

Managing Your Introversion Presentation Handout

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

Expressing Ourselves

- People can think we're down when we're just thinking, our faces don't give us away
- Talking about your introversion can help people understand it and you more...
 - "I think in my head, as opposed to out loud so often I'm just mulling things over. I'm completely fine."
 - "I don't wear my heart on my sleeve, I tend to keep my feelings a bit more hidden. If I am struggling, I will let you know."
 - "I just like to be quiet, that's natural for me."
- You'll never be as outgoing as a more extraverted person in terms of meeting new people and getting to know them. Try and reveal small, less important things about yourself to practice

Communication

- As more introverted people we can be self critical and will draw criticism towards ourselves - "it's probably my fault"
- Extraverts push criticism away from themselves - "it won't be my fault, so it probably is yours!" - which can create a difficult dynamic in a relationship whether that be between colleagues, friends or partners
- Be assertive about who you are. Just because someone is different to you, it doesn't mean that you're wrong and they're right. It's probably just that they're more forceful in expressing it!

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Anxiety

- As more introverted people we do naturally worry about things. We notice and absorb life in lots of detail and so that alone will give us more to worry about
- As more introverted people, I think we tend more towards low mood if we're struggling, than being nervous and on edge

Possible Differences in Anxiety Between More Introverted and More Extraverted People

Personality Type	Feels Like	Looks Like
Introversion	Feeling fed up Low mood Apathy Disinterested Lethargic Feeling pointless Feeling worthless	Gets quieter Interacts less Doesn't express worries outwardly May seem preoccupied – trying to work things through May only let people know they're struggling once they've processed their concerns and decided on a way forward. Has a longer 'rope' but takes time to recover when something hurts or upsets them
Extraversion	Nervous On edge Feeling panicky Agitated Keeping busy, avoiding the issue 'Hyper' Hysterical	Gets louder Visibly upset and/or struggling Actively seeks support and discusses the concern Will canvas many opinions and may or may not act on any of them, talking things through is sometimes enough to help Has a short 'rope' but recovers quite quickly if something hurts or upsets them

Managing Our Anxiety

- People can support you by giving you the time and space to work things through and being there for you when you're ready to talk about things
- Other people's problems are not more important than yours. No one has the trump card
- Seek professional help if you're struggling to work through something. An external voice can feel more objective which we like sometimes
- Writing down your worries and thoughts can help you work things through. It also takes the thoughts out of your head and so can reduce your anxiety level

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Accessing Support

- You can access a range of support and information particularly online. Sources include TED Talks, YouTube and Twitter
- You can access professional help via your GP or by looking locally for a Counsellor, Coach or Mentor

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Building Resilience

		What Score Am I Now? 1 – not good 10 – fabulous!	What will I do to improve that score?
Physical Resilience	Health and Wellness		
	Physical Environment		
Intellectual Resilience	Work and Career		
	Money and Finance		

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Emotional Resilience	Family and Friends		
	Romantic Relationships		
Social Resilience	Personal Development		
	Support for Others		

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Summary

- Understanding our introversion helps us to be more accepting of ourselves, to stop giving ourselves a hard time about how we think and to say comfortably “this is me 😊”
- That allows us to start to build our confidence and self esteem, to communicate differently with others and state our needs more assertively
- We’re never going to be egomaniacs but we can start to feel proud of who we are and of the contribution we make (albeit quietly) to the world
- We can continue to build our insight, resilience and strength to deal with difficult times, feel proud of ourselves and to support others

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