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.
____ 2. If you have a problem with me, tell me to my face.
____ 3. I work well as part of a team.
____ 4. I speak before I think.
____ 5. People tire me out.
____ 6. I almost never pick up when my cell phone rings.
____ 7. I make people laugh.
____ 8. I can text, play a video game, and help my brother with his homework—at the same time.
____ 9. My dream weekend? Just kicking back, with nothing at all to do.

____ 10. I’d rather hang out with one friend than go to the mall with a group.
____ 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 if 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.”