decision-making—areas where the Big Five's explanatory power is notably limited.

In summary, HEXACO combines scientific rigor with practical predictive power. It is a more advanced and reliable choice among modern personality assessments, especially for applications that require a deeper understanding of moral and ethical aspects of personality.

The HEXACO Model of Personality Structure is a six-factor framework (H.E.X.A.C.O.) developed by psychologists Kibeom Lee and Michael C. Ashton based on the cross-linguistic lexical hypothesis. Its most distinctive feature is the addition of the "Honesty-Humility" dimension.

Its authority stems from multi-national empirical validation, a stable factor structure, and incremental validity—outperforming the Big Five in predicting integrity, altruism, and deviant behavior. It stands as a scientifically rigorous and influential framework in contemporary personality

psychology.

The HEXACO model is a scientific personality assessment tool covering six major dimensions: Honesty-Humility (H), Emotionality (E), Extraversion (X), Agreeableness (A), Conscientiousness (C), and Openness to Experience (O). Compared to the common "Big Five," the most significant feature of HEXACO is the inclusion of the "Honesty-Humility" dimension, which allows for a more comprehensive capture of human characteristics.

The purpose of this report is to help you understand your personality traits, strengths, and potential challenges, and to explore the practical application of these traits in work, relationships, and self-development.

How to Interpret Scores

Scale Scores: The scores in this report have been calculated to have a mean (average) of 5.00. Approximately two-thirds of people score between 4.00 and 6.00; about one-sixth score below 4.00, and another one-sixth score above 6.00.

Does a high score mean better?

Not necessarily. Personality traits themselves are neither good nor bad; their suitability depends on different contexts. Calling one end of a trait "high" and the other "low" is largely a matter of definition. Report scores are for reference only and are not an absolute definition of who you are.

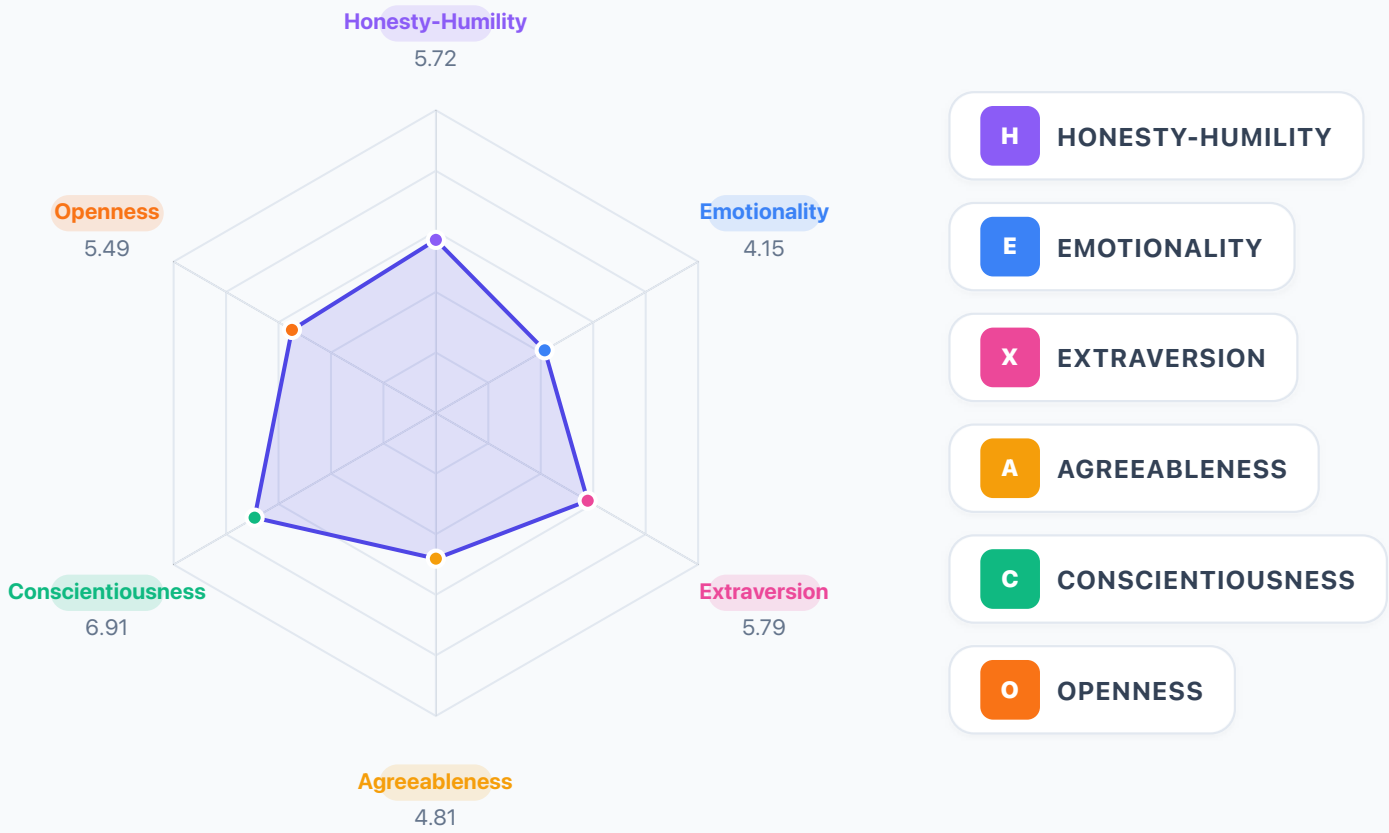
Executive Summary

“A highly conscientious, moderately extraverted, and ethically grounded individual with strong attention to detail, integrity, and emotional sensitivity, who values structure, fairness, and deep connections while navigating internal tension between boldness and self-doubt.”

Based on your results, your representative animal is:

Owl

The owl symbolizes wisdom, precision, and quiet observation—reflecting high Conscientiousness (C) and moderate Openness (O). Its calm demeanor aligns with Emotional Stability (E), yet its keen awareness of surroundings mirrors the blend of sensitivity and alertness seen in this profile. The owl's ability to see clearly in darkness parallels the individual's inner clarity in ethics (H) and moral consistency, while its occasional stillness reflects a subtle internal tension between social boldness (X) and modesty (H_Modesty).



INTEGRATED PROFILE

The Thoughtful Architect

You are a principled, detail-oriented, and emotionally aware individual who thrives on structure and integrity. Your high Conscientiousness drives a relentless pursuit of excellence, supported by exceptional organization and prudence. You are honest, fair, and forgiving—qualities that build deep trust. Though socially bold and lively, you prefer meaningful exchanges over casual interaction. Emotionally, you are sensitive yet resilient, able to feel deeply without being consumed. Your creativity and openness to the unconventional allow for innovation within established systems. Yet, your internal world may hold subtle tension: between bold action and self-doubt, between perfection and progress, between helping others and protecting your energy. You are not a passive observer but a deliberate shaper of reality—calm, precise, and purposeful. Your greatest strength lies in your ability to balance idealism with practicality, ethics with efficiency.

INTERPERSONAL STYLE AND COPING

"You engage with others thoughtfully, bringing clarity and consistency. You listen carefully, speak with conviction, and expect mutual respect. You're supportive but not overly accommodating. In conflict, you aim for resolution based on fairness and logic. Others perceive you as reliable, insightful, and quietly influential. You inspire confidence through competence, not charisma."

Detailed Factor Analysis

Honesty-Humility (H)

HIGH

5.72
FACTOR SCORE

INTERPRETATION:

Your Honesty–Humility (H) score of 5.72 places you well above average, indicating a strong commitment to ethical conduct and interpersonal fairness. Your high Sincerity (6.04) and Greed Avoidance (6.39) suggest authenticity in relationships and resistance to manipulation or self-serving behavior. You likely value transparency and are uncomfortable with deceit or unfair advantage. While your Modesty (4.28) is somewhat lower than other facets, it still reflects humility in achievement—though you may occasionally acknowledge your strengths without undue pride. This trait fosters trust in both personal and professional settings. To grow further, consider practicing self-reflection on how your honesty might be perceived as rigidity by others who prioritize flexibility over principle. Balancing integrity with empathy can enhance relational harmony.

STRENGTHS & CHALLENGES BREAKDOWN:

STRENGTHS:

Trusted by peers; reliable in decision-making; naturally avoids conflict rooted in dishonesty; inspires ethical leadership.

CHALLENGES:

May struggle with compromise when principles are challenged; risk of being perceived as inflexible or judgmental.

Emotionality (E)

AVERAGE

4.15
FACTOR SCORE

INTERPRETATION:

Your Emotionality (E) score of 4.15 indicates a balanced emotional temperament. You experience fear and anxiety at moderate levels—Fearfulness (4.68) suggests cautiousness in uncertain situations, while low Anxiety (2.87) reveals resilience under pressure. Dependence (5.03) and Sentimentality (5.04) show a capacity for emotional connection and appreciation of meaningful bonds, but not to the point of over-reliance. This balance allows you to remain emotionally available without becoming overwhelmed. You're likely sensitive to others' feelings and responsive to emotional cues, yet maintain enough distance to preserve objectivity. However, the slight edge toward sentimentality may make you vulnerable to emotional overload in highly charged environments. Practicing emotional regulation techniques—such as mindfulness or journaling—can help sustain equilibrium during intense experiences.

STRENGTHS & CHALLENGES BREAKDOWN:

STRENGTHS:

Empathetic listener; emotionally present in relationships; capable of managing stress effectively.

CHALLENGES:

May absorb others' emotions easily; risk of over-identification with group moods.

Extraversion (X)

HIGH

5.79
FACTOR SCORE

INTERPRETATION:

With an Extraversion (X) score of 5.79, you are socially confident and energized by interaction. Your high Social Boldness (5.84) and Liveliness (6.62) indicate a natural ease in initiating conversations, taking initiative, and expressing enthusiasm. You enjoy being around people and often bring energy to groups. Yet, your Sociability (4.27) is slightly lower, suggesting you prefer meaningful interactions over large gatherings. You thrive in settings where you can engage deeply, rather than just 'be seen.' This combination makes you a thoughtful connector—someone who contributes meaningfully to discussions and leads with warmth. The contrast between boldness and reserved sociability may create internal tension: you want to connect but may feel drained after prolonged social exposure. Learning to set boundaries and schedule recovery time can support sustainable engagement.

STRENGTHS & CHALLENGES BREAKDOWN:

STRENGTHS:

Natural leader in teams; motivates others through presence; effective communicator.

CHALLENGES:

Risk of overcommitting to social events; may misinterpret silence as disinterest.

Agreeableness (A)

AVERAGE

4.81
FACTOR SCORE

INTERPRETATION:

Your Agreeableness (A) score of 4.81 reflects a generally cooperative nature. High Forgiveness (6.5) shows a strong willingness to let go of grudges and repair relationships after conflict. However, lower scores in Gentleness (4.01), Flexibility (4.6), and Patience (4.24) suggest that while you're willing to forgive, you may expect others to meet your standards quickly. You likely value harmony but can become frustrated when others resist change or fail to act with diligence. This can lead to subtle friction in teamwork if expectations aren't aligned. Your strength lies in restoring peace after disruption, but growth comes in learning to tolerate differing paces and styles without internalizing them as personal failures. Being more patient with process—not just outcomes—can deepen long-term collaboration.

STRENGTHS & CHALLENGES BREAKDOWN:

STRENGTHS:

Heals rifts in teams; promotes reconciliation; builds trust through forgiveness.

CHALLENGES:

May react negatively to perceived inefficiency; risk of resentment if demands aren't met.

Conscientiousness (C)

VERY HIGH

6.91
FACTOR SCORE

INTERPRETATION:

Your Conscientiousness (C) score of 6.91 is exceptionally high, reflecting a deep commitment to order, responsibility, and excellence. Your scores in Organization (6.89), Diligence (6.78), Perfectionism (6.96), and Prudence (7.1) confirm a meticulous, thorough approach to tasks. You plan ahead, follow through reliably, and demand accuracy. This makes you invaluable in roles requiring precision, reliability, and long-term planning. However, perfectionism (6.96) and prudence (7.1) may lead to delays, over-analysis, or reluctance to act until conditions are 'perfect.' There's also a risk of burnout from constant self-monitoring. To harness this strength wisely, practice setting clear priorities, allowing room for imperfection, and recognizing that 'good enough' is sometimes optimal. Celebrating progress—not just flawless outcomes—can reduce internal pressure and increase productivity.

STRENGTHS & CHALLENGES BREAKDOWN:

STRENGTHS:

Exceptionally dependable; excels in complex projects; trusted for quality and follow-through.

CHALLENGES:

Overwhelmed by minor errors; tendency to delay decisions due to fear of mistakes.

Openness (O)

HIGH

5.49
FACTOR SCORE

INTERPRETATION:

Your Openness (O) score of 5.49 indicates a curious and imaginative mind. Your high Unconventionality (6.28) suggests openness to novel ideas, alternative lifestyles, and non-traditional approaches. Aesthetic Appreciation (5.3) and Creativity (5.53) reflect enjoyment of beauty, art, and innovative expression. However, Inquisitiveness (4.57) is slightly below average, indicating that while you appreciate new perspectives, you may not actively seek out information for its own sake. You're more drawn to creative application than theoretical exploration. This blend supports original thinking within structured frameworks—ideal for innovation within systems. To grow, challenge yourself to explore unfamiliar topics beyond your comfort zone, even briefly. Engaging with diverse viewpoints can expand your mental flexibility and enrich your creative output.

STRENGTHS & CHALLENGES BREAKDOWN:

STRENGTHS:

Innovative thinker; values uniqueness; appreciates beauty and artistic expression.

CHALLENGES:

May overlook foundational knowledge in favor of novelty; risk of superficial engagement.

Altruism

4.10

FACTOR SCORE

Your Additional Altruism score of 4.1 indicates a moderate inclination toward helping others without expecting rewards. While you care about others' well-being, you may not consistently prioritize their needs over your own goals. This is not selfishness, but a balanced self-awareness—caring deeply, yet maintaining personal boundaries. You may assist when it feels aligned with your values or responsibilities, but not at the expense of your health or commitments. This realism prevents burnout and ensures sustainable kindness. To grow, consider small acts of service that require minimal effort but have meaningful impact—like mentoring, volunteering, or simply listening deeply. These practices can deepen your sense of connection without compromising your well-being.

ALTRUISM SCORE (1.0 – 10.0)

Top 5 Strengths

- Exceptional Conscientiousness and attention to detail
- High Honesty–Humility and ethical integrity
- Social Boldness and energetic presence
- Strong Forgiveness and relationship repair ability
- Creative imagination and openness to new ideas

Top 5 Challenges

- Perfectionism leading to delays or self-criticism
- Internal tension between boldness and modesty
- Potential frustration with slower-paced individuals
- Over-sensitivity to emotional atmosphere
- Risk of burnout from high standards

Career Development Advice

Based on your personality drivers, we have selected the best-matching career contexts and growth suggestions for you.

RECOMMENDED INDUSTRIES/ROLES

- Project Manager
- Quality Assurance Analyst
- Research Scientist
- Systems Engineer
- Ethics Officer

WORK STYLE SUGGESTIONS

You excel in structured, goal-oriented environments with clear processes and measurable outcomes. You prefer written instructions, detailed timelines, and defined roles. You thrive when given autonomy but expect to report progress regularly. Collaboration works best when roles are clear and deadlines are respected. You respond positively to constructive criticism delivered with fairness. Avoid chaotic or ambiguous workplaces. Your ideal workday includes focused blocks for deep work, scheduled breaks, and time for review. You benefit from visual tracking tools (e.g., Kanban boards) and digital calendars to maintain order. Communicate proactively—your clarity is a gift to teams.

POTENTIALLY CHALLENGING ROLES

Jobs requiring impulsive decision-making, inconsistent schedules, or minimal accountability—such as sales roles demanding constant persuasion, fast-paced entertainment production, or freelance work with no structure—are likely unsuitable. Roles emphasizing spontaneity over planning (e.g., improv comedy, emergency response coordination) may cause stress due to mismatched expectations. Similarly, positions requiring frequent emotional suppression or surface-level politeness (e.g., customer service in high-volume call centers) could deplete your emotional reserves. These environments may clash with your need for authenticity, depth, and control. You may also struggle in cultures that reward aggressive self-

PERFORMANCE BOOSTERS

To grow professionally, focus on delegating tasks that don’t require your exacting standards—trust others to handle variations. Practice 'time-boxing' to limit perfectionist tendencies. Seek feedback early and often to avoid last-minute revisions. Develop a habit of celebrating completed work, regardless of flaws. Cultivate a mentorship role to share your discipline with others, which strengthens your influence without draining energy. Finally, schedule regular reflection to assess whether your efforts align with meaningful outcomes—not just technical correctness.

promotion, as your modesty and fairness may hinder visibility. Prioritizing roles where integrity, precision, and long-term vision are valued will ensure sustainable satisfaction.

Personal Expansion Plan

SMART ACTION GOALS

- Reduce task completion time by 20% by implementing time-blocking and setting 'good enough' benchmarks.
- Volunteer once a month for a community project to practice altruistic action without expectation.
- Practice saying 'no' to one non-essential request per week to strengthen boundary-setting.
- Engage in one new creative activity monthly outside your field (e.g., painting, writing poetry).
- Schedule a weekly 15-minute self-review to reflect on effort vs. outcome, reducing self-criticism.

DAILY RITUALS

- Start each day with a 5-minute intention-setting ritual.
- End each day with a gratitude list focusing on small wins.
- Take a 10-minute walk after lunch to reset focus and reduce mental fatigue.

ACADEMIC GUIDANCE

LEARNING MODALITY:

You learn best through structured, written materials—notes, outlines, textbooks, and diagrams. You benefit from logical sequencing and clear examples. Active recall and spaced repetition work well. Visual aids help reinforce memory. While you can adapt to lectures, you prefer recorded sessions so you can pause and rewatch. Group discussions are valuable only if they're substantive. Avoid rote memorization without context. Your ideal learning environment is quiet, organized, and free from distractions.

ACADEMIC STRENGTHS:

You possess strong analytical skills, persistence, and a deep desire for mastery. Your high Conscientiousness ensures consistent study habits, attention to detail, and thorough preparation. You excel in subjects requiring research, precision, and structured thinking—such as science, engineering, philosophy, or law. Your Openness fuels curiosity and creative problem-solving. You're motivated by understanding complexity and achieving excellence. You thrive in environments with clear grading criteria and opportunities for deep inquiry.

INTERESTS & LEISURE GUIDE

RECOMMENDED ACTIVITIES:

- **Journaling or reflective writing**
- **Photography (especially nature or architectural details)**
- **Learning a musical instrument with structured practice**
- **Participating in citizen science projects**
- **Exploring philosophy or ethical debates**

Your interests should balance creativity and structure. Engage in activities that allow for precision and aesthetic appreciation—such as photography, woodworking, or composing music. Journaling helps process emotions and refine ideas. Citizen science projects provide intellectual stimulation with tangible impact. Avoid hobbies that require constant social performance or unpredictability. Use your interest time to recharge—not to prove anything. These pursuits should nourish your soul, not exhaust you. Schedule them deliberately, treating them as essential self-care. By blending beauty, meaning, and discipline, you cultivate a rich inner life that supports all areas of your journey.

♥ Romantic relationship analysis

RELATIONSHIP DYNAMICS:

You are a deeply committed and emotionally attuned partner who values honesty, fairness, and stability. Your high Honesty–Humility and Forgiveness mean you approach relationships with integrity and a willingness to heal. You seek partners who share your values—especially authenticity, loyalty, and intellectual curiosity. You express affection through reliability, thoughtful gestures, and quiet presence rather than grand declarations. Your Liveliness (6.62) brings joy and spark, but your modesty (4.28) may keep you from initiating romance openly. You thrive in partnerships where both parties contribute equally, communicate honestly, and respect each other's boundaries. Conflict resolution comes naturally to you, but you may need to consciously express your needs instead of assuming they'll be understood. Over time, your patience and dedication build profound intimacy. To nurture love, schedule regular check-ins to discuss feelings and expectations. Share your dreams, not just plans. Allow vulnerability to flow both ways—your strength is not just in holding things together, but in letting someone in.

COMPATIBILITY TRAITS:

Ideal partners are emotionally intelligent, respectful of privacy, and value long-term commitment. They should be intellectually curious, open to growth, and capable of balancing independence with closeness. Those who appreciate routine, honesty, and deep conversation will flourish with you. Compatibility increases with individuals who are self-aware, empathetic, and willing to collaborate on shared goals. Avoid partners who are manipulative, avoidant, or emotionally volatile—these trigger your need for fairness and security. Mutual respect for time, space, and standards is essential.

RED FLAGS:

"Be cautious of partners who prioritize image over substance, lack accountability, or frequently shift blame. If someone dismisses your need for clarity or consistency, it may signal incompatibility. Watch for patterns of emotional unpredictability or disrespect toward rules and agreements. If your partner undermines your values or expects you to sacrifice your well-being for their convenience, it may erode your trust. Also, avoid those who view your perfectionism as criticism rather than care—this can lead to unnecessary tension. Trust your instinct if a relationship feels unbalanced or draining."

Interpersonal analysis

SOCIAL PATTERNS:

You navigate social dynamics with thoughtful intention. You are warm, attentive, and capable of deep connection, though you may not always initiate. You enjoy conversations that matter—ideas, values, personal growth—more than small talk. Your high Social Boldness allows you to speak up in groups, but your lower Sociability means you may prefer smaller circles. You're seen as trustworthy, competent, and steady. Friends appreciate your loyalty and insight. You may struggle with surface-level friendships, as you crave depth and authenticity. In larger groups, you observe carefully before engaging. When conflict arises, you seek fairness and understanding, not victory. Your emotional sensitivity helps you detect underlying tensions, but you may absorb others' moods. To protect your energy, practice selective engagement and learn to say 'I need space' without guilt. Your strength lies in being a bridge between people—connecting through reason, empathy, and integrity.

INTERACTION STYLE:

You are a calm, principled communicator who listens first, speaks with purpose. You avoid gossip and drama, preferring direct, respectful dialogue. You're not confrontational, but you won't tolerate dishonesty. You build trust slowly but deeply. In disagreements, you seek common ground. You're most comfortable with people who are sincere, organized, and open-minded. You may find overly dramatic or impulsive individuals exhausting. Your ideal social rhythm is balanced—engaged but not overwhelmed.

CONFLICT RESOLUTION:

You resolve conflict through fairness, logic, and empathy. You begin by clarifying the issue, ensuring all sides are heard. You avoid blame and focus on solutions. Your Forgiveness (6.5) enables healing, but you may need time to process hurt. You prefer private, calm settings for discussion. If emotions run high, you suggest pausing to regroup. You use questions like 'What do you need?' or 'How can we move forward?' to guide resolution. You're effective at mediating, especially when both parties value truth and mutual respect. However, avoid forcing resolution too quickly—your depth requires time to unfold.

Team Collaboration Style

OPTIMAL TEAM ROLE

Lead Planner or Quality Guardian

PARTNERSHIP STRATEGIES

When working with high-Extraversion teammates, acknowledge their energy but gently steer conversations back to structure. With low-Conscientiousness members, offer clear guidance and check-ins to prevent oversight. For those high in Aggression or Impulsivity, use data and facts to mediate. With emotionally sensitive peers, validate feelings before proposing solutions. Always clarify expectations upfront. Your role is to stabilize momentum, uphold standards, and foster psychological safety through fairness. You don't need to dominate—but you must be consistent.

You are a rare blend of integrity, precision, and heart—someone who doesn't just do things right, but does them with purpose and care. Your journey is not about becoming more, but about honoring the depth already within you.

Next Steps

Begin by selecting one SMART goal from your growth plan. Schedule a weekly reflection to track progress. Reach out to one person to deepen a meaningful connection. Explore a new creative hobby this month. You're ready to lead with both strength and grace.