In the ninth century, one goat herder noticed that when his goats were　72

nibbling on the bright red berries of a certain bush, they became very　143

energetic. The herder then chewed on the fruit himself. His elation of　216

spirits prompted him to bring the fruit to the nearest a monastery in the　290

village. A monk deemed the berries to be the evil work, and abruptly threw　366

the berries into a nearby fire. In a short time, a sensual and powerful　439

aroma filled the room that could not be missed. The monk, who had thrown　513

them in the fire, ordered the embers be pulled from the fire. Then hot　585

water was poured over them to preserve the smell. Upon drinking the　654

mixture, they felt the peaceful, warming, and calming sensation it gave　726

them. The effects were so powerful, as they were able to stay alert and　799

discuss important matters for longer periods of time. The monk then shared　875

his discovery with the other monks at the monastery, and knowledge of the　949

exciting berries began to spread.　985

When making new friends, talking with school friends, and working with　1,057

fellow workers, our personae strongly impact our daily mingling. A lot of　1,132

theories exist about how personae develop. There are also methods for　1,203

measuring and modifying this basic part of our lives.　1,259

Whether we are shy or outgoing, curious or wary, realistic or　1,322

artistic, whatever, our nature is an important part of who we are. It　1,393

shapes many facets of our lives, including the way we view the world and　1,466

how other people see us. Relationships at home, school, and the workplace　1,541

are all affected by our own personality. Deeper knowledge of its processes　1,617

and components is a powerful tool in bettering our lives.　1,677

Personality or nature is a broad concept, encompassing the way we　1,744

think, feel, and behave. In short, it is the totality of our identity. In　1,820

psychological terms, personality involves the way we interpret an　1,886

experience, what we think and feel about it, and how we react, at least,　1,959

outwardly. Ingrained patterns of behavior lead to similar responses to new　2,035

experiences, resulting in comparable outcomes and creating a perpetuating   2,109

cycle for oneself without time limit. Since individuals generally behave   2,183

in expected patterns, persona is considered stable over time. So, for   2,254

instance, if you consider your neighbors to be trustworthy, you are   2,322

unlikely to expect them to act deceitfully.   2,368

   Here is a question whether how a person becomes himself, herself or   2,437

oneself. Numerous schools of thought have tried solving this challenging   2,511

puzzle. While behaviorists emphasize the importance of their environment,   2,586

humanists view free will and personal choice as crucial factors or   2,653

elements. Biological psychologists, on the other hand, see heredity as a   2,727

determining force. Many scholars, rather than subscribe to any one school,   2,803

see personality as an interlocking web of variables including genetics, the   2,879

environment, parenting styles, cultural issues, and the workings of the   2,951

unconscious mind.   2,971

   When it comes to pinpointing the elements of personality, trait theory   3,043

is popular. It involves the identification of distinct characteristics   3,115

such as generosity and empathy, which may be abundant or in short supply   3,188

for an individual. Personality psychologists, working to isolate the total   3,264

number of different traits, have generated lists with as few as three   3,334

traits to lists with as many as four thousand. In recent years, the big   3,407

five models have gained widespread acceptance, and these models suggest   3,479

that we all possess, to varying degrees, these characteristics, such as   3,551

extraversion, agreeableness, neuroticism, conscientiousness, and openness   3,625

to experience. Each trait contains a range of potential components. For   3,699

example, someone who is prompt and responsible would rate highly on the   3,771

metric of conscientiousness.   3,802

   From country to country, differences exist in commonly held traits,   3,871

strengthening the view that culture plays an important role in personality   3,946

development. Parenting strategies underscore these distinctions. Research   4,022

has shown that in some nations parents are likely to encourage children to   4,097

pursue self-gratifications. In contrast, in other nations, restraint and   4,171

the delay of gratification are encouraged. In the former set of nations,   4,245

children learn to become independent, while obedience is valued in the   4,316

latter. Rather than a question of right or wrong, parenting decisions   4,387

should be viewed in the context of each culture, with desirable values   4,458

measured by their ability to help the children succeed in life.   4,524

    Given the biological and social forces we are subjected to, the   4,589

question arises; to what extent we can modify our personality. Many   4,658

psychologists feel that change is possible if we focus on altering habits   4,732

and belief systems which underlie dominant traits. For example, if we   4,803

regularly find fault with people, we can make an effort to look for things   4,878

we admire about others. With persistence, a more positive demeanor can do   4,953

emerge. The essential starting point is a belief that change is   5,018

practicable. One informative research project involved some students and   5,092

the issue of brain development. The students who learned that the brain   5,165

continuously develops were emboldened that they could become better   5,233

versions of themselves. This newfound confidence led to an improvement in   5,308

academic performance.   5,332

    Various assessment tools exist to measure personality traits, the most   5,404

famous being one special type indicator, which is taken by two million   5,475

people yearly. This tool and other more specialized instruments help   5,545

individuals understand themselves, assist doctors in diagnosing personality   5,621

disorders, and provide valuable information to employers looking for the   5,694

right person for a position. The corporate use of these metrics worldwide   5,769

should come as no surprise, as research and experience show that beyond   5,841

intelligence, being a successful employee requires persistence, reliability   5,917

and interpersonal skills. Individuals can also use these assessments for   5,991

edification, and continue down the road of our improvement.   6,050