

How Sociable Are You?

By Amy Scholten, M.P.H.

How much time do you like to spend with other people? Are you sociable, a hermit, or somewhere in between? Many things can affect one's level of sociability. Some people are introverts, and naturally prefer to spend more time alone. Other people may have an emotional disorder (such as social anxiety disorder or avoidant personality disorder) that impairs their ability to be sociable. The purpose of this assessment is to help you determine how sociable you are. Please keep in mind that this is not a diagnostic tool. If you have concerns about your level of sociability, please see a mental health care provider.

Directions: Please read each statement carefully and select the answer that best describes your situation. When finished, interpret your score at the bottom of the page.

- 1. It's your first day at a new job and you haven't been introduced to other staff. You...**
 - a) Do nothing – just go about your business because you feel awkward introducing yourself
 - b) Wait for someone else to introduce you
 - c) Introduce yourself as soon as possible

- 2. You are invited to a gathering where you only know the host. You...**
 - a) Decline, even if you have to make up an excuse not to attend
 - b) Go to the party, but only socialize with the host
 - c) Look forward to going to the party and meeting new people

- 3. You see a new neighbor at a neighborhood social gathering. You...**
 - a) Don't attend neighborhood gatherings in the first place, so this is not an issue
 - b) Talk to the neighbors that you know and with whom you feel comfortable
 - c) Introduce yourself and try to get to know the new neighbor

- 4. How often do you keep in touch with family and friends?**
 - a) Rarely, unless they contact me first, which is usually the case
 - b) I contact them occasionally, but not regularly
 - c) On a regular basis

- 5. When you engage in hobbies, you...**
 - a) Usually like to be by yourself

- b) Sometimes share them with other people
 - c) Almost always share them with other people
- 6. You are taking a very long flight. The woman or man sitting next to you on the plane seems very pleasant and friendly. You...**
- a) Don't care to converse so you read a book or close your eyes
 - b) Engage in a little conversation but hope your seat mate isn't too chatty
 - c) Are eager to talk – it helps make the long flight more interesting
- 7. Your ideal job would involve...**
- a) Minimal interaction with people
 - b) Some interaction with people and some solitary work
 - c) Lots of interaction with people
- 8. You're out grocery shopping and see a neighbor walking down the same aisle. You don't know her very well. You...**
- a) Quickly head in the other direction so you don't have to talk to her
 - b) Nod and say hello, then keep on shopping
 - c) Stop and chat
- 9. You just got a promotion and a raise. You choose to celebrate by:**
- a) Spending a quiet evening at home, perhaps having a special dinner
 - b) Going out to dinner with a friend or loved one
 - c) Getting together with a bunch of friends and/or family
- 10. Do you enjoy attending parties and large social gatherings?**
- a) Not usually
 - b) Sometimes, but I usually prefer smaller gatherings with close friends or family
 - c) Yes – the more the merrier
- 11. How often do you prefer to eat your meals with others?**
- a) I prefer to eat my meals alone most of the time
 - b) I enjoy eating at least one meal a day with others
 - c) I enjoy eating most of my meals with others
- 12. As you walk down the street, you see an elderly lady struggling to carry a heavy bag of groceries to her car. You don't know her. You...**
- a) Pretend not to notice her and keep walking

- b) Acknowledge her if she notices you
- c) Ask her if she would like you to help her carry her bag

Scoring

Number of a, b, and c Answers	Point Value for Answers	Total Point Value (multiply total number of a, b, and c answers by their corresponding point value)
Number a answers:	All a answers = 1 point	
Number of b answers:	All b answers = 5 points	
Number of c answers:	All c answers = 10 points	
		Score (add total of a, b, and c points):

Your Score	Interpretation
12-36	Low Sociability: You seem to prefer your own company to that of others. It may be that you are naturally introverted. However, if anxiety, self-consciousness, or low self-confidence are impairing your sociability, you should seek help.
37-85	Medium Sociability: You seem to prefer the best of both worlds – a balance of socializing and time alone. If you socialize too often, you may find that you need to recharge by spending more time alone and vice versa.
86-120	High Sociability: You seem to be quite sociable. You enjoy connections with people and find them energizing.

Source:

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Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.

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