

Introverts & Extroverts



Am I more of an introvert?

- Enjoy time alone.
- Gain energy through inner reflection and solitude.
- Get more excited by ideas than by external activities.
- Prefer a few deep, close relationships to many casual ones.
- Feel tired and drained after socializing, even if you enjoyed it.
- Listen well and expect others to do the same.
- Think first and talk later.
- Express yourself well in writing.
- Do your best thinking alone.
- Enjoy time alone.
- Avoid small talk whenever possible.
- “Introvert hangover”
- Strong attention to details.
- You live in your head.
- You’re a good listener.

Or am I more of an extrovert?

- Be primarily interested in and concerned with the external world.
- Gain energy from socializing and being “out and about.”
- Find your energy is depleted when you spend too much time alone.
- Prefer talking with someone rather than sitting alone and thinking.
- Think *as* you speak.
- Numerous, broad interests.
- Looks to others as source of inspiration and ideas.
- Likes to talk about thoughts and feelings.
- Enjoy meeting new people.
- Enjoys group work.
- Enjoys being the center of attention.
- Express yourself well verbally.
- May seem “always on the go.”
- May come across as confident, friendly, and assertive.