**Where do you fall on the introvert/extrovert spectrum?**

Answer each question true or false, choosing the answer 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 less than my peers about wealth, fame, and status
5. I dislike small talk, but I enjoy talking in depth about topics that matter to me
6. People tell me that I’m 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 to voicemail
17. If I 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 multi-tasking
19. I can concentrate easily
20. In classroom situations, I prefer lectures to seminars