

Self Assessment for Introverts

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From "*The Introvert Advantage: How to Thrive in an Extrovert World*"

Are you an Introvert or an Extravert? Or maybe just in the middle? Find out by answering the following thirty questions True or False. If you have more than 15, then you are more Introverted. If less than 15, probably more Extroverted. By the way, Marti scored 30 (very introverted) and her husband, Michael, scored 2 (very extroverted).

_____ When I work on projects, I like to have larger uninterrupted time periods rather than smaller chunks.

_____ I sometimes rehearse things before speaking, occasionally writing notes for myself.

_____ In general, I like to listen more than I like to talk.

_____ People sometimes think I'm quiet, mysterious, aloof or calm.

_____ I like to share special occasions with just one person or a few close friends, rather than have big celebrations.

_____ I usually need to think before I respond or speak.

_____ I tend to notice details many people don't see.

_____ If two people have just had a fight, I feel the tension in the air.

_____ If I say I will do something, I almost always do it.

_____ I feel anxious if I have a deadline or pressure to finish a project.

_____ I can "zone out" if too much is going on.

_____ I like to watch an activity for a while before I decide to join in.

_____ I form lasting relationships.

_____ I don't like to interrupt others; I don't like to be interrupted.

_____ When I take in lots of information, it takes me awhile to sort it out.

_____ I don't like over-stimulating environments. I can't imagine why folks want to go to horror movies or go on roller coasters.

_____ I sometimes have strong reactions to smells, tastes, foods, weather, noises, etc.

_____ I am creative and/or imaginative.

_____ I feel drained after social situations, even when I enjoy myself.

_____ I prefer to be introduced rather than to introduce others.

_____ I can become grouchy if I'm around people or activities too long.

_____ I often feel uncomfortable in new surroundings.

_____ I like people to come to my home, but I don't like them to stay too long.

_____ I often dread returning phone calls.

_____ I find my mind sometimes goes blank when I meet people or when I am asked to speak unexpectedly.

_____ I talk slowly or have gaps in my words, especially if I am tired or if I am trying to speak and think at once.

_____ I don't think of casual acquaintances as friends.

_____ I feel as if I can't show other people my work or ideas until they are fully formulated.

_____ Other people may surprise me by thinking I am smarter than I think I am.

For a full explanation, please refer to pages 30 through 35 in *The Introvert Advantage: How to Thrive in an Extrovert World*.