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Someone in Anytown, USA

Premium Personality Profile

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Extraversion ▶

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Extraversion

Outgoing or Reserved

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Introduction to Extraversion

Some days you want to hang out by yourself, not answer the phone, and make the world go away. The next day you e-mail everyone, schedule lunch with a friend, and try to find an evening gathering to take part in. It may be the phases of the moon, or something you ate; some days are just like that. In actuality, your desire to be with others or to be alone reflects something deep in your personality. Some of us are more comfortable by ourselves or with one or two friends, while others of us crave the crowd and can't stand it when the house is empty or the phone doesn't ring. The following paragraphs describe your fundamental desires about being with other people; whether you are generally an outgoing person or more reserved, if you seek adventures with others, if you tend toward assertiveness or kindness.

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When it comes to Extraversion you are:

RESERVED

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Words that describe you:

- Thoughtful
- Modest
- Reflective
- Private
- Introverted
- Careful
- Restrained
- Meditative

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A General Description of How You Interact with Others

You are generally a modest and private person. You are thoughtful and careful before making decisions and offering opinions. You most likely have a number of good friends and you greatly enjoy spending time with them. But even with your friends you tend not to be terribly outgoing; you open up, but slowly, and share yourself, but in a careful way. For you quality is much more important than quantity. When it comes to your social life you are more comfortable with deeper, well nurtured friendships than with having a social calendar that rivals that of a socialite.

Whether at work or in social situations, you neither need nor particularly like the spotlight. In fact, it is often the case that your friends and colleagues think you deserve more credit than you take and more attention than you get. But that isn't really your style. Again, you don't crave flash and attention, it's quality and depth you treasure.

This isn't to say that you don't want to be around people or that you aren't good in relationships and in social situations. In fact, you need the companionship of people, you just prefer quiet conversations with a friend or a small group to finding a new party to go to every week. Your social encounters balance out the side of you that likes your own company and having enough time to think and reflect. But you do find that life has a better rhythm for you when there is enough quiet time to deliberate on your own so that you are refreshed for your next encounter with friends and colleagues.

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Negative Reactions Others May Have Toward You

You may occasionally run into problems with other people. Particularly those who may want more from you than you want to contribute, ones who may feel that by holding back you're not holding up your end of the social bargain. Others may guess, correctly, that there is a wealth in you that they would like to tap into, but may assume that you are unwilling to share. Their positive expectations will be confirmed on those occasions when you do open up. But your social style is one you have developed carefully and positively.

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Positive Responses Others May Have Toward You

While some people can be frustrated by your thoughtful manner, others will appreciate you, and it won't take them long for them to realize that you are one of those who values depth and substance over flash and casualness. Even in private conversations there are times when you are more willing to listen than to open up. They will appreciate having more time to share their own thoughts and more of the spotlight than you care for. It is also likely that when you do choose to contribute they will listen because they've learned that you speak from a deep well of contemplation and reflection. It may take you some time, but if you're thoughtful about it, you will find a few friends who understand your



reserved nature and will enjoy certain social situations in which you are fairly comfortable and in which people are equally as comfortable with you.

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