| Please read the statements and then select the number that is most relevant to you and your experience. | *Strongly Agree*5 | *Agree*4 | *Not Sure*3 | *Disagree*2 | *Strongly Disagree*1 |
| --- | --- | --- | --- | --- | --- |
| 1. When considering an issue or challenge it usually helps me to discuss it with others to better understand or get clarity.
 |  |  |  |  |  |
| 1. Silent time is very important for me to think or gather my thoughts.
 |  |  |  |  |  |
| 1. Conversation partners often help me focus my thinking.
 |  |  |  |  |  |
| 1. My thinking is very focused but can be too narrow or rigid at times.
 |  |  |  |  |  |
| 1. I feel comfortable sharing my thoughts and opinions with most people - even those who I haven't known for a long time.
 |  |  |  |  |  |
| 1. I sometimes catch myself sounding contradictory as I say what I am thinking and then after saying it realize I need to modify it.
 |  |  |  |  |  |
| 1. The scope of what I say out loud can feel broad and sometimes unorganized and others often help me bring it into focus after I have shared it.
 |  |  |  |  |  |
| 1. Details are my strength and I like to know them all, or as many as possible before I speak.
 |  |  |  |  |  |
| 1. When discussing important issues, I like to state a conclusion – regardless of how simple it may be.
 |  |  |  |  |  |
| 1. Sometimes I can overshare information.
 |  |  |  |  |  |
| 1. I choose my words carefully and purposefully.
 |  |  |  |  |  |
| 1. I am able to attend to details - but sometimes I catch myself deep into the details.
 |  |  |  |  |  |
| 1. I often crave more time and space when discussing important matters as a team.
 |  |  |  |  |  |
| 1. When meeting with new people it often takes me longer to share my opinion.
 |  |  |  |  |  |
| 1. I often don't speak up until I have clarity about what I want to say.
 |  |  |  |  |  |
| 1. I may enter an important conversation without all the details on hand or in mind.
 |  |  |  |  |  |
| 1. I don’t mind discussing important topics without a lot of advanced thinking.
 |  |  |  |  |  |
| 1. Once I am ready to discuss an issue I am quite confident of my thinking.
 |  |  |  |  |  |
| 1. Sometimes the meeting forum is not enough time for me to formulate my thoughts and share them - I may need to sleep on it.
 |  |  |  |  |  |
| 1. It can be helpful to think out loud.
 |  |  |  |  |  |

Total the answers to these questions:

| **External Processing**  | **Internal Processing** |
| --- | --- |
| ***Question*** | ***Score*** | ***Question*** | ***Score*** |
| 1 |  | 2 |  |
| 3 |  | 4 |  |
| 5 |  | 8 |  |
| 6 |  | 11 |  |
| 7 |  | 12 |  |
| 9 |  | 13 |  |
| 10 |  | 14 |  |
| 16 |  | 15 |  |
| 17 |  | 18 |  |
| 20 |  | 19 |  |
| ***Total:*** |  | ***Total:***  |  |