

How Introverted or Extroverted Are You?

by Amy Scholten, MPH

One aspect of our personalities is how we are energized. People who are introverts draw a lot of energy from their inner worlds: their ideas, impressions and emotions. Extroverts draw a lot of energy from their outer worlds: people, activities and things. There are varying degrees of introversion and extroversion among individual people. Your introverted or extroverted personality influences how you interact with people, tasks and the world, in general.

The purpose of this assessment is to help you determine if you are an introvert or an extrovert or somewhere in the middle. Please keep in mind that this is a *general* assessment, not a diagnostic tool. Please see a counselor or personality specialist for more in-depth testing.

Directions: Please read each statement carefully and select the answer that best describes you. Circle the letter (a, b or c) that corresponds with each answer. When finished, count your total a, b, and c answers and interpret your score at the bottom of the page.

1. People tend to see me as:

- a.) Mostly outgoing
- b.) Sometimes outgoing and sometimes reserved
- c.) Mostly reserved

2. I tend to prefer:

- a.) Being around people most of the time
- b.) A mix of being around people and having time alone
- c.) Having lots of time to myself

3. In social settings, I tend to:

- a.) Talk a lot
- b.) Talk some and listen some
- c.) Mostly listen

4. My preferred social life includes:

- a.) Lots of friends and acquaintances
- b.) Friendships with a special group of people
- c.) A few close relationships

5. When I have a chance to speak, I tend to:

- a.) Speak directly and spontaneously, often before thinking
- b.) Speak while I formulate my thoughts
- c.) Take time to reflect before speaking

6. After spending a lot of time with people, I usually feel:

- a.) Energized
- b.) Normal – neither energized nor tired
- c.) Tired

7. On my days off, I usually like to:

- a.) Spend time shopping, hanging out with friends, or chatting online
- b.) Spend some time alone and some time socializing
- c.) Spend time relaxing with mostly solitary hobbies or reading

8. When among a group of strangers, I usually:

- a.) Go up to people and start a conversation because I enjoy meeting new people
- b.) Try to talk to people, but mostly because I don't like being seen alone
- c.) Stand back and assess the situation before I talk to anyone, or avoid strangers completely

9. For me, meeting new people is:

- a.) Usually easy and fun
- b.) Okay, but only if I have something in common with them
- c.) Rather stressful

10. People are most apt to describe me as:

- a.) Easy to get to know
- b.) Neither easy nor hard to get to know
- c.) Hard to get to know

Answer Key:

Answers	Totals	What Your Score Indicates
a		If you chose mostly a answers , you are an extrovert
b		If you chose mostly b answers , you are in the middle of the introvert/extrovert spectrum. Compare your a and b scores to determine if you're predominantly an introvert or extrovert.
c		If you chose mostly c answers , you are an introvert

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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