

# DEVELOP TOGETHER

*"Helping You Make Positive and Long Lasting Changes to Your Life."*

## **Introversion and Extroversion**

Introversion and Extroversion are terms that describe how someone expresses themselves in society. An extrovert is stereotypically a confident person who loves to spend lots of time with lots of people and is never short of a word to say.

An introvert is often seen as someone who is shy and doesn't like to socialise with others. In the grand scheme of things these polar opposites have some truth, although we all can switch between these two states depending on the circumstances.

An introvert will prefer to spend time alone or with a small number of close friends or family. However, there may be occasions when they need to operate in a more extraverted fashion, such as giving presentations and attending important social/professional events.

Conversely, an extraverted person can be out every weekend and is constantly in communication with friends or family planning the next party, holiday or night out.

However, the batteries can still wear out for an extravert and they need a short amount of time to recharge such as when taking a long bath or reading the next chapter of a book.

We should embrace both sides of our expressive nature by understanding where our own limits are. An introvert can embrace their need for alone time and let others know that they will occasionally need a bit of peace and quiet. They can also plan to arrive late and/or leave early to parties and let people know in advance that their time will be limited. Setting this expectation removes the need to look for awkward excuses.

An extrovert can embrace their need for socialising but not expect everyone else to be the same. Distributing this social energy amongst a wider selection of people will take pressure off others as well as themselves. This will allow them to have the odd night off when needed without disrupting a steadfast routine and always feeling the need to be on top form.

Being honest with yourself is the first step to managing your social interactions. You can then start to make plans and inform others accordingly to limit their expectations of you. This will also help you manage your time and give you the necessary space to pursue other projects or keep up with family and friends face to face.

If you have any questions about this, please email [info@developtogether.co.uk](mailto:info@developtogether.co.uk).

Kind Regards,

*Rob*

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