

Jade Joddle

Introverted Personality Test

Find out what kind of introvert you are



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Foreword

Note from Jade Joddle



As a highly introverted person, I am speaking from experience when I say that I know how challenging it can be living as an introvert in a world built for extroverts. Yet, once we have learnt to manage our personalities and to follow our own truth, we find that we become comfortable in our social selves and at peace with our personality type. We finally learn to work with our personality, rather than against it.

Being introverted is only a disadvantage as long as you have not faced and dealt with the communication blocks that may be holding you back in life. I have designed this test for you as an introvert to learn more about your personality type. You may find your test results indicate the presence of communication blocks that are holding you back from being comfortable in social interaction. Where the life-limiting blocks are felt, you will feel disconnected, socially anxious or awkward. Until you face these blocks, you will always feel held back in life.

The thing to know about communication blocks is that you don't have to suffer them forever. It is in your power to do the inner work it takes for you to demand a more socially confident future for yourself. If you find that your test answers indicate that you experience shame or social anxiety in social interaction, you even have a duty to yourself to create a different future for yourself, as I have done.

I worked hard on myself to lose the feeling of social awkwardness that once followed me wherever I went. My own journey to social openness as an introvert took more than ten years because I had nobody to point the way and I had to figure out the process through experimentation. I have now reached a point where I am able to share what I have learnt about introversion and communication blocks with others.

Stay tuned to my YouTube channel, 'JJ Conversation Skills', to know more about beating communication blocks and living your truth as an introvert in an extrovert's world.

Test Instructions

Testing process

There are 50 questions in the Introverted Personality Test. For each question you must either choose to agree or disagree with the statement given. Whenever you agree with the statement, make a note of the letter(s) placed to the right of the question. When you disagree with the statement there is no letter.

1 Meeting new people makes me feel drained.

agree disagree

M

At the end of the test use the chart on page five to tally up your score of the different letters. For some questions, when you agree with the statement you will need to write down more than one letter.

Key

M = Introvert

Total Your Score

13

9

Once you are done with the chart, you can compare your score with the different personality types listed from page 13 onwards.



Total Possible	13	Your Score	9
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Overview

The more points you score here, the more introverted you are.

Score 8+

You are likely to be a highly introverted person. You may need to make changes in your life to stay healthy and happy.

Score of 3

You are in some ways introverted but your primary focus is ambivert/extrovert.

Score Chart

Mark your score

Key

M = Introvert

V = Self-Contained Introvert

O = Extrovert

N = Shy Introvert

L = Ambivert

R = Shy Extrovert

Q = Highly Sensitive Person

K = Empath

Z = Schizoid

J = Avoidant Personality Disorder

G = Social Anxiety Disorder

Total Your Score

13

3

17

3

0

5

6

3

3

11

10

Test Questions

Take the test

- | | | | |
|---|--------------------------------|-----------------------------------|---------|
| 1 Meeting new people makes me feel drained. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | M |
| 2 I prefer to listen rather than talk when meeting new people. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | M |
| 3 I am most comfortable in group conversation rather than in one-to-one conversation with new people. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | O |
| 4 I am uncomfortable when around loud people. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | Q |
| 5 I often can't think of anything interesting to say in conversation. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | N R J G |
| 6 When I speak, I am often ignored by people. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | N R J G |
| 7 In busy environments such as shopping malls, I tire very quickly. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | Q K |

8	When I meet a new person I am curious about, I make an effort to start a conversation.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	0 V
9	I like to be the centre of attention.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	0
10	Strangers often approach me to engage in conversation.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	0
11	I enjoy expressing myself in writing because I can be precise.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	M
12	It is easy for me to talk spontaneously about anything to anyone.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	0
13	I enjoy talking in detail about abstract or theoretical topics of conversation.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	M
14	I am interested to know about people's daily lives.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	0
15	I am generally bored by polite conversation.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	M
16	I feel good when I spend time alone in nature.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	M

17	Whenever conversation bores me, I start to daydream.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	M
18	Whenever conversation bores me, I change the topic.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	O V
19	I enjoy light-hearted social banter.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	O
20	I feel comfortable asking people I have just met personal questions as part of small talk.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	O
21	I have a wide network of friends and acquaintances.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	O
22	I have no friends.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	J Z
23	Outside of work or school, I prefer to spend all my time alone.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	J Z
24	I am comfortable with silence when among friends.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	M V
25	I feel awkward around quiet people.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	R O

- | | | | | |
|----|---|--------------------------------|-----------------------------------|-----|
| 26 | Bright lights in a room give me a headache and drain my energy. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | Q K |
| 27 | Loud and repetitive noises disturb me. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | Q K |
| 28 | Overheard telephone conversations ruin my concentration. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | Q |
| 29 | I am tormented by other people's loud music. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | Q |
| 30 | I don't like people, so I avoid them. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | Z |
| 31 | I feel lonely when I have to spend time alone. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | 0 |
| 32 | I sometimes feel lonely when I am with a group of people. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | G J |
| 33 | I am most productive when working or studying alone. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | M |
| 34 | It is difficult for me to study for an exam alone. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | 0 |

35	I am more of a talker than a doer.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	0
36	If possible, I prefer to spend my lunch breaks socialising with colleagues.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	0
37	I don't usually say hello first.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	M J G
38	I sometimes leave without saying goodbye to avoid awkwardness.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	G J
39	My favourite hobbies are things I can do alone.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	M
40	I have just a couple of people whom I consider friends.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	M
41	I don't like to talk in meetings/answer questions in class.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	G J
42	I dread introducing myself to a group of people.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	G J
43	I consider myself to be outgoing.	<input type="checkbox"/> agree	<input type="checkbox"/> disagree	0

- | | | | | |
|----|--|--------------------------------|-----------------------------------|-----|
| 44 | I use alcohol in social situations to help me be more confident and outgoing. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | N |
| 45 | I often wish that I had the confidence to approach an interesting group of people and start talking. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | R |
| 46 | I wouldn't be comfortable going to the cinema or a café alone. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | G R |
| 47 | I try my best to avoid people so that it isn't awkward. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | G J |
| 48 | I have a reputation for putting my foot in it. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | 0 |
| 49 | I don't like to receive special attention on my birthday. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | G J |
| 50 | Most of the time, I am reserved, but when I am performing, I come alive. | <input type="checkbox"/> agree | <input type="checkbox"/> disagree | M |

Personality Profiles and Types

Discover your score

Once you have completed your chart you can then refer to the Introverted Personality Profiles on the following pages.

Use the profiles to find out about your introverted personality. Where you have scored highly for one of the letters/Introverted Personality Profiles, it will give you an indication of aspects of your introverted personality that may be holding you back in life. There are 11 different Introverted Personality Profiles. Where you score highly for a particular profile, it provides insight into your personality.

You may find you have a mixture of introverted and extroverted tendencies, which is to be expected for most people. To have a blend of introverted and extroverted tendencies would suggest that you are an ambivert.

If you see that you score highly within the personality profiles for social anxiety, schizoid, or avoidant personality disorder, it is important to note that this test is not intended to be an official diagnosis. A full consultation with a professional would be needed in order to make a diagnosis. The aim of the test is to help you understand aspects of your social personality and point you in the right direction by showing you where your communication blocks may lie.

The Self-Contained Introvert

This personality profile represents the nature of a highly introverted person at its most developed. This person is at ease with themselves, speaking only when they feel like it and when they have something relevant to say. They do not need to fill up social silence with words because they are communicating the whole time anyway, albeit a different kind of communication that happens without words.

Most highly introverted people do not realise they are able to communicate in silence; it's a kind of feeling-orientated telepathy in which they are sensitive to the atmosphere around them and how people feel within it. It's an ability that highly introverted people tend to take for granted when, in fact, most people are not sensitive to this extra-sensory information. The majority of people can only communicate at the level of words, not feelings.

Although it may be hard to recognise in yourself as an adult, it can be observed when highly introverted children are able to play together in silence. For example, two introverted children cooperate in their play to build a sandcastle together. The castle gets built without them needing to exchange a word. The children are not exchanging instructions through telepathic thoughts, but they are exchanging feelings.



Total Possible	3	Your Score
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Overview

Any score here means you are likely to be a self-contained introvert.

Score 1

You are doing well already, though could benefit from learning to manage your energy better.

Score of 3

You already know how to live your truth as an introvert – success is guaranteed!

Each child is able to feel that the other child is comfortable and enjoying their quiet play together. They are enjoying themselves, sharing their contented feelings with one other (if you are highly introverted you might assume that everyone has this ability). Unlike other children, they don't need to use words in order to share and experience a sense of connection. It is only as we become older that this kind of feeling-orientated communication preference becomes a limitation. To make a mark in the world, we need to be good verbal communicators, too, which is always the weaker mode of communication for highly introverted people. Learning to become an effective verbal communicator as a highly introverted person is a difficult (but not impossible) thing to do – it's like a right-handed person being forced to write calligraphy with their left hand.

Highly introverted people have a heightened sense of perception in which they take in a lot of information about the feeling atmospheres around them. They understand people and what is happening in a situation without needing to exchange words. They don't need to talk much because there is so much they are able to understand in silence. Yet, when self-contained introverts do have something to say, their speech is to the point, and what they want to say is clearly expressed. They are confident communicators because they are free of communication blocks and social anxiety. When they decide to speak up, they are able to hold our attention, even though they do not possess the energetic communication style of extroverts. They also exude a calm, poised energy through their economy with words.

People tend to think that introverts are emotionally cold and extroverts are emotionally open because introverts don't speak as much. Yet, this is not the case when introverts have faced their communication blocks. Self-contained introverts and extroverts are both open, though in different ways. Self-contained introverts are, in fact, extremely open in the sense that they are able to perceive subtle extra-sensory information. We mistakenly think that introverts are cold people, when really their reserve is just the social mask they are forced to wear. This mask of social reserve develops as a consequence of their need to maintain their distance from people due to their inherent openness/sensitivity at a feeling level. They wear this mask of reserve so that people who might be draining don't come too close.

While introverts start off cold when they first meet someone and gradually warm up as they get to know them and feel safe to do so, extroverts move in the opposite direction. Introverts start off guarded as a form of self-protection in unfamiliar social situations (though for shy and socially anxious introverts, this protective function is in overdrive, building around them a lonely wall of disconnection). Extroverts, on the other hand, start off socially warm and move in the opposite direction if they see someone behaving in a way that displeases them. Another way of putting this is to say that introverts are forced to be more socially cautious in order to protect their energy.

The Introvert

The introvert personality profile represents a person with a strong internal focus. Whereas introverts direct their attention inwards to their thoughts and feelings, extroverts train their attention on what is happening around them. Extroverts are curious about other people, because to interact with others engages their external focus. It helps to see this difference between introverts and extroverts as a habit of the mind being pulled towards the state in which it feels most familiar.

Introverts are most comfortable when their internal focus is engaged, and therefore may be uncomfortable at times in situations where they are pulled out of this state for too long. For this reason introverts may find busy situations where a lot of social interaction is expected of them to be draining. On the other hand, an extrovert with a strong external focus does not like to be alone for any stretch of time, since being alone cannot stimulate their attention.

As an introvert, having a strong internal focus means you have the capacity for deep thinking and reflection. This habit of your mind can take you far in life. If applied, you can surge forward to develop your character as you reflect upon your experience and learn lessons in life. You may also channel this sharp focus into your work and studies. For creative introverts, mastery of your creative skill is available to you because you have the patience it takes to keep working towards your goal until you have refined and perfected your art.



Total Possible	13	Your Score
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Overview

The more points you score here, the more introverted you are.

Score 8+

You are likely to be a highly introverted person. You may need to make changes in your life to stay healthy and happy.

Score of 3

You are in some ways introverted, but your primary focus is ambivert/extrovert.

However, the downside of having an internal focus is that you may get overly caught up in negative thought patterns and anxious emotional states. Since your focus is constantly looking inwards, you could be in the habit of dwelling on your problems rather than moving through them and getting on with life. More than this, any experience of anxiety in social interaction may pull you out of the social moment and leave you feeling disconnected, even when you are with friends. In general, you miss opportunities because you are either not aware of what is happening around you, or you do not seize the moment.

In terms of voice and body posture, introversion is reflected by a person who speaks more quietly and slowly in general and is more held back in terms of facial expression and gesture. The overall impression given varies from reserved, to tranquil to awkward. Introverts who can learn to let go in the social moment to show more of themselves will improve how they feel during social interaction.

It is possible to develop your character in order to grow beyond the life-limiting aspects of introversion. When that is achieved, you are able to keep the introvert's strong internal focus to apply to your work and personal development. At the same time, you become more open and dynamic in social situations. For information about how to change in the right ways as an introvert, stay tuned to my YouTube channel, 'Introverts by Jade'.

The Extrovert

If you tend to enjoy yourself in busy environments with a lot of people, then you are likely to be an extrovert. The world we live in is organised around your communication and social preferences, which gives you an advantage over introverts in terms of career advancement. As an extrovert, the social impulse comes naturally to you. You are likely to have a wide network of friends and acquaintances and will feel energised by social interaction.

Extroverts who do not experience social anxiety come across as being self-confident. It is easy for them to begin a conversation with people they don't know and, in general, they hate to feel as if they are missing out on something.



Total Possible	17	Your Score
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Overview

To score few points here suggests the internal focus of an introvert.

Score 1-3

You are likely to have an introverted focus. You would benefit from learning how to become more extroverted in social situations.

Score 12-16

You are likely to be highly extroverted. Opportunities may flow easily to you in life, but you may not achieve mastery in your creative endeavours.

The Shy Introvert

The shy introvert suffers greatly because they have not overcome their communication blocks. Shyness and awkwardness are suffocating, familiar feelings as they go about their day. They tend to be highly critical of themselves, focusing on their self-perceived inadequacies, which they replay over and over again in their unforgiving internal narrative.

Many shy introverts decide to lead a life of social avoidance. This means that if they can avoid speaking and interacting with someone directly, especially in an unfamiliar situation, they will. They adopt this strategy to avoid situations that press against their emotional wounds to cause them pain or shame. However, avoidance is an ineffective strategy because it is only by facing your social fears repeatedly, and gently pushing against your blocks in defiance of them, that you ultimately triumph over them.



Total Possible	3	Your Score
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Overview

Any score here means you are likely to have social anxiety or shyness issues. Learning how to breathe deeply will help you manage your anxiety better.

The Ambivert

Ambiverts see in themselves a mix of introverted and extroverted traits. It may be that they are outgoing and lively when among their close friends and family, but shy and reserved among new people. Or it might be that although they enjoy socialising with a big group of friends at times, they also find that spending time alone, pursuing their hobbies helps them to recharge and refresh. The best way to decide if you are an ambivert is to think about when you feel most energised: is it when you are alone doing your own thing or when you are in the company of friends?

If your answer is that it depends on the company of the people you're around, then you're likely to be an ambivert. With the right people, you feel energised and uplifted, whereas you'd rather avoid the company of the average person because you're just not interested in them. For ambiverts, whether you engage or not depends on the people you're around. You're not curious about everyone, and only reach out to initiate conversation when somebody interests you or when it will be to your advantage.

As an ambivert personality, you have a foot in both camps and may use that to your advantage. Being around people all the time isn't as draining for you as it tends to be to introverts; as long as you get space when you need it, you can function easily in social environments. Unlike for introverted people, it also doesn't go so strongly against your nature to join in with the social moment and immerse yourself in a group. At the same time, you don't find yourself constantly hankering to be around people. If something interesting is happening, you'll be there. But quiet days spent at home are not a problem either as you always find something to do.



Total Possible

0

Your Score

Overview

No score here is possible. You are likely to be an ambivert if your results show a mixture of introverted and extroverted traits.

The Shy Extrovert

It is a common misconception that all extroverts are confident and outgoing. Due to the association of shyness with introversion, it is not unusual for extroverts who suffer from shyness to mistakenly identify themselves as being introverted. They think that the reason they don't feel right in social situations is because they must be introverted, when in truth, they feel that way because they are not interacting socially in the way that's right for them.

When an extrovert is shy, what is happening is that they have communication blocks preventing them from expressing their true nature. It might be that their blocks make them feel unworthy to join in the conversation with others. It could be that they fear being shamed for doing or saying the wrong thing. Whatever the root of the communication block(s), shy extroverts feel within them a persistent yearning to reach out to people and be part of the moment, but due to their communication blocks, they hold themselves back and stay on the outside where they feel disconnected. They are curious about people and want to be involved, but their social fears are too great for them to overcome. The feeling of not being able to join in, even though they want to, makes them deeply unhappy.



Total Possible	5	Your Score
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Overview

To score any points here shows that you are likely to be a shy extrovert.

Score 1-2

You are shy in some situations. Learning how to breathe deeply will help you manage your anxiety better.

Score 5

You are likely to be extremely held back and troubled by shyness. You have severe communication blocks.

There is a key difference between shy extroverts and introverts in terms of how strongly they want to belong to a group. While in theory, introverts may muse that it would be good if they could change to become more lively and social, and therefore fit in better into an extrovert's world, it doesn't really bother them if they are not involved in what is happening. They can stay on the outside observing. Once an introvert has attained a sense of self-acceptance, they are perfectly happy in their independence. It would be impossible for shy extroverts to experience this kind of detachment in a social situation, however. Their impulse is always to belong and be a part of what is happening.

The shy extrovert's compelling need to connect, which at the same time causes them anxiety due to their blocks, sometimes brings them to use alcohol as a means of opening up and masking their shyness. In contrast, self-contained introverts don't need to join the group in order to feel a connection, since they are able to absorb feeling information and achieve a sense of connection, even while staying on the fringes of the group.

The Highly Sensitive Person (HSP)

There is some overlap between being an HSP and introversion to the extent that the majority of highly introverted people will recognise the signs of being an HSP in themselves. Highly sensitive people are extremely sensitive to their environment. Extroverts can also be highly sensitive to their environment in the same ways, though it is quite rare. The way an HSP experiences their senses is more attuned than most people, which is at times felt to be unpleasant, leading to sensory overload. For people who are HSPs, there will be particular sensory triggers that make them feel uncomfortable. All of the senses can be affected, though most HSPs find that there are two to three senses that are felt especially keenly. When these senses are triggered, it is distressing.

HSP triggers include loud music, unpleasant odours, strong scents such as perfumes, bright lights, repetitive noises, loud noises, loud talking, flashing lights, and particular textures (usually man-made) that feel uncomfortable next to the skin. When a HSP experiences a sensory trigger, they can't ignore it. If they can't avoid it, the trigger saps them of their energy. In the same way that a HSP is sensitive to their environment and wastes their energy whenever their senses are overstimulated, introverts can be said to be sensitive to the presence of people. For introverts, just being around certain people will be intensely draining to them.



Total Possible	6	Your Score
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Overview

To score highly here shows the degree of your sensitivity.

Score 4-6

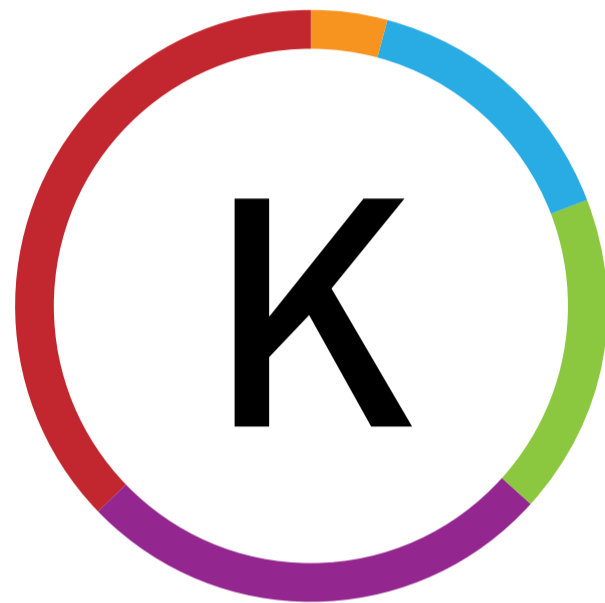
You will find it difficult to work in busy and chaotic environments. You are advised to learn how to manage your energy to stay healthy and happy.

The Empath

Empaths are people who have porous auras and, because of this, they absorb the emotions of the people they are around. In one sense, being an empath is a gift because it means you have an intuitive understanding of others and of what you can do to meet their needs effectively. You have a great instinct for people, which comes in handy because it means it's difficult to pull the wool over your eyes. In another sense, the gift of empathy is difficult to manage in daily life due to the strong emotions experienced by others, which are unconsciously absorbed by you, disturbing your balance. Empaths who have learnt to manage their sensitivity tend to avoid situations that are felt to be disruptive to them. They are drawn towards peaceful environments.

To lead a balanced life, empaths constantly need to cleanse themselves of the negativity they absorb from others or else they cannot be at peace. Empaths find busy, chaotic environments such as shopping malls or crowds to be disturbing. They avoid them if they can. Extroverted empaths have stronger psychic boundaries and do not find themselves so strongly influenced by their environment. They take in information about the feelings of others, but it does not drain them.

HSP and empathy are different terms for the same set of sensitivities. While HSP is a more clinical-scientific definition, empathy holds within it the idea of increased sensitivity being a psychic gift.



Total Possible	3	Your Score
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Overview

To score here means you are likely to be sensitive to your environment and you have strong intuition.

Score 3

You are extremely sensitive to your environment. You are advised to avoid crowds and busy places.

The Schizoid

To be an introvert is not a personality disorder. In its purest sense, it means that you have a need for solitude because time alone is how you generate your energy. This is very different to having schizoid personality disorder, where those with the disorder have no need for the company of others and actively avoid people. Their communication blocks form a severe shell through which they cannot express themselves. They are not able to express emotion, even anger, when under provocation. Schizoids choose to avoid intimacy with others. But despite spending so much time alone, they never experience loneliness because their need for connection has been shut down and repressed. In contrast, introverts do experience loneliness when their social needs are unmet.

A schizoid does not want the company of others, whereas introverts still have within them the need for social connection. In the right circumstances and among the right people, introverts do enjoy socialising. It may be that schizoids are introverts who have experienced extreme childhood trauma from which they have never recovered. This could lead to the social impulse being cut off due to the worst kind of blocks that were caused by severe childhood trauma.



Total Possible	3	Your Score
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Overview

Any score here signifies severe communication blocks, potentially as a consequence of childhood trauma.

Score 1-3

You are advised to seek professional help so that you can expand your self-expression and connect with people for a fuller life.

Avoidant Personality Disorder

People with avoidant personality disorder long to be social, but they have crushing blocks that mean they avoid social interaction. At the root of this personality disorder lies overwhelming shame related to the fear of not being accepted by others. It means that they live with the constant fear of saying or doing the wrong thing in social interaction. They often find that they cannot talk, even when it's really important and, for this, they feel exasperated about themselves. Their wounds are so easily pressed in social interaction that avoidance of people and situations where they might have to talk becomes a strategy for them to avoid pain. Yet, since they still have a deep need for social interaction, they feel isolated and depressed by their disconnected loneliness.

A person with avoidant personality disorder is extremely watchful of themselves due to their fear of doing something wrong. This means they can never enter the flow state of socialising in the present moment, during which communication happens spontaneously, free from anxiety. People with the disorder do not know what it feels like to be relaxed in a social environment. More than anything, it is their hyper vigilance of themselves that prevents this from happening. They tend to have such a high degree of self-loathing combined with pessimism that they actively expect themselves to do something foolish during social interaction. When this belief is combined with anxiety, making a fool of oneself becomes a self-fulfilling prophecy.



Total Possible	11	Your Score
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Overview

To score here may signify severe communication blocks, potentially as a consequence of severe childhood trauma.

Score 5+

You are advised to seek professional help so that you can expand your self-expression and connect with people for a fuller life.

Social Anxiety Disorder

Social anxiety disorder is best described as extreme shyness. There is some overlap with avoidant personality disorder in that shameful feelings are experienced in everyday situations where verbal communication is required. When a person is shy to this degree, it means they feel embarrassed in situations that are not a cause of anxiety for most people. Simply needing to order something in a shop may bring about unbearable, shameful anxiety. Not only will they feel nervous, but they may additionally experience physical symptoms such as shaking, sweating or blushing. On top of these unpleasant sensations, a background of self-loathing can be a factor due to frustration with themselves because of their nervousness.



Total Possible	10	Your Score
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Overview

To score highly here shows that shyness is a life-limiting problem for you.

Score 1-4

You are shy in some circumstances, and this holds you back. You are advised to press against the edges of your shyness to grow stronger.

Score 6-10

Shyness is likely to be a serious issue that makes social interaction painful to you. You may wish to try introvert coaching.

Notes on the Introverted Personality Test

What to do now

Every 'agree' answer given in the test is associated with at least one personality type or personality profile. Seeing your test results can provide insight into your personality. Every 'agree' answer indicates an aspect of your social personality. You may find that you have a mixture of introverted and extroverted tendencies, which is to be expected for most people. To have a blend of introverted and extroverted tendencies would suggest that you are an ambivert.

If you answered 'agree' to questions that indicate social anxiety, schizoid, or avoidant personality disorder, it is important to note that this test does not diagnose you with those personality profiles or disorder. Just because you are sometimes shy in social interaction, it does not mean that you have avoidant personality disorder. A full consultation with a professional would be needed in order to make a diagnosis.

The aim of the test is not to diagnose you with any personality disorder, but to point you in the right direction and show you where your blocks may lie. If you see that aspects of your social personality reflect one or more of the personality disorders, you can then do your own research in order to understand more about your social self and the

reasons behind why you tend to feel anxious or awkward when socialising. The more knowledge you have about your social personality, the more effectively you are able to work to make the necessary changes in your life.

The experience of suffering from a personality disorder such as schizoid or avoidant personality disorder is life-limiting. If you identified with any of the signs of these personality disorders, it may be the result of communication blocks that you have not yet faced. Where communication blocks are severe and feelings of shyness or awkwardness are very strong, an experience of childhood trauma is likely to be at the root of your communication problems.

No matter how shy or socially anxious you may now feel, the damage can be reversed as long as you are willing to make changes in your life and face your blocks. The work you need to do is introspective, requiring patience and persistence. But you can reach a point where you have changed enough to make these painful feelings disappear when socialising.

For people whose 'agree' answers signified mainly introverted traits, it is important to know that being an introvert is not a personality disorder. It is merely a personality type that requires you to organise your life in a different way in order to stay energised, healthy and happy. When you have faced your communication blocks, you have no feelings of shyness, awkwardness or disconnection in social environments. You are complete in yourself, yet connected at the same time. When this is achieved, you'll feel proud to see the world from an introvert's perspective.

To find out more about how to live your truth as an introvert, visit my website:

www.jadejoddle.com