

# Find Your Shy Superpower

A Self-Discovery Quiz From *Shy Is My Superpower* by Ted Simmons

**You've been building hidden strengths your whole life.  
Now it's time to uncover them.**

People often mistake shyness for weakness. But in truth, being shy takes effort. It takes work to stay quiet, to notice what others miss, to think before you speak, to feel the room before you step into it.

That work becomes instinct. And that instinct becomes power.

This quiz is designed to help you discover the superpower(s) that may have been developing in the background all along—quiet strengths built through observation, reflection, care, caution, adaptation, and guts.

There are 8 shy superpower archetypes. You may recognize yourself in one, or find a blend of several. There are no wrong answers, and no final score. Just insight, patterns, and permission to start seeing your quiet traits as something much more than “just being shy.”

## How it Works

- You'll read 40 short statements. For each one, rate how true it feels for you on a scale from 0 to 5.
- 0 = Not true at all
- 5 = Definitely true
- Try to answer honestly, not aspirationally.
- This isn't about who you wish you were.
- It's about recognizing how you already show up—even if quietly.

When you're done, you'll tally your scores and reveal your dominant (or blended) archetypes. Then you'll get a breakdown of what they mean—and how to start using your powers on purpose.

After you discover your superpower, flip to the guide section of this book (or download) to learn more about what it means—and how to use it in real life.

You'll find:

- A full description of your shy superpower
- Real-world strengths that come from it
- Reflection questions to help you grow it
- Stories from *Shy Is My Superpower* that bring it to life

Each archetype has its own page in the companion guide.

When you finish scoring, match your top score to the superpower section to keep exploring.

## You Might Be Surprised

Some powers are obvious. Others you've been using for years without realizing.

Either way, this quiz is meant to help you see what's already inside you.

Let's begin.

For a deeper dive check out my book *Shy Is My Superpower*, by scanning the QR code or visit <https://offer.tedsimmonsspeaks.com/shyismy-order>



Instructions: Rate how true each statement feels to you.

0 = Not true at all      5 = Definitely true

### Section 1

0 1 2 3 4 5

- 1 I can usually tell when something has changed in a group, even before anyone points it out.
- 2 I tend to notice subtle shifts in people’s body language or tone.
- 3 I like to take in what’s happening before I decide how to respond.
- 4 I often pick up on a mood or vibe before others seem to catch it.
- 5 I’ve had moments where I just knew what someone was feeling—without them saying a word.

Section Total

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### Section 2

0 1 2 3 4 5

- 6 I often run through different outcomes in my head before I make a move.
- 7 I tend to hold back until I’ve figured out the best way to approach something.
- 8 I feel more comfortable when I’ve had time to mentally rehearse a situation first.
- 9 I’m good at spotting potential problems before they happen.
- 10 I’m often the one quietly holding things together in the background.

Section Total

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### Section 3

0 1 2 3 4 5

- 11 I often sense when someone’s upset, even if they haven’t said anything about it.
- 12 I can feel other people’s emotions in a way that sticks with me long after we’ve talked.
- 13 I sometimes feel emotionally tired after being around a lot of people.
- 14 I instinctively try to help or comfort people who seem hurt, uncomfortable, or left out.
- 15 I’ve been told I’m a good listener, or that I just “get” people.

Section Total

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Instructions: Rate how true each statement feels to you.

0 = Not true at all      5 = Definitely true

### Section 4

0 1 2 3 4 5

- 16 I’ve walked through a room or event without anyone really noticing I was there.
- 17 I often hold back parts of myself until I know it’s safe or welcome to share.
- 18 I’ve quietly exited conversations, groups, or even friendships without making a scene.
- 19 I sometimes feel like people forget I was part of something—even when I was.
- 20 I tend to listen more than I speak, especially in unfamiliar settings.

Section Total

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### Section 5

0 1 2 3 4 5

- 21 I often adjust how I act depending on who I’m around.
- 22 I’ve caught myself copying someone’s tone, posture, or expressions without meaning to.
- 23 I can usually “read the room” and change how I come across to fit in.
- 24 I sometimes feel unsure where the real me ends and the version others see begins.
- 25 I’ve gotten good at blending in—even when I don’t feel totally comfortable.

Section Total

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### Section 6

0 1 2 3 4 5

- 26 I often come up with ideas or solutions that feel completely different from what others are suggesting.
- 27 I find it easier to express myself through things I make—like writing, music, design, or projects.
- 28 I mentally “tinker” with thoughts and enjoy turning them into something new.
- 29 I’ve connected ideas or patterns that others didn’t notice until I pointed them out.
- 30 I’ve held back something I was excited about because I wasn’t sure how people would respond.

Section Total

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Instructions: Rate how true each statement feels to you.

0 = Not true at all      5 = Definitely true

## Section 7

0 1 2 3 4 5

- 31 People have come to me for support, advice, or perspective—even when I didn't expect it.
- 32 I tend to stay calm under pressure, especially when others are overwhelmed.
- 33 I don't speak up often, but when I do, people tend to listen.
- 34 I'm usually the one holding steady when things get messy or uncertain.
- 35 I care more about doing what's right than getting credit for it.

Section Total

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## Section 8

0 1 2 3 4 5

- 36 I've had moments where I felt like I was playing a role—stepping into a version of myself I needed to be in that moment.
- 37 I've used nerves or adrenaline to push through something that scared me.
- 38 I feel most "in the zone" when I'm expressing something fully—whether through movement, words, or action.
- 39 I tend to hold back in everyday situations, but unlock a different energy when the pressure is on.
- 40 There's a side of me that feels powerful or alive when I stop overthinking and just do.

Section Total

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# Quiz Scoring Page

## How to Score Your Superpowers

You've just rated 40 statements from 1 to 5. Each set of 5 questions belongs to a hidden superpower. Now it's time to reveal which ones match you.

### Step 1: Tally Your Section Scores

For each Section of 5 questions, add up your scores and write them below.

Section	Questions	Score	Archetypes
1	1-5		The Observer
2	6-10		The Strategist
3	11-15		The Empath
4	16-20		The Invisible
5	21-25		The Mimic
6	26-30		The Creative
7	31-35		The Silent Leader
8	36-40		The Performer

### Step 2: Find Your Top Superpowers

- The section(s) with the highest score(s) represent your dominant shy superpower archetype(s).
- Tied scores? That's normal! You may have a blend of powers.
- Even your lower scores reveal something—some powers may still be developing, or just not how you move through the world right now.

### What Your Score Means

- 21–25: This superpower is fully activated. You've likely relied on this instinct for years—even if you never had a name for it.
- 16–20: This strength is present and ready. It's likely something you rely on in certain situations.
- 11–15: You may be developing this power—or using it more than you realize.
- 5–10: You may not relate to this trait much now, but that doesn't mean you never will. Some powers take time or show up only in specific environments.

### What's Next?

Check out the description in the Guide, or look back in the book In Chapter 6 to see a better description of the Archetypes.

Reminder: There are no wrong answers, and no one has just one power.

This is about seeing your quiet strengths more clearly—and learning how to use them on purpose.

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