

Introvert, Extrovert, or Something in Between?



Intermediate (B1-B2)

Part 1. Where do you sit on the scale? Circle your number, then explain your choice to your partner.

1	2	3	4	5	6	7	8	9	10
Introvert			Ambivert				Extrovert		

- Why did you choose that number?
- Does your number change depending on the situation – work, family, strangers?
- Would the people closest to you agree with your choice?



Part 2. Choose one option in each pair. Give a reason or example.

A busy party with people you don't know	or	a quiet dinner with two close friends?
Working in an open-plan office	or	working from home alone?
Being the first to arrive somewhere	or	slipping in once everyone's already there?
Speaking up in a group discussion	or	thinking it through first and saying it later?
A weekend full of plans	or	a weekend with nothing in the diary?
Getting energy from being around people	or	needing time alone to recharge?

Part 3. Read the statements. Which ones feel true for you? Explain why.

- I can be sociable when I need to be, but it takes something out of me.
- I've been told I'm quiet and mistaken that for being unfriendly.
- I find small talk genuinely exhausting – I'd rather have one proper conversation than five shallow ones.
- I sometimes say yes to things I don't really want to do just to seem easy-going.
- There are certain situations where I feel more like myself than others.
- I think I come across differently to people who don't know me well.



Part 4. Discuss the following questions.

- Growing up, were you seen as shy, outgoing, or somewhere in between? Has that changed?
- Is there a version of you that comes out in certain situations – at work, with family, with strangers – that feels different from your ‘real’ self?
- Have you ever felt pressure to be more outgoing than you naturally are? Where does that pressure come from?
- Do you think introverts are at a disadvantage in modern life – in workplaces, socially, online?

Part 5. Match the terms to their meanings. Then choose three expressions and use them to tell your partner something true about yourself.

Recharge	Put on a performance	Open up	Overstimulated
Blend into the background	Drained	Feed off the energy	Self-contained

1. _____ to start talking about your thoughts or feelings, especially after being quiet or guarded
2. _____ to recover your energy, usually by spending time alone or doing something restful
3. _____ to behave in a way that doesn't feel natural, as if you're playing a role for others
4. _____ feeling overwhelmed by too much noise, activity, or social interaction
5. _____ to stay quiet and unnoticed in a group or social situation
6. _____ completely exhausted, especially after a lot of social or emotional effort
7. _____ to feel more energised and motivated because of the excitement or enthusiasm around you
8. _____ not needing much from other people; comfortable and settled within yourself

Part 6. Read each situation. Choose the response that feels most like you – or describe what you'd actually do.

You're invited to a colleague's birthday drinks after work. You don't know many people there.

1. Go for an hour, say hello to a few people, and leave without feeling guilty.
2. Make an effort to stay longer, even if it feels like hard work.
3. Come up with a reason to skip it and feel relieved afterwards.
4. Actually enjoy it – meeting new people is something you genuinely like.

You're in a meeting and someone asks for opinions. You have something to say.

1. You say it straight away before someone else does.
2. You wait to see what others think first, then add your view.
3. You think of the perfect thing to say – on the way home.
4. You write it down instead, or send a message afterwards.

You have an unexpected free Saturday with no plans.

- You feel quietly relieved and enjoy every minute of the quiet.
- You feel a bit restless and end up calling someone to meet up.
- You start the day alone but find yourself wanting company by the afternoon.
- You fill it with things to do – an empty day feels uncomfortable.

Part 7. Do you agree, disagree, or partly agree with the statements below? Explain your thinking.

- Being introverted is sometimes mistaken for being antisocial or unfriendly.
- Most people are actually somewhere in the middle – the introvert–extrovert divide is overused.
- Extroverts tend to do better at work because they're more visible and confident in groups.
- Social media has made it easier for introverts – you can connect on your own terms.
- Knowing whether you're introverted or extroverted can genuinely help you make better life decisions.

Part 8. Before you ask, guess your partner's answers. Then check — how well do you know them?

- What's their idea of a perfect Saturday?
- Do they find it easy to talk to strangers?
- Do they need time alone after a busy social week?
- Are they the kind of person who arrives early, on time, or fashionably late?
- Do they think other people see them accurately, or do people tend to misread them?

Part 9. Most people don't fit neatly into one box. Discuss the questions below.

- Is there a situation where you act more like an extrovert than you actually feel? What drives that?
- Do you think personality changes over time? Have you become more or less sociable as you've got older?
- Is there a person in your life who brings out a different side of you? What do they do differently?
- If you could change one thing about how you operate socially, what would it be?

Part 10. Think of a time when you were in a social situation that felt uncomfortable or out of character for you. Tell your partner about it.

Think about:

- What the situation was and why it felt difficult
- How you handled it — did you push through, escape, or find a middle ground?
- How you felt before, during, and after
- What it told you about yourself

REFLECTION

Complete the sentences in your own words.

- If I'm honest, I'd describe myself as...
- The situation that drains me most is...
- People often misunderstand me because...
- Something I've come to accept about myself is...