

## Where you fall on the introvert-extrovert spectrum?

Circle or highlight either True or False for each question, choosing the answer that applies to you more often than not.



Before starting the quiz, I think that I am an \_\_\_\_\_

1. I prefer one-on-one conversations to group activities. TRUE FALSE
2. I often prefer to express myself in writing. TRUE FALSE
3. I enjoy solitude. TRUE FALSE
4. I seem to care about wealth, fame, and status less than my peers. TRUE FALSE
5. I dislike small talk, but I enjoy talking in-depth about topics that matter to me. TRUE FALSE
6. People tell me that I'm a good listener. TRUE FALSE
7. I'm not a big risk-taker. TRUE FALSE
8. I enjoy work that allows me to "dive in" with few interruptions. TRUE FALSE
9. I like to celebrate birthdays on a small scale, with only one or two close friends or family members. TRUE FALSE
10. People describe me as "soft-spoken" or "mellow". TRUE FALSE
11. I prefer not to show or discuss my work with others until it's finished. TRUE FALSE
12. I dislike conflict. TRUE FALSE
13. I do my best work on my own. TRUE FALSE
14. I tend to think before I speak. TRUE FALSE
15. I feel drained after being out and about, even if I've enjoyed myself. TRUE FALSE

16. I often let calls go through to voice-mail. TRUE FALSE

17. If I had to choose, I'd prefer a weekend with absolutely nothing to do to one with too many things scheduled. TRUE FALSE

18. I don't enjoy multi-tasking. TRUE FALSE

19. I can concentrate easily. TRUE FALSE

20. In classroom situations, I prefer lectures to seminars. TRUE FALSE

*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" - yes, there really is such a word.*

After completing the quiz, I found out that that I am an \_\_\_\_\_

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**Why does it matter where you fall on the introvert-extrovert spectrum?** Because introversion and extroversion lie at the heart of human nature - one scientist refers to them as "the north and south of temperament" And when you make life choices that are congruent with your temperament, you unleash vast stores of energy.

**Conversely, when you spend too much time battling your own nature, the opposite happens - you deplete yourself.** I've met too many people living lives that didn't suit them - introverts with frenetic social schedules, extroverts with jobs that required them to sit in front of their computers for hours at a stretch. We all have to do things that don't come naturally - some of the time. But it shouldn't be all the time. It shouldn't even be most of the time.

**This is particularly important for introverts,** who have often spent so much of their lives conforming to extroverted norms that by the time they choose a career, or a calling, it feels perfectly normal to ignore their own preferences. You may be uncomfortable in law school or in the marketing department, but no more so than you were back in junior high or summer camp.

<https://www.psychologytoday.com/blog/quiet-the-power-introverts/201103/quiz-are-you-introvert-or-extrovert-and-why-it-matters>