Introvert or Extravert?

TRUE or FALSE
Write T (True) or F (False) next to the following statements.

1. Some people might say I’m boring.   10. I’d rather hang out with one friend than go to the mall with a group.
2. If you have a problem with me, tell me to my face.   11. I hate it when people look over my shoulder when I’m doing something.
3. I work well as part of a team.   12. I hate writing in a journal.
4. I speak before I think.   13. I hate to be alone.
5. People tire me out.   14. I am going to be rich and famous. Seriously.
6. I almost never pick up when my cell phone rings.   15. I don’t say much unless I really know you.
7. I make people laugh.   16. I’m a good listener.
8. I can text, play a video game, and help my brother with his homework—at the same time.   17. When it’s my birthday, please don’t make a big deal out of it.
9. My dream weekend? Just kicking back, with nothing at all to do.  

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11. I hate it when people look over my shoulder when I’m doing something.
12. I hate writing in a journal.
13. I hate to be alone.
14. I am going to be rich and famous. Seriously.
15. I don’t say much unless I really know you.
16. I’m a good listener.
17. When it’s my birthday, please don’t make a big deal out of it.
18. I really, really do not like homework.
19. I focus on one task at a time.
20. I’m a thrill-seeker.

How to Score the Survey

• Give yourself 1 point each time you answered True for:
  2, 3, 4, 7, 8, 12, 13, 14, 18, 20. Add up those points. This is your E score. E = _________

• Next, give yourself 1 point each time you answered True for:
  1, 5, 6, 9, 10, 11, 15, 16, 17, 19. Add up those points. This is your I score. I = _________

• Subtract your I score from your E score. (The answer may be a negative number.) Then circle your answer on the number line below:

Introvert       Ambivert       Extravert

-10  -9  -8  -7  -6  -5  -4  -3  -2  -1  0  1  2  3  4  5  6  7  8  9  10

Are you an introvert?
You are energized by being alone.
You think before you speak.
You put up with social situations.
You like to think things through.

Being an introvert is NOT necessarily the same as being “shy.”

Are you an extravert?
You are energized by other people.
You “shoot from the hip.”
You enjoy social situations.
You like to talk things out.

Being an extravert is NOT necessarily the same as being “hyper.”