|  |  |
| --- | --- |
| **A more introverted person is:** | **A more extraverted person is:** |
| Energised by their inner world  Inward  Quiet  Thinks and may act  Values a depth of experience  Thinks to speak | Energised by the outer world  Outgoing  Talkative  Acts first, thinks later  Values a breadth of experience  Speaks to think |

**Shy Extraverts and Confident Introverts**

* Shyness and introversion, confidence and extraversion are different things. Although we can see shy introverts and confident extraverts as well.

**Challenging Negative Thoughts**

* Try to notice the little things which are positive to balance out your negative thoughts.
* Start really small, with car doors opening and the cat not being sick (possibly!) and force yourself to notice and acknowledge that generally things are OK, they work and you’re safe.

**Don’t Avoid Your Own ‘Stuff’**

* Make your own health and wellbeing a priority and recognise your desire to support others. You can still do that, just not to the exclusion of your own wellbeing and development.

**Manage Your Desire to Work and Socialise in Smaller Groups**

* As an introverted person you will prefer to socialise in smaller groups so try to find ways to communicate that and access the support of people you trust to help you.

**Be Assertive About Your Need for Peace and Quiet**

* More introverted people need quiet time to recharge their energy levels.
* It can be difficult for us to state our needs in this respect as other people might want to say, “what is the matter with you?!” because their preference for extraversion means they feel very happy with lots of company and continuous interaction. Our need for quiet is contradictory to their need for company.
* There’s huge strength in consciously taking time out to restore our energy levels. We don’t need anyone else to be there in order to do that. There’s strength in that too.

**Building Your Self Confidence and Self Esteem**

* As more introverted people we will tend to focus on what we can’t do as opposed to what we can.
* Think of what you can do, as well as something you’re not quite so good at – find a balance.

**Build your lists!**

What I like doing…. What I don’t like doing….

What I’m good at…. What I’m not so good at….

What’s important to me…. What’s not important to me….

As an example, my lists would look like this….

|  |  |
| --- | --- |
| **What I like doing….**  Spending time alone  Walking  Reading  Watching films  Socialising with friends  Working in silence with the window open  Having the radio or music on in the car and singing along  Delivering presentations and supporting people’s development  Going to the cinema or theatre | **What I don’t like doing….**  The cross trainer but needs must!  Being in crowded and noisy places  Driving on motorways at peak times  Working with lots of noise outside  Rushing and being late  Going to crowded pubs or clubs |

|  |  |
| --- | --- |
| **What I’m good at….**  Delivering presentations and supporting people’s development  Listening  Being kind and thoughtful  Thinking about how I can help  Being calm  Planning and organising  Being punctual  Line management  Stress management  Coaching  Risk management | **What I’m not so good at….**  Concentrating in noisy environments  Not listening to other people’s opinions, sometimes  Surprises  Fancy dress parties  Asking for help  Recognising that I’m struggling |
| **What’s important to me….**  My friends  Being honest  Integrity  Being kind and supportive  Good physical and mental health  My value and belief system  Standing up for what I believe in  Faith  People’s respect  Being considered as good at what I do  My home, quiet space to relax | **What’s not important to me….**  Fashion  Religion  Money (beyond what I need for the basics)  Flash car, big house  Status |

Now use the word list below to build your lists. You don’t have to do it all in one go; have a think about it, that’s what we introverts like to do! I’m not giving you a negative word list, you can think of those all on your ownsome!

**Positive Word List**

Appreciative Approachable Articulate

Assertive Bold Brave

Calm Capable Caring

Charismatic Charming Compassionate

Confident Courageous Creative

Curious Decisive Determined

Direct Driven Dynamic

Easy-going Effective Empathetic

Expressive Flexible Friendly

Funny Generous Good communicator

Good listener Happy Hard-working

Have self-respect Helpful Influential

Inquisitive Insightful Integrity

Intelligent Interesting Kind

Knowledgeable Like myself Logical

Loving Open Open-minded

Optimistic Organised Passionate

Polite Positive Protective

Proud Relaxed Reliable

Respectful Responsible Reflective

Secure Self aware Spontaneous

Successful Supportive Tidy

Trustworthy Understand myself Warm-hearted

Well-balanced Witty Worthy

If there are things you’re not so good at, you might find is useful to think about the potential consequences of that. Use the structure below to raise your awareness of whether those things matter or not. They’re usually work round-able and not too significant.

I am not so good at:

*As an example, I would say I’m not very good at taking the time to cook myself healthy meals.*

The consequence of this is:

*The consequence of which is that my diet could be more nutritious and varied which would be good for my health.*

An alternative way to look at this is:

*I don’t value my health enough to cook healthy meals – when good health was on my ‘important’ list*

I can manage the fact that I’m not so good at:

*I can plan (I’m good at that) in time to make slow cooker meals which are healthy, and which can be frozen and then plan when I need to defrost them throughout the week.*

**Be Clear About Who’s Responsibility Things Are**

* As more introverted people we can be self critical and will draw criticism towards ourselves - “it’s probably my fault”.
* We will do well to spend a bit more time challenging ourselves – “is that really my fault or could someone else have done something differently or taken more responsibility?”.

**Be Kinder to Yourself**

* Would you say that to a friend?! If your inner voice says something that you wouldn’t say to a friend, challenge it, possibly reject it or try to disconnect from it.
* Get rid of the ‘shoulds’!
* Identify the things you enjoy doing and keep doing them!

**Recognise and Value the Strength of Introversion**