

Take a few minutes to consider your responses to the following comments:

If You Are an Extrovert, You Probably

- want to talk with someone at the end of a busy day.
- have an immediate answer for a question.
- want to invite friends over on Friday night.
- are comfortable repeating something already said by someone else.
- need and like to hear that others love you and like your work.
- start to invite a few friends for dinner and realize you've invited the entire neighborhood.
- find yourself telling your introverted child to get out of her room and call a few friends.
- solve a problem by talking through the solution with someone else.
- feel comfortable initiating a conversation.
- call for the babysitter.
- are comfortable revealing personal things about yourself.
- frequently leave a party chastising yourself for talking too much and not listening.
- enjoy and need to interact with other people and feel exhausted when you have spent too much time alone or only with young children.
- immediately share a new idea or experience with someone and find joy and energy in the telling.

If You Are an Introvert, You Probably

- sit down with the newspaper or zone out in front of the television after a hard day.
- will do anything, even clean the toilets, if someone else will agree to call the sitter.
- can't imagine wanting to invite a group over on Friday night.
- find being in a large group for an extended period of time exhausting.
- share personal information only with those who are very close to you. It may not be unusual for a long-term friend to exclaim, "I never knew that about you!"
- think before answering a question, often berating yourself for not sharing an answer you knew.
- frequently have extroverts ask you the same question twice because they interpret your pause to think as ignorance of the question.
- prefer dinner with the family or one special friend, rather than with the whole neighborhood.
- find yourself hiding in the bathroom or back bedroom at large family gatherings.
- solve a problem by thinking it through yourself before ever talking about it with anyone else.
- get tired of telling extroverts what a wonderful job they're doing and how much you love and appreciate them.

TOTAL- Count how many statements you agreed with in each group.

- Extroverted statements
- Introverted statements

If you checked more extrovert statements, your energy comes from outside sources. If you checked more introvert statements, your energy comes from inside sources.