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.*