

Introvert-Extrovert Spectrum Assessment

If you're still not sure where you fall on the introvert-extrovert spectrum, you can assess yourself here. Answer each question "true" or "false," choosing the answer that applies to you more often than not.*

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 less than my peers about wealth, fame, and status.
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 multitasking.
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. If you found yourself with a roughly equal number of "true" and "false" answers, then you may be an *ambivert*— yes, there really is such a word. But even if you answered every single question as an introvert or extrovert, that doesn't mean that your behavior is predictable across all circumstances. We can't say that every introvert is a bookworm or every extrovert wears lampshades at parties any more than we can say that every woman is a natural consensus-builder and every man loves contact sports. As Jung felicitously put it, "*There is no such thing as a pure extrovert or a pure introvert. Such a man would be in the lunatic asylum.*"

Cain, Susan (2012-01-24). *Quiet: The Power of Introverts in a World That Can't Stop Talking*. Random House, Inc.. Kindle Edition.