

## ARE YOU INTROVERTED OR EXTROVERTED?

Review each question and 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?
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 people at once OR date only one person at a time?
7. When you are talking with a group of people, do you:  
respond quickly with whatever comes off the top of your head OR wait to say something until you know you are right?
8. When you are working alone at your desk, 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:  
people and things in the external environment OR internal ideas and thoughts?
10. Do you prefer communications that are:  
face-to-face OR written?
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 \_\_\_\_\_. This is your Extrovert score.

Add up the number of times you chose the SECOND answer \_\_\_\_\_. This is your Introvert score.