

eHarmony is based upon a complex matching system developed through extensive research with married couples. One of the requirements for successful matching is that participants fall within certain defined profiles. If we find that we will not be able to match a user using these profiles, we feel it is only fair to inform them early in the process.

We are so convinced of the importance of creating compatible matches to help people establish happy, lasting relationships that we sometimes choose not to provide service rather than risk an uncertain match.

Unfortunately, we are not able to make our profiles work for you. Our matching model could not accurately predict with whom you would be best matched. This occurs for about 20% of potential users, so 1 in 5 people simply will not benefit from our service. We hope that you understand, and we regret our inability to provide service for you at this time.

You can still receive your free Personality Profile by clicking [here](#).

## eHarmony Reports

- \* Introduction to Agreeableness
- \* You are best described as
- \* Words that describe you
- \* A General Description of How You Interact with Others
- \* Negative Reactions Others May Have Toward You
- \* Positive Responses Others May Have Toward You

### **Introduction to Agreeableness**

This section of your profile describes your interactions with other people. The ways we communicate our feelings, beliefs and ideas to others are influenced by our cultural backgrounds, the way we were raised, and sometimes which side of the bed we got up on this morning. Some of us are very mindful of others making decisions we hope will be in their best interests, even if it means sometimes neglecting our own interests. Others of us believe each person should be responsible for themselves, taking deep pride in our own character and independence with a firm belief that others are best served by doing the same. The following describes how you engage with others; illustrating the dimension of your personality that determines your independence or your desire to reach out and touch others in meaningful ways.

### **You are best described as:**

USUALLY TAKING CARE OF OTHERS

### **Words that describe you:**

- \* Understanding
- \* Unquestioning
- \* Humane
- \* Selfless
- \* Gentle
- \* Kindhearted
- \* Gullible
- \* Indulgent

### **A General Description of How You Interact with Others**

Here's one important truth about you: you have a tender heart. Yes, you know that others need to learn to take care of themselves. Yes, you know they need to accept the consequences of their foolish or bad behavior. And sometimes, even when your instinct is to help them, you will let them fend for themselves and let them suffer the consequences of their choices or circumstances.

But most of the time you are there to help when they need you. If they are in trouble, you offer compassion and go out of your way to be helpful. If they need someone who will listen, you are trustworthy and sympathetic. And you are direct with them; when they need advice or counsel, you offer it in a straightforward, direct manner, without beating around the bush.

You're also smart enough to know that you cannot take good care of others if you fail to take good care of yourself, so you listen to your own wants and needs. If you've run out of sympathetic energy, you spend time restoring yourself. If you've ignored your own pain or frustration, you find a friend who will listen well, or go into your own private healing place and give yourself permission to focus on you.

But before long, you're back at it with your friends, offering a sympathetic ear and compassion on which they learn to trust, also giving straightforward advice and counsel when they ask for it. You do know how to take care of yourself, but your genuine interest is in taking care of others.

### **Negative Reactions Others May Have Toward You**

Selfish people might be embarrassed by you. While they're using their time and energy almost exclusively on themselves, they see you giving time to others, and your kindness puts them in a bad light.

Maybe they'll think you're a phony, that you use your altruism to get others indebted to you so they'll then owe you a favor. Or perhaps they'll accuse you, directly or behind your back, of focusing on the needs of others so no one ever focuses on your foibles or your genuine wounds.

All of these are false accusations; yours is a genuine compassion, because you truly have a tender heart. One criticism might be more substantial, though. People might notice when you let things get out of balance and spend so much time responding to others that you neglect your own needs.

Perhaps it's true to some extent that you are more comfortable when the focus is on someone else's needs than when you and your needs are front and center, and this may be a criticism worth paying attention to.

### **Positive Responses Others May Have Toward You**

Positive responses to you are likely to far outweigh negative responses. For many people, your genuine kindness will be an example of a way to treat others and a way we want others to treat us. They will see in you the traits of compassion and sympathy which they might want to focus on in the development of their own character.

For those people you help you will be the friend they need, there at the right moment to help them when they've stepped into yet another thicket of pain or confusion. They will be grateful for your listening, for your straight talk when they need straight talk more than anything, and for the hand you extend so they can find their way, with your help, out of whatever tangle they've gotten themselves into.

## **eHarmony Reports**

### **\* Introduction to Openness**

- \* **On the Openness Dimension you are**
- \* **Words that describe you**
- \* **A General Description of How You Approach New Information and Experiences**
- \* **Negative Reactions Others May Have Toward Your Style of Thinking**
- \* **Positive Responses Others May Have Toward You**

### **Introduction to Openness**

How firmly committed are you to the ideas and beliefs that govern your thinking and guide your behavior? Some people trust their current ideas and beliefs the way a climber trusts the mountain; whichever way they move, whether the climb is on a familiar trail or over new ground, there is something solid beneath them, something they count on.

For others, new ideas, new solutions to old problems, new beliefs that replace tired convictions are like welcome wind in their sails. They can hardly wait to tack in a new direction and ride a new idea through uncharted waters. If it's new, it's interesting, and they're ready to explore.

The following paragraphs describe your responses to new ways of thinking and believing. How do you handle new information? Are you more like the climber on a familiar mountain or a sailor with a tiller in hand and a fresh breeze to propel you? How you integrate and process new information about the world and about others is a core aspect of your personality.

### **On the Openness Dimension you are:**

VERY CURIOUS

### **Words that describe you:**

- \* Imaginative
- \* Creative
- \* Intellectual
- \* Adventurous
- \* Unconventional
- \* Artistic
- \* Progressive
- \* Daring
- \* Inspired

### **A General Description of How You Approach New Information and Experiences**

You are a very creative and imaginative person who is especially open to new ideas or new ways of thinking about old problems. You love to approach a conventional idea or a traditional way of doing things by walking around to the other side and explore it from a novel perspective. What's new is what interests you. Like an artist looking for a new way to see, you focus your imagination on envisioning ideas, events or problems in completely original ways. You are intellectually progressive, which means you like to think and feel your way into unexplored landscapes where you let your sense of intellectual adventure romp freely.

Because you are so curious you can also be very teachable. You learn from personal and interpersonal experiences as well as from classrooms and textbooks. You crave new information, and toss and turn it in your vivid imagination. When you come across an idea from someone else or a thought in your own head that is particularly provocative or original, you light up. With wit and wisdom, Dr. Seuss describes you like

this: "Think left and think right and think low and think high. Oh, the thinks you can think up if only you try!"

### **Negative Reactions Others May Have Toward Your Style of Thinking**

Not everyone will be thrilled by your adventurous mind. Many people are content with the ideas that have served them and their culture well, and with visions they've grown accustomed to of what is and is not true. They're not lit up at the prospect of moving out of their comfort zone. Others are afraid of new ways of thinking and creative ways of solving problems because they are somewhat fragile in the sense that they have trouble maintaining serenity in their current worlds and don't want someone, like you, for instance, pushing out the edges of their intellectual and cultural cosmos. So don't be surprised if your unconventional ideas sometimes get you criticized, or if some people walk away from the explorations of new territories of the mind that you find so exhilarating.

### **Positive Responses Others May Have Toward You**

Despite some negative responses to your style of thinking, many people will find your progressive thoughts and vivid imagination quite attractive. Some will find your openness to new ways of thinking and your willingness to explore what others shy away from a very compelling quality. Other creative souls will find in you a companion on the journey into the unknown, and will welcome the camaraderie. Conversations with them will be lively and innovative and will ignite your imagination, and theirs. Even some who are less curious than you will be impressed by your courage to think and believe what is for them unimaginable, and by your willingness to go on adventures of the mind that they would find dangerous or daunting. For these people you might become a mentor into the wilder side of thinking and believing, and nudge them toward the creative and progressive ideas that you find so interesting.

## **eHarmony Reports**

- \* **Introduction to Emotional Stability**
- \* **On Emotional Stability you are**
- \* **Words that describe you**
- \* **A General Description of Your Reactivity**
- \* **Negative Reactions Others May Have Toward You**
- \* **Positive Responses Others May Have Toward You**

### **Introduction to Emotional Stability**

We're born with the capacity to feel deeply, so it's as natural as breathing to experience a range of emotions. Fear and joy and sadness, anger and shame and disgust lie somewhere within each of us. Ah, but to what extent do we control these emotions, and to what extent do they control us? How you answer this question of how your emotions play out in your life has a great deal to do with your levels of personal satisfaction and with the character of your relationships with others. Do you manage your emotions well, keeping them in check with your thinking and your willpower, or are you someone who lets emotions have their way, giving in to the wild dance of feelings? The following paragraphs describe your emotional range in terms of being a person who is emotionally steady or someone who is responsive to whatever feelings swell up in you.

### **On Emotional Stability you are:**

SOMETIMES STEADY, SOMETIMES RESPONSIVE

### **Words that describe you:**

- \* Adaptable
- \* Engaged
- \* Able to Cope
- \* Passionate
- \* Perceptive
- \* Flexible
- \* Receptive
- \* Aware
- \* Avid

### **A General Description of Your Reactivity**

In some ways, you've got the best of emotional worlds. When emotions rise up from inside you or are brought forth from a conversation by a friend, you know how to engage them. You deal with sadness, fear, joy, anger - whatever comes up - in ways that are perceptive and flexible. You can adapt to whatever level of emotion is appropriate to the moment. At other times, you are able to cope with your emotions in a more reserved manner. Because you are aware of what does and does not make emotional sense in a particular situation, you will decide when it is an appropriate time to express your emotions and when it would be best to keep them to yourself.

All of this gives you a rich emotional life. You are free to express your passions about certain subjects with appropriate people. But you are also emotionally adaptable; if the conversation needs to be more cerebral, you'll keep it "in your head" and talk calmly through whatever issue is on the table. This emotional awareness serves you well. You seldom get in over your head, either by opening up to the wrong person or by triggering in someone else's emotions they may not be able to deal with.

### **Negative Reactions Others May Have Toward You**

When it comes to dealing with emotions we all meet some people with whom we don't match well. You bring a balanced approach to your emotional life. As such, those who are at the extremes are most likely to have a negative reaction to you. Those who live in their emotions may feel you tend to "live in your head" while those who go through life as an emotional rock may feel that you are a bit too "touchy feely" for their approach.

And of course it is always possible that because you do balance your emotional approach to life you may misread others - we all do at times. So there have undoubtedly been those times when you have misread cues and stayed in your head with someone who hoped for a more open emotional approach or you may have opened up emotionally with someone who keeps their emotions bottled up. But these things happen and since you do have a good balance of being in touch with your emotions and not being overly impacted by emotional swings, you undoubtedly are able to adapt.

Another potential problem is that as people get to know you well, they will discover that you have a great balance between emotional expression and emotional control. If they don't have this balance they may wind up envying you. They can't express feelings as well as you, or they are too often out of emotional control and resent you for your ability to cope so well with the very emotions that may trip them up.

### **Positive Responses Others May Have Toward You**

Many people will be grateful to find a friend like you who can stay in control when emotions verge on chaos, but who can also go into the tangle of emotions when it is safe and appropriate to do so. Because of your ability to engage them at whatever level they are comfortable, to adapt to whatever changes in emotion emerge in the conversation, and to cope so well with all of it - well, they'll be very glad they found a person

like you. You may, in fact, wind up as something of an emotional mentor. Your awareness of the emotional temperature of a situation, your ability to adapt to either heat or cold, and your ability to cope with whatever winds up happening in the conversation could be models for them to follow as they come to terms with their own emotional worlds.

## eHarmony Reports

- \* **Introduction to Conscientiousness**
- \* **Your approach toward your obligations is**
- \* **Words that describe you**
- \* **A General Description of How You Interact with Others**
- \* **Negative Reactions Others May Have Toward You**
- \* **Positive Responses Others May Have Toward You**

### **Introduction to Conscientiousness**

It's a work day, breakfast is over, and you're dressed and ready. So how will you approach the tasks at hand? Some people work best with a clear schedule, a set of priorities and a due date for every step in the process. Others are, shall we say, less regimented. They approach a task with as much imagination as organization, and with a willingness to bend and modify in order to exercise some urge of creativity.

How about you? Do you walk in a straight line toward a clear goal, or are you more likely to dance your way down whatever path will get you wherever it is you're headed? The following paragraphs describe ways in which you approach the tasks life brings to you, and to what extent you are focused or flexible in how you choose to proceed.

**Your approach toward your obligations is:**  
FOCUSED AND FLEXIBLE

### **Words that describe you:**

- \* Casual
- \* Informal
- \* Compliant
- \* Reliable
- \* Organized
- \* Solid
- \* Dependable
- \* Uncommitted
- \* Genuine

### **A General Description of How You Interact with Others**

When you take on a task at work or at home, you are reliable; you get the job done. In an organized way, you define the goal, lay out a plan, figure how long the task will take, and get to work "solid and dependable you".

But and this is important you're not a slave to the plan. You're committed to it, but not chained to it; the connection is more casual and informal. You know that sometimes "the best laid plans" fall off the tracks; when this happens, you clean up the train wreck and start over, undeterred.

Though not happening often, when plans change, you're okay with it. In fact, sometimes you change the plan. It's too nice of a Saturday to finish organizing the garage. Let's go for a bike ride instead. True, the next rainy Saturday will likely find you back in the garage, but for now the work can wait.

What an interesting combination of qualities in you're organized, but casual; solid, but compliant; and dependable, but informal. At home and at work, people know they can rely on you. You take great satisfaction in knowing that people think of you as disciplined and responsible, but you also know that you have something of a free spirit in you, and when this spirit moves you, off you go, following the impulse of the moment. You are rightly proud of your work ethic, but you also enjoy your willingness to lay the tools down, crank up the music and play like a child.

### **Negative Reactions Others May Have Toward You**

Some people live like Marines: duty-bound, disciplined and driven. To these people you might seem uncommitted; where they would never leave work for play or change plans in the middle of their life's forced march, you let the circumstance sway you and move in a different direction, and they don't understand.

Others live like kites on a string, attached by thin threads to the solid ground of responsibility and are blown about by every gust of impulse or imagination. To these people you might seem too cowardly, like you'll flirt with your impulses but never give in fully, play on a Saturday but never blow off the entire work-week to "follow your bliss".

While these Marines and kite-flyers might look down on you for your combination of focus and flexibility, others might be envious. They can't free themselves from a sense that they're not doing enough, or from the equally frustrating feeling that they're not free enough.

And here you are with your accomplishments and your pleasures, getting the job done but also getting your hair blown back as you run with the wind. As far as these people are concerned, you're lucky you've got the best of both of the worlds in which they feel they fail.

### **Positive Responses Others May Have Toward You**

What a great life you have, and a great attitude to boot. You know when to buckle down and push ahead to get the job done, and you do it well. You know when to lay the tools of your trade aside, grab your kite and head for the meadow where you can run with the wind. Many people will see and admire in you this lovely combination of a person who can focus, but who is flexible enough to know when to let the spirit move you in some new and livelier direction.

It's a life they aspire to, and they delight in seeing it played out in your life. They may ask your advice and turn you into a mentor of the full and balanced experience. They will want to know how you do it, what the costs are, and if you get frightened that you're not working hard enough or playing often enough. They may make you think about your own life more than you have, so you can share it with those who want to emulate this balance between flexibility and focus. They may be correct lucky you!

## **eHarmony Reports**

**\* Introduction to Extraversion**

**\* When it comes to Extraversion you are**

- \* **Words that describe you**
- \* **A General Description of How You Interact with Others**
- \* **Negative Reactions Others May Have Toward You**
- \* **Positive Responses Others May Have Toward You**

### **Introduction to Extraversion**

Some days you want to hang out by yourself, not answer the phone, and make the world go away. The next day you e-mail everyone, schedule lunch with a friend, and try to find an evening gathering to take part in. It may be the phases of the moon, or something you ate; some days are just like that. In actuality, your desire to be with others or to be alone reflects something deep in your personality. Some of us are more comfortable by ourselves or with one or two friends, while others of us crave the crowd and can't stand it when the house is empty or the phone doesn't ring. The following paragraphs describe your fundamental desires about being with other people; whether you are generally an outgoing person or more reserved, if you seek adventures with others, if you tend toward assertiveness or kindness.

**When it comes to Extraversion you are:**

**OUTGOING**

**Words that describe you:**

- \* Friendly
- \* Gregarious
- \* Full of Life
- \* Unreserved
- \* Kindhearted
- \* Talkative
- \* Emotional
- \* Spontaneous
- \* Vigorous

### **A General Description of How You Interact with Others**

People light you up. In conversations, planning meetings or almost any social situation, you bring your energy and your friendly, outgoing personality into these engagements with other people, and you come away pumped up. You can hardly wait for the next event, as long as other people will be there. And you're good at it.

You know how to communicate. You listen well, the first rule of good communication, and then, when it's your turn, you talk vigorously and with animation; in your uninhibited way you give all that you've got to the encounter.

In situations where you feel very safe, when you know and trust the people you're with, you can be very kindhearted and unrestrained. You let your affection for and pleasure in being with others flow freely. You're wide open. And when you get back this same kind of unrestrained warmth, you are deeply satisfied. Because you are so friendly and full of life, these are among your favorite moments.

### **Negative Reactions Others May Have Toward You**

As much as you like being with other people, not everyone will like being with you. Hard to believe, but your gregarious and warm manner is not everyone's cup of tea. Some people are more cautious than you in personal encounters; others think the work place should be more formal, more impersonal than is



comfortable for you. Still others, who may want more of the spotlight, will find you too much to compete with once you get your lively and outgoing self in motion.

Here's another word of caution. You've been at this warm and open way of relating for a while, but for some people it's a brand new experience. They may be protecting something inside themselves, some fear or guilt or shame, or some private part of their story that they're not yet ready to share. Your openness might threaten them, and they'll take a step back and be reluctant the next time to engage you in the kind of exchange you find so easy and satisfying but they find so dangerous.

### **Positive Responses Others May Have Toward You**

Many people, most probably, will be glad to be in the room you're in. At work you make the environment livelier and the banter more interesting, so the time moves swiftly and the experience is a happier one. At home you keep everyone connected because you engage each of them in the conversational action, and as a result they are more connected as well with one another. You make home a warmer and more interesting place for everyone who lives there.

You might also be helpful to some people. There are those who need to talk but aren't very good at it. They don't know how to begin the kind of conversation that would allow them to share whatever is in their personal stories that they'd like or need to talk about. You could make that easier for them with your way with words. Some people just need an example and a little encouragement to come out of their shell and get into the greater fun and personal connectedness that will make their lives so much more satisfying.

Again, you might be just the right person to make that happen for them.

So almost everyone will be glad to be with you, you make life more interesting for those you live and work with, and you could help some of your friends who need just a little encouragement to open up and find in themselves the kinds of energetic and warm connections that you thrive on. Not that you are a pushover; in fact, you are often quite assertive. In taking care of yourself you also make sure that others are engaged and energized.