

FUNSHEET



SURVIVAL GUIDE FOR **INTROVERTS**

**ABSOLUTELY
WRITE**
WITH ADITI SURANA

WM
IVM PODCASTS

SURVIVAL GUIDE FOR INTROVERTS

Let me rephrase today's topic. A Survival guide for three kinds of people all the confused introverts who have been trying to fit in forever by pretending to behave like others. All the full blown introverts who have given up on the world All the extrovert victims who have struggled to survive with introverts

Let's find out which category you belong to. Add up the score of the future written in front of your answer in both questionnaire & handwriting strokes. Total the final score to know if you are an extrovert, ambivert or introvert.

Before starting this test, I would like you to write a paragraph in the box given below. Follow these simple instructions. Think of a topic that you would like to write about. You can choose anything...Literally anything. Now spontaneously write a paragraph of 4-5 lines.

A. I tend to be reserved when dealing with people I don't know very well.

1. Completely true
2. Mostly true
3. Somewhat true / false
4. Mostly false
5. Completely false

B. I enjoy small-talk.

1. Completely true
2. Mostly true
3. Somewhat true / false
4. Mostly false
5. Completely false

C. When I go out, it's usually with a large group of friends.

1. Completely true
2. Mostly true
3. Somewhat true / false
4. Mostly false
5. Completely false

D. I would consider myself an outgoing person.

1. Completely true
2. Mostly true
3. Somewhat true / false
4. Mostly false
5. Completely false

E. I eagerly share my thoughts and feelings with other people.

1. Completely true
2. Mostly true
3. Somewhat true / false
4. Mostly false
5. Completely false

F. I am very talkative.

1. Completely true
2. Mostly true
3. Somewhat true / false
4. Mostly false
5. Completely false

G. It takes me a lot of time to feel comfortable opening up to other people.

1. Completely true
2. Mostly true
3. Somewhat true / false
4. Mostly false
5. Completely false

H. I get bored when I'm by myself.

1. Completely true
2. Mostly true
3. Somewhat true / false
4. Mostly false
5. Completely false

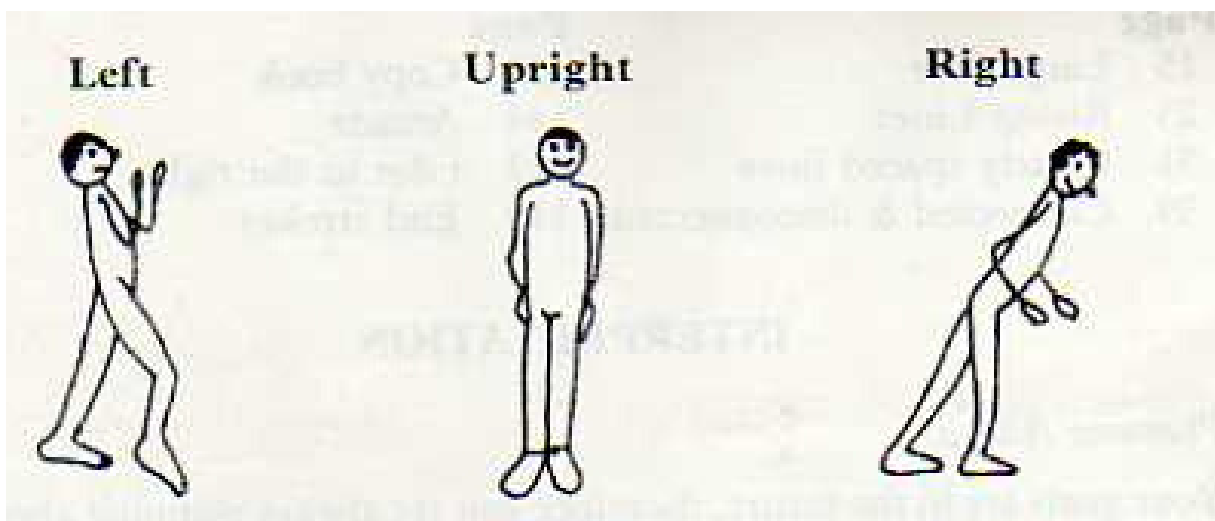
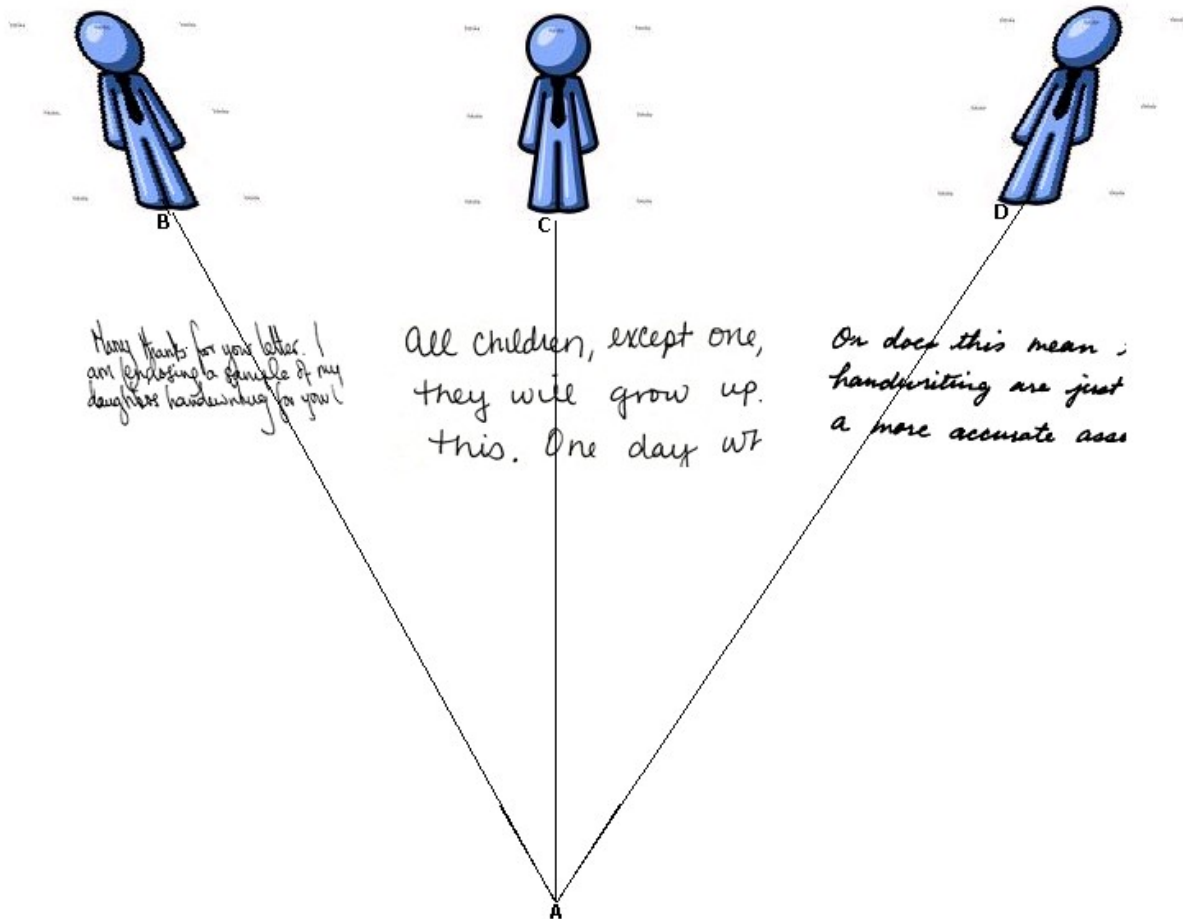
I. When I have some free time I:

1. almost always like to do something with others
2. usually like to do something with others
3. sometimes like to be with others but also enjoy spending time by myself
4. usually prefer to spend time alone
5. almost always prefer to spend time alone

J. Other things being equal, I:

1. almost always prefer working in a team
2. usually prefer working in a team
3. enjoy both teamwork and working alone
4. usually prefer working alone
5. almost always prefer working alone

Handwriting test:



Handwriting test:

Add these points to your score.

- 15 point - If your writing is left slanted, you like to think about yourself and generally refer to what you have or haven't done in the past. You love spending time alone.
- 10 points - The upright slant is concerned with living in the present, and a mixture of left and right slant will show that you have a very flexible mind, in that you exhibit the desires of both slants at different times.
- 5 points - On the other hand, if your writing is right slanted you have a desire to communicate with others, because when you are talking to other people there is always an anticipation of a reply (i.e. in the future).

Total your score. _____

- This is what your score means:
- Below 25 - extrovert
- 25 - 40 - Ambivert
- Above 40 - Introvert