

Explanation of EAI Preference Assessment

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Record column scores below.

Column 1 = Extroverted	Column 2 = Ambiverted	Column 3 = Introverted
Total _____ / 21	Total _____ / 21	Total _____ / 21
Extroverts, estimated to comprise 15-16 percent of the general population, tend to seek higher than average levels of stimulation in order to feel alive and alert and need shorter amounts of recovery time.	Ambiverts, estimated to account for 70-72 percent of the population, tend to seek average levels of stimulation and typically need almost equal amounts of recovery time.	Introverts, estimated to be 15-16 percent of the population, tend to seek lower than average levels of stimulation in order to avoid becoming overwhelmed and usually need longer recovery times.

Extroversion, ambiversion, and introversion are labels that describe the brain's focus—primarily external, internal, or a balanced mix of the two—and the required energy expenditures in relation to the amount of stimulation in the environment.

The column with the highest score usually represents your overall EAI preference and describes the types of environments and the amounts of stimulation that typically work best for your brain.

EAI Continuum

Extroverts 15-16%	Ambiverts 70-72%	Introverts 15-16%
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You can move along the continuum from time to time depending on what is required of you at the moment or the type of environment in which you must function, but it will likely require higher expenditures of energy. Your brain may crave and thrive on stimulation but may prefer to get it from nature or equipment or an environment that does not involve people.

Use your scores as a starting point for evaluating the level of stimulation that matches your brain.

For additional information refer to:

www.arlenetaylor.org Practical Applications, EAI

www.arlenetaylor.org Brain References, EAI