

## Quiet Quiz: Are You an Introvert or an Extrovert?

To find out where you fall on the introvert-extrovert spectrum, answer each question True or False, choosing the one that applies to you more often than not.

1. \_\_\_\_\_ I prefer one-on-one conversations to group activities.
2. \_\_\_\_\_ I often prefer to express myself in writing.
3. \_\_\_\_\_ I enjoy solitude.
4. \_\_\_\_\_ I seem to care about wealth, fame, and status less than my peers.
5. \_\_\_\_\_ I dislike small talk, but I enjoy talking in depth about topics that matter to me.
6. \_\_\_\_\_ People tell me that 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 voice mail.
17. \_\_\_\_\_ If you 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.

The more often you answered True, the more introverted you are. This is an informal quiz, not a scientifically validated personality test. The questions were formulated based on characteristics of introversion often accepted by contemporary researchers.

Excerpted from: *Quiet: The Power of Introverts in a World That Can't Stop Talking* by Susan Cain