**EXTROVERT**

I am seen as "outgoing" or as a "people person.”

I have a wide range of friends and know lots of people.

Feel comfortable around people.

Start conversations.

Talk to a lot of different people at parties.

Don't mind being the center of attention.

Am the life of the party.

**INTROVERT**

I am seen as "reflective" or “reserved.”

Don't talk a lot. Have little to say.

Keep in the background.

Spend time reflecting on things.

Don't like to draw attention to myself.

Am quiet around strangers.

I sometimes spend too much time reflecting and don't move into action quickly enough.