QUIZ
How much of an introvert are you?

Most of us can be introvert-ish, at least sometimes. Ambiverts have a mix of extrovert and introvert traits. What’s your mix? Answer these true or false questions. Choose 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 rather than spoken words.
3. I dislike small talk, but I enjoy talking in depth about topics that are important to me.
4. People tell me that I’m a good listener.
5. I’m not a big risk taker.
6. I enjoy work that allows me to “dive in” with few interruptions.
7. I like to celebrate birthdays with just a few close friends and family.
8. I tend to think before I speak.
9. I feel drained after being out and about, even if I’ve enjoyed myself.
10. I often let calls go to voicemail.
11. I prefer a weekend of nothing planned to a weekend packed with activities.
12. I prefer lectures to discussions and seminars.

The more you chose “true,” the more introverted you may be.

Quiz adapted with permission from Quiet: The Power of Introverts in a World That Can’t Stop Talking by Susan Cain (Random House, 2012).