

## The Strength of Introversion Presentation Handout

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<b>A more introverted person is:</b>	<b>A more extraverted person is:</b>
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.

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### 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....

<b>What I like doing....</b> 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	<b>What I don’t like doing....</b> 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
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<p><b>What I'm good at....</b>          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</p>	<p><b>What I'm not so good at....</b>          Concentrating in noisy environments          Not listening to other people's opinions, sometimes          Surprises          Fancy dress parties          Asking for help          Recognising that I'm struggling</p>
<p><b>What's important to me....</b>          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</p>	<p><b>What's not important to me....</b>          Fashion          Religion          Money (beyond what I need for the basics)          Flash car, big house          Status</p>

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 own!

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### 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

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If there are things you're not so good at, you might find it 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