

Introvert – Extrovert Quiz

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Which do you prefer? A or B?

| Category | A | B |
|----------------------|-------------------------------------|--|
| Social Life | Groups | One-on-one |
| Communication | Verbal-Talking/Speaking | Non-Verbal-Writing/Email |
| Work Life | Work w/ others- Meetings, Groups | Working alone – Computers, books |
| Noise | Loud music, talking, activity | Silence, stillness |
| Energy | Energized by being with others | Drained by being with others |
| Attention | Enjoy multi-tasking | Enjoy focusing on a single task |
| Competition | Driven to compete with others | Avoids competition |
| Risk | Energized by taking risks | Avoids risk |
| Sharing | Boldly shares accomplishments | Uncomfortable sharing accomplishments |
| Learning | Teach me what you know – fast | Research it myself – slow, meditate on it |

If you selected more of the “A” column, then you are probably an extrovert. If you selected more of the “B” column, then you are probably an introvert.

Careers for Introverts and Extroverts

You may feel like you have chosen the wrong career based on your level of introversion or extroversion, but maybe you just need to change jobs within the same field. Look at the following examples:

| Field | Extrovert | Introvert |
|---------------------------|--------------------------------------|--|
| Accounting/Finance | Accounting Manager/Financial Planner | Staff Accountant/ Financial Analyst |
| Communications | Speaker, Publicity Director | Writer, Researcher |
| Computer/IT | Manager or Salesperson | Computer Programmer |
| Health Care | Physical Therapist, Nurse | Pharmacist, Counselor |
| Education | Administrator, Teacher | Researcher, Librarian, Writer |