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|  | **Introvert Versus Extrovert** |
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| **[Where do you get your attention and energy???]** |
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Extraversion and Introversion explain different attitudes people use to direct their energy. Do you like to spend time in the outer world of people and things (Extraversion) or in your inner world of ideas and images (Introversion)? Introversion and extroversion refer to the heart of human nature and overall temperament.

**Extroversion**

* I like getting my energy through involvement in events and activities.
* I’m excited when I’m around other people.
* I like to help energize other people.
* I tend to understand a problem better when I can talk out loud and hear what others have to say.
* I am seen as “outgoing” or as a “people person”.
* I feel comfortable in groups and like working in them.
* I have a wide range of friends and know a lot of different people.
* I sometimes jump too quickly into an activity and don’t allow enough time to think it over.
* I like moving into action and making things happen.
* Before I start a project, I sometimes forget to stop and get clear on what I want to do and why.

**Introversion**

* I like getting my energy from my ideas, pictures, memories, and reactions that are inside my head.
* I prefer to do things alone or with two other people.
* I like time to reflect before I start a new task.
* I am seen as “reflective” or “reserved”.
* I feel comfortable being alone and like to do things on my own.
* I prefer to know just a few people.
* I sometimes spend too much time reflecting and don’t move into action quickly enough.
* I sometimes forget to check with the outside world to see if my ideas really fit the experience.