

How independent are you?

It's good to have family, friends, and a partner. But you can't always be in the company of others, so it helps if you can really enjoy your own company and feel confident on your own.

So, where are you on the scale of dependence and independence? This quiz will help you find out!

Quiz

1 Do you wear whatever you want or do you worry about what other people think?

- a I wear things more often when people say they like them.
- b I know what I look good in, and I don't need anyone else to tell me.
- c I always go clothes shopping with a friend who knows what suits me.

2 You're doing a course in a foreign city you don't know. You have the chance to spend a couple of days extra there on your own. Do you say ... ?

- a Yes. It's not so much fun seeing new places on my own, but it'll still be interesting.
- b No. What's the point of seeing a new city on my own?
- c Yes! I love exploring new places on my own. I can see the things I really want to see.



3 Your parents see the flat you're thinking of renting and really don't like it. Do you ... ?

- a** Pay no attention to what they think – you have to live there, not them.
- b** Think again about whether it's a good idea.
- c** Forget it and look for another flat.

4 Do you ever feel the need to be alone?

- a** Yes, often. I love spending time alone.
- b** No, never. I hate being alone.
- c** Yes, sometimes. I prefer to be with people most of the time, but I need some time on my own.

5 In a group, can you express an opinion that all the others disagree with strongly?

- a** No, because I don't like feeling that I'm not part of the group.
- b** Yes. I enjoy being the one with a completely different view on things.
- c** Yes. I find it difficult to do, but I can't say nothing.

6 You're cooking something from a recipe and don't have one of the ingredients. What do you do?

- a** Think of something else to use in its place. It might be better than the recipe!
- b** Go round to a neighbour's and ask if they have the ingredient.
- c** Make something different. You can't change things in a recipe.



7 You feel like going for a meal in a restaurant, but your friend can't go out. Do you ... ?

- a** Have a takeaway at your friend's house.
- b** Eat something quick and simple at home and go to bed early.
- c** Go to a nice restaurant on your own and take a book to read.

8 Which student are you in class?

- a** The one who waits for someone else to answer all the questions.
- b** The one who tries to answer all the questions first.
- c** The one who has a go at answering questions when no-one else answers.

Your scores

- 1** **a** = 2 **b** = 1 **c** = 3
- 2** **a** = 1 **b** = 3 **c** = 2
- 3** **a** = 2 **b** = 3 **c** = 1
- 4** **a** = 3 **b** = 1 **c** = 2
- 5** **a** = 1 **b** = 3 **c** = 2
- 6** **a** = 3 **b** = 2 **c** = 1
- 7** **a** = 1 **b** = 2 **c** = 3
- 8** **a** = 3 **b** = 2 **c** = 1

Turn to p154 to see what your score means.