

Rate each item from 1 to 5, where 1 = doesn't apply to me at all, and 5 = really applies to me:

- | | | | |
|--|-------|---|-------|
| 1. Make friends easily. | _____ | 11. Take charge. | _____ |
| 2. Am hard to get to know. | _____ | 12. Have a strong personality. | _____ |
| 3. Keep others at a distance. | _____ | 13. Lack the talent for influencing people. | _____ |
| 4. Reveal little about myself. | _____ | 14. Know how to captivate people. | _____ |
| 5. Warm up quickly to others. | _____ | 15. Wait for others to lead the way. | _____ |
| 6. Rarely get caught up in the excitement. | _____ | 16. See myself as a good leader. | _____ |
| 7. Am not a very enthusiastic person. | _____ | 17. Can talk others into doing things. | _____ |
| 8. Show my feelings when I'm happy. | _____ | 18. Hold back my opinions. | _____ |
| 9. Have a lot of fun. | _____ | 19. Am the first to act. | _____ |
| 10. Laugh a lot. | _____ | 20. Do not have an assertive personality. | _____ |

How to calculate totals:

- Reverse code items #2, #3, #4, #6, #7, #13, #15, #18, and #20 (replace 5=1, 4=2, 3=3, 2=4, and 1=5)
- Add up the subtotal for 1-10, then calculate the average
- Add up the subtotal for 11-20, then calculate the average
- Add up the grand total for 1-20, then calculate the average

Subtotal for 1-10	_____	Subtotal for 11-20	_____
Average (subtotal/10)	_____	Average (subtotal/10)	_____
		Grand Total for 1-20	_____
		Average (total/20)	_____

Grand Total Results

If you averaged 3.0 or less, you are probably an introvert.
If you averaged between 3.1-3.8, you are probably an ambivert.
If you averaged 3.9 or higher, you are probably an extravert.

Subtotal Results

Aspects of introversion/extraversion can be split into two areas: enthusiasm and assertiveness.

The first 10 questions assess "engagement" and the second 10 questions assess "assertiveness".

2. Misconceptions & Modern Psychology

The modern way of thinking about and assessing personality is with the Big Five personality traits (goo.gl/VfCdCy).

The Big Five are:

- O – Openness to experience
- C – Conscientiousness
- E – Extraversion
- A – Agreeableness
- N – Neuroticism

Based on research and this new framework, some old thinking around introversion has gone out the window.

For example, the following attributes are no longer linked to the Extraversion/Introversion category – they are actually correlated to other categories in the Big Five.

Do you relate to any of these?

- High sensitivity
- High self-consciousness
- Highly inhibited
- Vulnerable, easily hurt, defensive
- Social anxiety
- Introspectiveness & intellectual depth
- Having a rich inner life
- Not needing positive stimulation
- Not being gregarious
- Having negative emotions
- Preferring solitude over social interaction

So, what is the current definition?

The current theory for defining extraversion/introversion is “sensitivity to rewards in the environment.”

“...it seems to be specifically the reward value of a situation, not the social nature of the situation, that predicts whether extraverts enjoy the situation more than introverts. Consistent with this, several fMRI and EEG studies have shown that brain activity in response to a variety of rewards (favorite brands, humor, happy faces, monetary rewards and pleasant emotional stimuli) are associated with extraversion.”

3b. Dopamine Theory

Huh. So what might be going on here? What makes this difference between people?

There's a theory that it's related to differences in the brain, including the production of dopamine.

“From a biological perspective, reward sensitivity is likely governed by dopamine. While dopamine is involved in a variety of cognitive and motivational processes, the unifying function of dopamine is exploration. According to Colin DeYoung, ‘the release of dopamine, anywhere in the dopaminergic system, increases motivation to explore and facilitates cognitive and behavioral processes useful in exploration.’

... This probably explains why a lot of introverts notice that they often need to be alone to recharge their batteries after vigorous social interactions, whereas extraverts appear to gain energy from social interactions. This can be explained by dopamine's function in energizing potentially rewarding social interactions, as well as its role in overcoming the cost of effort. For introverts, such interactions are more effortful and tiring due to their less active reward system.”

Note: Information quoted within this activity sheet is from “Will the Real Introverts Please Stand Up?” by Scott Barry Kaufman for Scientific American. We encourage you to read the full piece at goo.gl/d4vhSQ

Did you relate to your results in the quiz (p.1)?

Did you relate to any “misconception” attributes (p.2)?

Do you think you’re introverted, shy, or something else?

How does being introverted/other affect your life?

Do you have any tactics for flourishing as an introvert?

Thank you so much for coming!

Let us know how you’re going on Facebook:

facebook.com/groups/girlsclubxo

Upcoming Events

September	Resilience
October	My Personality
November	Thank You Notes
Dec-Feb	[Closed]