

# INTROVERT OR EXTROVERT?

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Answer YES or NO for the following questions based on your first response. Give yourself a point for each “yes” response.

Don't overthink!

- 1. I prefer one-on-one conversations to group activities.
  - 2. I often prefer to express myself in writing.
  - 3. I enjoy solitude.
  - 4. I seem to care about wealth, fame, and status less than my peers.
  - 5. I dislike small talk, but I enjoy talking in-depth about topics that matter to me.
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- 6. People tell me that I'm a good listener.
  - 7. I'm not a big risk-taker.
  - 8. I enjoy work that allows me to "dive in" with few interruptions.
  - 9. I like to celebrate birthdays on a small scale, with only one or two close friends or family members.
  - 10. People describe me as "soft-spoken" or "mellow."
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- 11. I prefer not to show or discuss my work with others until it's finished.
  - 12. I dislike conflict.
  - 13. I do my best work on my own.
  - 14. I tend to think before I speak.
  - 15. I feel drained after being out and about, even if I've enjoyed myself.
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- 16. I feel energized when I've had quiet time.
  - 17. If I had to choose, I'd prefer a weekend with absolutely nothing to do to one with too many things scheduled.
  - 18. I don't enjoy multi-tasking.
  - 19. I can concentrate easily.
  - 20. In classroom situations, I prefer the teacher talking to the class as a whole rather than group work.
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- Does it matter whether you're an introvert or extrovert in Public Speaking?

# SPEECH ANALYSIS

- TED talk with Susan Cain

- What did you learn?
  - What did she do well?
  - How would you judge her as a public speaker in terms of her presentation abilities?
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## **Introverts don't like to talk.**

This is not true. Introverts just don't talk unless they have something to say. They hate small talk. Get an introvert talking about something they are interested in, and they won't shut up for days.

## **Introverts are shy.**

Shyness has nothing to do with being an introvert. Introverts are not necessarily afraid of people. What they need is a *reason* to interact. They don't interact for the sake of interacting.

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## **Introverts always want to be alone.**

Introverts are perfectly comfortable with their own thoughts. They think a lot. They daydream. They like to have problems to work on, puzzles to solve. But they can also get incredibly lonely if they don't have anyone to share their discoveries with. They crave an authentic and sincere connection with ONE PERSON at a time.

## **Introverts can fix themselves and become Extroverts.**

A world without Introverts would be a world with fewer scientists, musicians, artists, poets, filmmakers, doctors, mathematicians, writers, and philosophers. That being said, there are still plenty of techniques an Extrovert can learn in order to interact with Introverts. Introverts cannot “fix themselves” and deserve respect for their natural temperament and contributions to the human race. In fact, one study (Silverman, 1986) showed that the percentage of Introverts increases with IQ.

What if you are a mix of both??

AMBIVERTS

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