



ANITA YOKOTA

Are you an introvert
or extrovert?
Take the quiz!

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Let's get started!

1. To prep for an event you are hosting, you....

- A. Buy a cute outfit, text all your friends, and reserve the hot new restaurant in town.
- B. Prep? You say that as if you think I want to host. LOL.
- C. Group chat the besties and invite them over for a low-key night in.

2. When dealing with a design dilemma, you...

- A. Immediately group text friends and ask each one for their opinion.
- B. Google and watch youtube videos to figure out how to tackle it on your own.
- C. Why deal with today what you can put off until tomorrow, or the next day, or the day after that, or...

3. Being around people makes you feel...

- A. Energized. We need to do this more often!
- B. Drained like the batteries in a garage sale toy.
- C. It's a mixed bag. Sometimes I ride 'til dawn. Other times I wish I would have stayed home and rewatched Schitt's Creek. Seriously, David!

4. The perfect get together is...

- A. Did you say front row, at Madison Square Garden? You don't have to ask twice!
- B. Girls night IN with wine, snacks, and a movie we never get to because we were laughing and talking too much.
- C. Something that challenges us like an escape room or a hike, where we're all in it together.

5. During parties or social gatherings, you tend to...

- A. Talk to everyone — even folks you don't know. Strangers are just friends you haven't met yet, right?
- B. Seek out friends so they catch you up on their lives.
- C. Pick a quiet corner of the party, hang back, people watch, and probably head out a bit early.

You're halfway there.

6. When it comes to communication, you....

- A. Want to talk in person — facial expression, tone of voice, and connection are best when it's human to human.
- B. Could spend hours talking on the phone catching up with friends. Calling is the best because you get to hear them but skip all that awkward eye contact.
- C. I'll text people even if we're in the same room. I mean, do people even dial a phone anymore?

7. People describe you as a fun loving person who expresses every feeling you have when you have it.

- A. Is there any other way? Filters are for furnaces. I want to get to the heart of the issue.
- B. Fun-loving, I'll give you, but I like to keep my emotional cards close the vest.
- C. Who are you even talking about? I'm way too shy to be described as outgoing. And sometimes I'm not even sure what I'm feeling, let alone willing to tell you.

8. Public speaking is

- A. LIFE! Put me on the stage.
- B. A really important skill. One I am working on and want to get better at.
- C. The emotional equivalent of getting run over by a MAC truck.

9. As far as leadership goes you...

- A. Are a natural fit. I tend to attract people to me and don't have any problem taking the lead.
- B. Are a solo act. I get the importance of a group, but I like to be a lone wolf.
- C. Are a reluctant leader. I can do it if I have to and am good at, but sometimes it's a headache that I'm happy to let someone else have.

10. As far as making new friends goes, you...

- A. Thrive on making new friends. I'm that person who talks to the grocery checker every time I check out...which reminds me, I need to ask Patty how she's doing.
- B. Want to run for the hills. I've got my squad. No reason to bring more people in.
- C. Are a chameleon. If I'm in the mood, I can strike up a conversation in line for my latte. Other times I just want to be that anonymous double macchiato.

The results are in!

If you answered mostly A you are an **EXTROVERT**:

Outgoing and talkative, extroverts, like you, draw energy from being surrounded by people. While introverts — and ambiverts to an extent — need to escape to a quiet place after a night out with friends or an intense meeting. You find that too much alone time drains your energy. In fact, as an extrovert you probably recharge your internal batteries by being around other people and you thrive in collaborative environments at work, play, or in relationships. And FYI, as an extrovert you have a lot to offer to your less social counterparts by drawing them out or holding the balance in social situations for them.

If you answered mostly B you are an **AMBIVERT**:

We know that extroverts draw energy from being in high-energy, social situations and introverts draw from quietude, that means as an ambivert you fall in the middle. Fact is, personality traits like extroversion and introversion range widely. Given that, I tend to believe that there are far more of you ambiverts than any of us would guess, despite the fact that we talk the most about your more social extrovert and more-reflective introvert counterparts. Why should they get all the spotlight, right? As an ambivert, your social flexibility allows you to shine. You are able to blend into either group based on your mood, which does make it harder to nail down, but that doesn't mean you aren't capable of both. Some people would describe you as a the energizer bunny while others would describe you as subdued. It just depends on how they know you.

If you answered mostly C you are an **INTROVERT**:

Carl Jung popularized the term introversion, which suggests a person who gains energy from reflection and loses energy in social gatherings. There are actually lots of common misconceptions about introverts, like the fact that they're loners who love to be hermits. A cheat sheet: Introverts, like you, can have stellar social skills just like an avid extrovert! You just usually prefer to be alone or in small groups, because you think—a lot—before you speak. That means you need the space and the support to open up and be yourself. And just because you're quiet doesn't mean something is wrong. It means you are protecting your energy. Those who do get to know you, get to see all parts of you, even the moments when you aren't so quiet.