Introverts and Extroverts

B2 · Reading · WORKSHEET

Name: _____ Date: _____

1. Choose the best answer.

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1. Where do extroverts gain energy?
   Choices: From being around other people / From being alone / From reading

   Answer: _____

2. What do introverts often need?
   Choices: Time alone to recharge / More noise / Bigger teams

   Answer: _____

3. What does the writer say about the two types?
   Choices: Neither is better / Extroverts are better / Introverts are better

   Answer: _____

4. What is an ambivert?
   Choices: A person with both tendencies / A shy person / A loud person

   Answer: _____

2. Complete the sentence.

Write one or two words.

1. Extroverts gain energy from being around ___ people.

2. Introverts often need time ___ to recharge.

3. Open-plan offices ___ extroverts.

4. Most people are ___ , not purely one type.

3. Your turn.

Write your own answers.

1. Summarise the text in two sentences.

3. Your turn. (continued)

2. Say which type you are and why.

3. How could a workplace support both types?