

Introversion-Extroversion Scale

Introduction: *From Susan Cain's book, Quiet, this is an informal scale to determine if you are an introvert or extrovert. This is not a personality assessment or scientifically based. As you read through, answer each statement as true or false to yourself.*

True or False

1. I prefer one-on-one activities 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 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 voicemail.
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.

Results: *If you found yourself answering "true" to most questions, you are likely more introverted. The more "false" answers you have, you are likely more of an extrovert.*
