

Carers' Self Advocacy Toolkit

Extrovert or introvert?



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An extrovert could be described as someone who enjoys and naturally seeks the company of others to help them relax. An introvert by contrast could be said to be someone who tends to find they can relax with a few people around them or by being on their own. Humans are good at adapting their behaviours and it's possible for an introvert to flourish in the company of others and for an extrovert to enjoy time alone. Have a look at the following questions and see where your preferences lie. There is no right and wrong result!

- I prefer parties and large gatherings of people 1
- I prefer being with people I feel very close to 2

- I tend to come alive when I am in a busy place 1
- I tend to feel uncomfortable when I am in a busy place 2

- I enjoy telling stories and jokes to friends and family 1
- I tend to listen more than I speak 2

- I enjoy striking up conversations with strangers when I'm out and about 1
- I tend to avoid talking to strangers when I'm in public 2

- If I want something, I just go and get it 1
- If I want something, I think about the pros and cons of asking for it 2

- I prefer just doing things than preparing or planning for them 1
- preparation and planning are important to me 2

- I'd be happy to take part in a karaoke competition if I could sing 1
- There's no way I would sing in public even if I could sing 2

- In a group I am able to say what is on my mind 1
- In a group it often feels like a big risk to speak 2

- If someone doesn't like what I say, I don't worry about it 1
- It feels very uncomfortable to be in confrontation with someone 2

Mainly 1s

You relish social life, and are energized by interacting with friends and strangers alike. You are assertive, go-getting, and able to seize the day. You're great at thinking on your feet, and are relatively comfortable with conflict, which gives you an advantage when you are trying to get your voice heard. Extroverts tend to have better rapport skills. However speaking before thinking can get you into hot water sometimes.

Mainly 2s

Given the choice, you'll devote your social energy to the people you care about most, preferring a glass of wine with a close friend to a party full of strangers. Introverts can find it difficult to speak up for themselves and tend to be more reticent in asking for things. However they tend to know what they are going to say, which can help them get their points across very effectively and you are less likely than an extrovert to come across as threatening.

A Mix of 1s and 2s

If you were fairly evenly spread over 1s and 2s you may be an 'ambivert' in the middle of the extrovert-introvert spectrum. You can tap into either 'side', giving you more choice.

See the section of the Guide on 'Thinking about your thinking' for more resources on communication and self-awareness.