

**Figure 12.2. Extroversion/Introversion Test.**

Take the following self-test and score yourself according to the directions at the end. You must circle either *a* or *b*, even if you have a hard time placing yourself into one or the other.

1. I usually like
  - a. mixing with people
  - b. working alone
2. I'm more inclined to be
  - a. fairly reserved
  - b. pretty easy to approach
3. I'm happiest when I'm
  - a. alone
  - b. with other people
4. At a party, I
  - a. interact with many, including stranger
  - b. interact with a few people I know
5. In my social contacts and groups, I usually
  - a. get behind on the news
  - b. keep abreast of what's happening with others
6. I can usually do something better by
  - a. figuring it out on my own
  - b. talking with others about it
7. My usual pattern when I'm with other people is
  - a. to be open and frank, and take risks
  - b. to keep to myself and not be very open
8. When I make friends, usually
  - a. someone else makes the first move
  - b. I make the first move
9. I would rather
  - a. be at home on my own
  - b. go to a boring party
10. Interaction with people I don't know
  - a. stimulates and energizes me
  - b. taxes my reserves
11. In a group of people I usually
  - a. wait to be approached
  - b. initiate conversation
12. When I'm by myself I usually feel a sense of
  - a. solitude and peacefulness
  - b. loneliness and uneasiness
13. In a classroom situation I prefer
  - a. group work, interacting with others
  - b. individual work

14. When I get into a quarrel or argument, I prefer to
  - a. be silent, hoping the issue will resolve itself or blow over
  - b. "have it out" and settle the issue right then and there
15. When I try to put deep or complex thoughts into words, I usually
  - a. have quite a hard time
  - b. do so fairly easily

**Scoring procedure:**

Mark an **X** corresponding to your choices in the grid below.

	(a)	b		a	(b)		a	(b)
1			2			3		
4			5			6		
7			8			9		
10			11			12		
13			14			15		
<b>Totals</b>			+			+		=

Add up the number of **X**'s in **ONLY** three of the columns, as indicated.

(Ignore all other **X**'s.) Total those three numbers to get a grand total and write it in the box at the right. This is your score for the test. Here's how to interpret your score:

13 and above:	quite extroverted
9 to 12:	moderately extroverted
7 or 8:	moderately introverted
6 and below:	quite introverted