

Rank each of the statements below on a scale of 1 to 10, with 1 being 'not true of me at all' and 10 being 'very true of me'.

- ☐ I enjoy spending time in solitude
- ☐ I prefer someone else to be the centre of attention
- ☐ I prefer spending time one-on-one with others rather than hanging out in a group
- ☐ I listen and think before I speak
- ☐ I need time to process before making decisions
- ☐ I'm drawn to deep conversations and thoughts
- ☐ I need time alone to recharge and reflect
- ☐ I'm observant and often notice what others miss
- ☐ I prefer working in quiet, independent environments
- ☐ I'm at my best when I fully focus rather than divide my attention

Add up your answers for a total score:

Extrovert ←————→ Introvert  
Score: 0                      50                      100

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