Introvert/Extrovert Discovery Quiz

Taken from: *Quiet: The Power of Introverts in a World That Can’t Stop Talking* by Susan Cain.

Answer each question “true” or “false,” choosing the answer that applies to you more often than not.\*

\_true\_\_\_ I prefer one-on-one conversations to group activities.

\_\_true\_\_ I often prefer to express myself in writing.

\_true\_\_\_ I enjoy solitude.

\_false\_\_ I seem to care less than my peers about wealth, fame, and status.

\_\_true\_\_ I dislike small talk, but I enjoy talking in depth about topics that matter to me.

\_true\_\_\_ People tell me that I’m a good listener.

\_\_true\_\_ I’m not a big risk-taker.

\_true\_\_ I enjoy work that allows me to “dive in” with few interruptions.

\_false\_\_\_ I like to celebrate birthdays on a small scale, with only one or two close friends or family members.

\_\_false\_\_ People describe me as “soft-spoken” or “mellow.”

\_\_true\_\_ I prefer not to show or discuss my work with others until it’s finished.

\_true\_\_\_ I dislike conflict.

\_true\_\_\_ I do my best work on my own.

\_true\_\_\_ I tend to think before I speak.

\_\_true\_\_ I feel drained after being out and about, even if I’ve enjoyed myself.

\_\_true\_\_ I often let calls go through to voice mail.

\_\_true\_\_ If I had to choose, I’d prefer a weekend with absolutely nothing to do to one with too many things scheduled.

\_\_false\_\_ I don’t enjoy multitasking.

\_\_true\_\_ I can concentrate easily.

\_\_true\_\_ 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.