

Extroversion-Ambiversion-Introversion Preference Assessment

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Instructions: Read each statement. **If it applies to you at least 75% of the time, mark the box.** Add the number of boxes marked and record at the end of each column.

Column 1	Column 2	Column 3
<input type="checkbox"/> At work I have an open-door policy and don't mind interruptions. <input type="checkbox"/> I usually find crowds energizing. <input type="checkbox"/> I always keep score when playing. <input type="checkbox"/> I concentrate better with TV or music in the background. <input type="checkbox"/> I find timed tests stimulating and an additional challenge. <input type="checkbox"/> I am competitive and want to win! <input type="checkbox"/> I often do things with friends in the evenings and on weekends. <input type="checkbox"/> I crave stimulation—the more the better. <input type="checkbox"/> I enjoy parties and am often the first to arrive and the last to leave <input type="checkbox"/> I prefer working with people rather than working alone. <input type="checkbox"/> I like noisy, busy environments. <input type="checkbox"/> Being around people is energizing. <input type="checkbox"/> I am often considered the life of the party and enjoy the attention. <input type="checkbox"/> I circulate a lot at parties. <input type="checkbox"/> When I make presentations I like to go early and stay late to chat with attendees or for Q & As. <input type="checkbox"/> Being around people tends to recharge my energy. <input type="checkbox"/> I can get bored, restless, or sleepy in quiet environments. <input type="checkbox"/> I tend to need frequent breaks when trying to focus or pay attention. <input type="checkbox"/> I prefer to participate rather than observe in most instances. <input type="checkbox"/> My brain craves stimulation but I get that easily from other people <input type="checkbox"/> I enjoy negotiating, wheeling and dealing, and can make presentatons, but prefer working independently.	<input type="checkbox"/> At work I schedule appointments and have specified open-door hours. <input type="checkbox"/> I prefer small groups of people. <input type="checkbox"/> I can keep score or just play for fun. <input type="checkbox"/> I can concentrate with either the TV or music playing but not both. <input type="checkbox"/> I can deal with timed tests but prefer those that are untimed. <input type="checkbox"/> I prefer competing with myself. <input type="checkbox"/> I sometimes do things with friends in the evenings and on weekends. <input type="checkbox"/> I need some stimulation followed by some down time. <input type="checkbox"/> I like some parties but am rarely the first to arrive or the last to leave. <input type="checkbox"/> I prefer a balance: working with people and sometimes working alone. <input type="checkbox"/> I like moderate environments. <input type="checkbox"/> Being around people can be energizing for a time. <input type="checkbox"/> I can be the center of attention but also can live without it. <input type="checkbox"/> I circulate some at parties. <input type="checkbox"/> When I make presentations like to have minimal time in advance and want to take only a few Q & As. <input type="checkbox"/> Being around people is okay for moderate amounts of time. <input type="checkbox"/> I can get overwhelmed if the environment is too stimulating. <input type="checkbox"/> I can focus but typically look forward to regular breaks. <input type="checkbox"/> I prefer to observe for a while before jumping in and participating. <input type="checkbox"/> I like to be around people some of the time but also need time alone. <input type="checkbox"/> I can work with a team, collaborate, make presentations, and be a team leader.	<input type="checkbox"/> At work I prefer scheduled appointments rather than open-door <input type="checkbox"/> I avoid crowds as they exhaust me. <input type="checkbox"/> I prefer playing without keeping score. <input type="checkbox"/> I tend to concentrate better in a quiet environment. <input type="checkbox"/> I tend to freeze when in a timed test even when I know the information. <input type="checkbox"/> I find competition very stressful. <input type="checkbox"/> I occasionally do things with friends in the evening or on weekends. <input type="checkbox"/> I get overloaded quickly with too much stimulation. <input type="checkbox"/> I tend to avoid parties and if I do go, often leave early. <input type="checkbox"/> I prefer working by myself or just one other person. <input type="checkbox"/> I like quiet, calm environments. <input type="checkbox"/> Being around people is exhausting <input type="checkbox"/> I dislike being the center of attention and try to avoid it. <input type="checkbox"/> I rarely circulate at parties. <input type="checkbox"/> When I make presentations I prefer quiet time in advance and want to slip away at the end. <input type="checkbox"/> Being around others tends to drain my energy. <input type="checkbox"/> I can get sick after spending time in overly-stimulating environments. <input type="checkbox"/> I can focus for long periods of time whether or not there are breaks. <input type="checkbox"/> I prefer to observe rather than participate in most instances. <input type="checkbox"/> I prefer to be alone most of the time or with a close friend. <input type="checkbox"/> I prefer working alone, researching data, developing ideas, and sending a written report to the team.
Total # boxes marked = ____ / 21	Total # boxes marked = ____ / 21	Total # boxes marked = ____ / 21