

ARE YOU INTROVERTED OR EXTROVERTED?

Review each question. Please circle the answer that is MOST like you.

1. When you are feeling stressed out does it help to:
get together with others or make time to be by yourself?
2. When you are feeling run down and need to “re-charge your batteries” do you:
get together with others and have a party or go off by yourself?
3. When you are asked to stand up in front of others and give a presentation do you:
look forward to doing it or have to prepare in great detail and sometimes
can't do it even then?
4. Do you have:
a large group of acquaintances or a small circle of close friends?
you do things with a lot
5. When you interact with peers does it:
replenish your positive sense of self or deplete it?
6. As a single person, did you:
date several men/women or only one person at a time.
7. When you are in a group of people talking, do you:
respond quickly with whatever comes off the top of your head, or
do you wait to say something until you know you are right?
8. When you are working by yourself on a task, do you most of the time find a phone call:
a welcome diversion or an unwanted intrusion?
9. When you find yourself in a stirring discussion is the subject most often:
on people and things in the external environment or
on internal ideas and thoughts?
10. Do you prefer:
face-to-face or written communication?
11. In a meeting do you tend to prefer:
talking out loud and reaching consensus as a group or
an orderly meeting where already well thought out conclusions are verbalized?
12. When meeting someone for the first time do you tend to:
be the one who starts the introductions or
wait for others to tell you about themselves first?

SCORING: Add up the number of times you chose the FIRST answer _____

Add up the number of times you chose the SECOND answer _____