

## Introvert-extrovert Quiz

Take this quiz to find out where you fall on the introvert-extrovert spectrum.

Answer each question **True or False**, choosing the answer that applies to you more often than not (**go by your first thought – don't analyse it too much!**).

1. I prefer one-on-one conversations to group activities.
2. I often prefer to express myself in writing.
3. I enjoy solitude.
4. I seem to care about wealth, fame, and status less than my peers.
5. I dislike small talk, but I enjoy talking in-depth about topics that matter to me.
6. People tell me that I'm a good listener.
7. I'm not a big risk-taker.
8. I enjoy work that allows me to "dive in" with few interruptions.
9. I like to celebrate birthdays on a small scale, with only one or two close friends or family members.
10. People describe me as "soft-spoken" or "mellow."
11. I prefer not to show or discuss my work with others until it's finished.
12. I dislike conflict.
13. I do my best work on my own.
14. I tend to think before I speak.
15. I feel drained after being out and about, even if I've enjoyed myself.
16. I often let calls go through to voice-mail.
17. If I had to choose, I'd prefer a weekend with absolutely nothing to do to one with too many things scheduled.
18. I don't enjoy multi-tasking.
19. I can concentrate easily.
20. In classroom situations, I prefer lectures to seminars.

The more often you answered True, the more introverted you probably are. Lots of Falses suggests you're an extrovert. If you had a roughly equal number of Trues and Falses, then you may be an "ambivert".

**Understanding Extraverts & Introverts** If you have a high score in one category, then you may be likely to use that style most of the time. A moderate score may mean that you tend to be introverted in some situations and extraverted in others. In general, extraverts are more outwardly focused, while introverts are more inwardly focused. Here are some common differences between these two styles.

*(NOTE: A Quick Quiz does not substitute for a formal psychological assessment.)*

More info: <http://www.psychologytoday.com/basics/introversion>

	<b>Extraverts</b>	<b>Introverts</b>
Problem Solving	Tend to think out loud. Do their best thinking while talking. Prefer to bounce ideas off others. Like to use meetings and group discussions to solve problems.	Tend to process information internally. Do their best thinking quietly and alone. Want to develop their views before discussing an issue.
Communication	Prefer face-to-face communication if at all possible. Like to see reactions and non-verbal behaviour. Want immediate feedback. Don't like writing long emails or memos.	Prefer emails and voice messages. Avoid unnecessary interaction. Don't like to waste time with discussion. Prefer to think before reacting. Dislike long meetings.
Decision Making	Get input from others before making decisions. Want to act quickly in a crisis.	Comfortable making independent decisions. Want time to reflect before acting.
Interpersonal Interaction	Seek out opportunities to talk and socialize. Are energized by interaction and feel drained by too much time alone. Usually know lots of people.	Seek out opportunities for quiet and solitude. Feel drained by too much interaction and need time alone to recharge. Budget their "people time" carefully.
Concentration & Focus	More focused on people and things around them. Have trouble concentrating when quiet. Get bored if they have to sit and focus too long on one thing. Don't mind interruptions.	More focused on internal thoughts and ideas. Often carry on an internal dialogue. Enjoy quietly focusing on one thing at a time. Are annoyed by interruptions.
Natural Strengths	Energizing people and groups Taking immediate action Creating a sense of excitement Introducing people to others	Calming people and groups Assessing the situation before acting Listening to the ideas of others Taking independent action
Natural Weaknesses	Failing to give others space to talk Not listening to input from others Not putting things in writing Acting without thinking	Failing to share their thoughts Not asking for input from others Relying too much on writing Taking too long to act
How They Annoy Others	By talking too much and failing to provide opportunities for others to get into the conversation.	By failing to share their thoughts, join in discussions, or react to what is said by others.
How They Are Misunderstood	May be mistakenly viewed as self-centered and uninterested in others.	May be mistakenly viewed as aloof, shy, or unfriendly.