

## WORKSHEET • 2

## Introvert or Extrovert?

## 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.                        | ___ 18. I really, really do not like homework.                                |
|   | ___ 19. I focus on one task at a time.  |
|   | ___ 20. I'm a thrill-seeker.  |

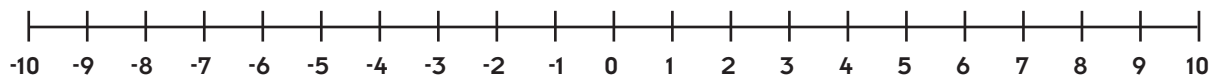
## HOW TO SCORE THE SURVEY

- 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

Extrovert



## 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 extrovert is NOT necessarily the same as being “hyper.”