

THE FUN COMPATIBILITY QUIZ

Brought to you by Catherine Price, author of *The Power of Fun: How to Feel Alive Again*

As defined in *The Power of Fun*, “True Fun” is the magical confluence of playfulness, connection, and flow. The better you understand the factors that typically generate playfulness, connection, and flow for you, the better you’ll be able to seek out and create experiences that are likely to lead to fun.

Take this quiz to get a better understanding of your own fun style—and then share it with other people in your life to see where you do and don’t align.

Section 1: What’s your PLAYFULNESS style?

Read through the following characteristics, activities, and situations, and indicate how likely they are to get you into a playful (i.e., lighthearted, carefree) state of mind.

Don’t overthink it or get caught in the details; go with your gut.

1. Silliness

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

2. Creativity (i.e., an act of creation of any kind, including the creation of physical objects, new ideas, or experiences)

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

3. Imagination (i.e., any activity that immerses you in some sort of fantasy world, such as role-playing or make-believe, or reading fiction)

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

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4. Intellectual stimulation

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

5. Challenges

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

6. Games

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

7. Absurdity (i.e., things that are unexpected or out of the ordinary, often in a humorous way)

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

8. Not knowing what will happen next (uncertainty)

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

9. Doing things spontaneously

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

10. Losing or voluntarily relinquishing control

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

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11. Maintaining control of yourself and/or the situation; being in charge

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

Section 2: What's your CONNECTION style?

Read through the following activities and indicate whether or not this type of situation or connection feels fun to you.

Don't overthink it or get caught in the details; go with your gut.

1. Big groups

NOT MY STYLE / NEUTRAL / DEFINITELY MY STYLE

2. Small groups

NOT MY STYLE / NEUTRAL / DEFINITELY MY STYLE

3. Intimacy (groups of any size in which people know each other well)

NOT MY STYLE / NEUTRAL / DEFINITELY MY STYLE

4. Strangers

NOT MY STYLE / NEUTRAL / DEFINITELY MY STYLE

5. Anonymity

NOT MY STYLE / NEUTRAL / DEFINITELY MY STYLE

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6. Being alone

NOT MY STYLE / NEUTRAL / DEFINITELY MY STYLE

7. Teamwork (working with other people toward a common goal)

NOT MY STYLE / NEUTRAL / DEFINITELY MY STYLE

8. Community (having a sense of “belonging”)

NOT MY STYLE / NEUTRAL / DEFINITELY MY STYLE

9. Teaching/sharing knowledge

NOT MY STYLE / NEUTRAL / DEFINITELY MY STYLE

10. Leading (e.g., coaching, mentoring)

NOT MY STYLE / NEUTRAL / DEFINITELY MY STYLE

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Section 3: What's your FLOW style?

Which qualities or contexts are the most likely to put you into flow*?

Don't overthink it or get caught in the details; go with your gut.

*Flow is a term psychologists use to describe a state of total engagement, where we're so immersed in our experience at hand that we lose track of time. Think of an athlete in the midst of game or a musician lost in what she is playing.

1. Physicality (feeling engaged with and present in your body)

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

2. Spending time in nature

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

3. Listening to or creating music

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

4. Doing things with an element of risk (i.e., something dangerous, or that may result in you losing something important—think motorcycle racing, sky-diving, or high-stakes gambling)

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

5. Doing things that are thrilling and that give you an adrenaline rush but that aren't necessarily dangerous (e.g., rollercoasters, low-stakes gambling)

NOT MY STYLE / NEUTRAL / DEFINITELY MY STYLE

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6. Performing

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

7. Being the center of attention

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

8. Acquiring knowledge or learning new skills

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

9. Having opportunities to do things you're really good at

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

10. Doing things that engage or heighten your senses—whether via touch, taste, smell, sight, or feel

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

11. Competition

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

12. Doing new things/exploring

HIGHLY UNLIKELY / NEUTRAL / HIGHLY LIKELY

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Section 4: LIGHTNING ROUND!

Which of the following feel fun to you? Go with your gut.

1. Driving fast

NOT FUN / FUN

2. Bars

NOT FUN / FUN

3. Bantering

NOT FUN / FUN

4. Concerts

NOT FUN / FUN

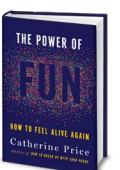
5. Board games

NOT FUN / FUN

6. Games that involve strategy (e.g., chess)

NOT FUN / FUN

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7. Discussing politics

NOT FUN / FUN

8. Drinking

NOT FUN / FUN

9. Sports (watching)

NOT FUN / FUN

10. Sports (playing)

NOT FUN / FUN

11. Intellectual discussions

NOT FUN / FUN

12. Playing with children

NOT FUN / FUN

13. Organizing and hosting gatherings

NOT FUN / FUN

14. Costume parties

NOT FUN / FUN

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15. Physical challenges (e.g., long hikes, hard workouts)

NOT FUN / FUN

16. Crossword puzzles

NOT FUN / FUN

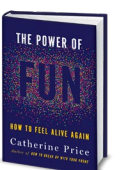
17. Theme parks

NOT FUN / FUN

18. The beach

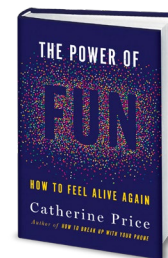
NOT FUN / FUN

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SCORING AND RESULTS

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The point of the Fun Compatibility Quiz is to help you and your loved ones identify your individual fun factors—and see how they do and don't align.

While no activity can be guaranteed to result in True Fun, each of us has activities that are more likely than others to produce it. If we understand the characteristics of these activities—in other words, if we identify our personal fun factors—we will be better able to come up with ideas for other activities that might be worth trying, both on our own and together.

HOW TO SCORE:

Look at the answers you circled. For sections 1, 2, and 3, anything you identified as “highly likely” to get you into playfulness or flow (or “definitely my style” for connection) is a fun factor for you—that is, it's a characteristic of activities that tend to generate fun for you.

Conversely, anything you've identified as “highly unlikely” or “definitely not my style” is an anti-fun factor for you, and will make it less likely for you to have fun. (Anything you've identified as neutral is a characteristic you could take or leave; it may not help your chances, but it probably won't hurt them either.)

Section 4, the “Lightning Round,” represents certain activities that I've found to be particularly polarizing. It's meant as a playful conversation starter that you can use with friends and family members. But use it with care: it may spark some passionate responses!

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HOW TO USE YOUR RESULTS:

Use your results as a jumping-off point for conversations with other people in your life. (They can download this quiz for themselves at HowToHaveFun.com.) The better you understand each other's fun factors (and anti-fun factors), the easier it will be to come up with ideas for how to have fun together.

You can also use your fun factors to help generate ideas for yourself. Many people report that their answers surprised them—and helped them better understand why certain activities do and don't tend to generate fun for them.

Once you have this more nuanced understanding in place, you can use your self-knowledge to come up with new ideas to try—and make better use of your free time.

Read on for a more detailed description of each of the fun factors.

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THE FUN FACTORS

Below are a list of Fun Factors and their definitions to help you better understand which activities will help you have fun. Feel free to compare with your friends, family members, and loved ones to find out how compatible you are! Read on for a detailed description of each of the fun factors.

PHYSICALITY:

Activities that involve physical movement and a connection with your body (e.g., dancing or sports).

NATURE:

Being outside and engaged with the natural world.

INTELLECTUAL STIMULATION:

Any sort of activity that tickles your brain and requires you to think (e.g., debating, bantering, problem-solving, or strategizing).

SILLINESS:

Any kind of goofing or joking around (but not necessarily in a slapstick kind of way).

MUSIC:

Some people who count music as a fun factor love making music (e.g., singing or playing an instrument), but others find fun when they listen to music, or use music to facilitate or amplify other experiences.

CREATIVITY:

Activities that involve an act of creation of any kind, including the creation of physical objects, new ideas, or experiences. (So cooking would count, as would brainstorming or organizing a party.)

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DEMONSTRATING MASTERY:

The feeling of being really good at something and having an opportunity to show it.

A CHALLENGE:

Anything you have to strive for or put effort into accomplishing (can be physical or mental).

LEARNING:

The process of acquiring new knowledge or skills.

TEACHING / SHARING KNOWLEDGE:

Situations in which you connect with other people by, well, teaching or sharing your knowledge!

LEADING:

A form of connection in which you are in some way acting as a coach or director or guide.

TEAMWORK:

Working together with a group of people to accomplish a particular goal.

COMMUNITY:

Feeling connected with people you care about, without necessarily trying to achieve anything specific.

SENSUALITY:

Any activity that connects you with your five senses. It can have overlaps with sexuality (which is what it sounds like, including flirting), but sensuality can occur without any element of sexual frisson.

NOVELTY:

Any type of exploration or new experience. While an element of novelty is often intrinsic to True Fun, for some people, the pursuit of novelty is so likely to generate fun that it counts as an independent fun factor. The same thing is true for absurdity, which can be roughly defined as things that are unexpected or out of the ordinary, often in a humorous way.

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IMAGINATION:

Any activity that immerses you in some sort of fantasy world, such as role-playing or make-believe, or reading fiction.

RISK AND THRILL-SEEKING:

These are often grouped together in our minds because they both produce an adrenaline rush. But while risk is nearly always thrilling, thrills don't always require risk—for example, rollercoasters are thrilling but not risky. People who have risk as a fun factor derive enjoyment from knowing that there is an element of danger or a chance that they might lose something important. People whose factors include thrill-seeking but not risk like the adrenaline, but not the danger. If your fun factors include risk, they probably also include thrill—but the reverse is not necessarily true.

LOSS OF CONTROL:

Often lumped in with risk and thrill-seeking, but it, too, is a fun factor on its own. In fact, for many risk- and thrill-loving people, the enjoyment comes from going right up to the line of losing control but not crossing it. People who have loss of control as a fun factor sometimes gravitate toward activities that help them escape or let loose, such as drinking alcohol. (Note that losing control through substances comes with obvious caveats.) But it can also refer to anything that takes you metaphorically out of the driver's seat and frees you of the burden of being in charge or making decisions.

ENJOYING CONTROL:

This is the opposite—though it's worth noting that this does not involve controlling other people but rather enjoying feeling in control of yourself, your decisions, or your abilities. (Controlling other people—which is different from leading them—is a pathology, not a fun factor.)

COMPETITION AND GAMES:

These often coexist, but they're not synonymous. Games provide structures, rules, and goals, but it's possible to play a game without being competitive—think of a game of catch, or a casual round of golf. Competition adds an energy and intensity that is enjoyable to some people but is a total anti-fun factor to others.

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PERFORMANCE AND BEING THE CENTER OF ATTENTION:

These also seem to overlap, but it's possible to enjoy being the center of attention without performing per se, and it's also possible to enjoy performing without being the center of attention—for example, if you're a backup musician.

SPONTANEITY:

The act of being open to opportunities and ideas as they present themselves, and not being wedded to a particular plan.

UNCERTAINTY:

Deriving enjoyment from not knowing the outcome.

For some people, fun is most likely to occur when they are spending time with people whom they know (and who know them) intimately; for others, it may be more likely to happen when they're around strangers. Ditto big versus small groups—think, for example, of the difference between a crowd at a concert and a small group of friends that can fit around your kitchen table. (And, of course, it's possible to like both.)

Some people derive particular enjoyment—and/or a sense of freedom—from anonymity. And, while most fun experiences occur in the presence of other people, there are indeed some people who primarily find fun alone.

The Fun Compatibility Quiz is adapted from *The Power of Fun: How to Feel Alive Again* by Catherine Price. Preorder the book and get more resources at HowToHaveFun.com

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