

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.** If not, move on to the next statement. Add the number of boxes marked and record the number 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"/> Music or other distraction in the background helps me concentrate. <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 frequently do things with friends in the evenings and on weekends. <input type="checkbox"/> My brain craves stimulation to stay alert (people, equipment, games). <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 prefer stimulating environments—busy, energizing, challenging . . . <input type="checkbox"/> Being around people is energizing. <input type="checkbox"/> I enjoy being the center of attention and am often the “life of the party.” <input type="checkbox"/> I circulate a lot at gatherings. <input type="checkbox"/> When I make presentations I like to go early and stay late to chat with attendees or for Q & A's. <input type="checkbox"/> Being around people tends to recharge my energy. <input type="checkbox"/> I get bored or sleepy in environments with minimal amounts of stimulation. <input type="checkbox"/> I tend to need frequent breaks when trying to focus or pay attention. <input type="checkbox"/> I like to jump in and participate rather than be an observer in most instances. <input type="checkbox"/> I enjoy being around people, period. The more the merrier. It's the fastest way for my brain to get stimulation. <input type="checkbox"/> I enjoy negotiating, networking, wheeling and dealing, and presenting, but prefer to work independently.	<input type="checkbox"/> At work I schedule appointments and have specified open-door hours. <input type="checkbox"/> I prefer smaller groups of people. <input type="checkbox"/> I can keep score or just play for fun. <input type="checkbox"/> I can sometimes concentrate with music playing depending on the task. <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/or on weekends. <input type="checkbox"/> My brain likes 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 working alone. <input type="checkbox"/> I prefer moderately stimulating environments. <input type="checkbox"/> People can be energizing for a while. <input type="checkbox"/> I can be the center of attention for a short time but also can live without it. <input type="checkbox"/> I circulate some at gatherings. <input type="checkbox"/> When I make presentations I like to arrive a short time in advance and want to take only a few Q & As. <input type="checkbox"/> Being around people is energy-neutral for moderate amounts of time. <input type="checkbox"/> I prefer environments with only moderate amounts of stimulation. <input type="checkbox"/> I can focus for moderate periods of time but like regular breaks. <input type="checkbox"/> I like to observe for a while before deciding whether I want to participate. <input type="checkbox"/> I like being around people some of the time but also need to have time alone or just with my family. <input type="checkbox"/> I like being a member of a team and enjoy collaborating and even being 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 to play for fun (no score) <input type="checkbox"/> I tend to concentrate best in quiet environments free of distractions. <input type="checkbox"/> I tend to freeze when in timed tests even when I know the information. <input type="checkbox"/> I find competition very stressful. <input type="checkbox"/> I occasionally do things with friends on weekends, rarely during the week. <input type="checkbox"/> My brain gets overloaded quickly from stimulation and can shut down. <input type="checkbox"/> I tend to avoid parties and if I do go, I often leave early. <input type="checkbox"/> I prefer working by myself or with just one or two other persons <input type="checkbox"/> I prefer quiet, calm environments with minimal stimulation. <input type="checkbox"/> Being around people is exhausting <input type="checkbox"/> I dislike being the center of attention and avoid it. <input type="checkbox"/> I rarely circulate at gatherings. <input type="checkbox"/> When I make presentations I prefer quiet sequestered time in advance and want to slip away at the end. <input type="checkbox"/> Being around people 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 be an observer rather than a participant in most instances. <input type="checkbox"/> I enjoy being alone although I can spend time periodically working or socializing with one or two people. <input type="checkbox"/> I like researching, developing ideas, and then making or sending a report to the team but not be as a member.
Total # boxes marked = ____ / 21	Total # boxes marked = ____ / 21	Total # boxes marked = ____ / 21