

Introvert vs. Extrovert

According to Eysenck's theory, the behaviors of introverts and extroverts are due to differences in cortical arousal (the speed and amount of the brain's activity). Compared with extroverts, introverts have naturally high cortical arousal, and may process more information per second.

Introvert enjoys spending time alone, thinks before speaking and acting, can be seen as more reserved and prefers working independently. While extrovert gains energy in social situations, makes quick decisions, can be seen as outgoing and enthusiastic and thrives in team-oriented work settings.

SIGNS THAT YOU ARE AN INTROVERT:

- Feel comfortable being alone
- Don't like group work
- Don't like to party
- Prefers to stay indoors and read books
- Prefers to write rather than talk
- Retreat into their own mind to rest
- Take time making decisions
- Have few friends but are very close with them

SIGNS THAT YOU ARE AN EXTROVERT

- Public speaking of any kind doesn't faze you.
- You hate being on your own
- You love to party or go out with friends
- When something bothers you, you have to talk about it.
- You often speak before you think.
- You're a very practical person.
- Leadership really appeals to you.
- You love social media such as Facebook and Instagram.



VOCABULARY:

OUTGOING - friendly and socially confident.

ENTHUSIASTIC - feeling or showing strong excitement about something

FAZE - disturb or disconcert (someone).

THRIVE - to prosper; be fortunate or successful.

PRACTICAL - concerned with the actual doing or use of something rather than with theory and ideas.

QUESTIONS:

1. Are you happy with your personality?
2. Are you more introverted (focused on your inner world) or more extraverted (focused on other people and the outer world)?
3. Do you think you can change a major characteristic of your personality if you try?
4. What is one thing that many people don't know about you?
5. "In an extroverted society, the difference between an introvert and an extrovert is that an introvert is often unconsciously deemed guilty until proven innocent." What do you think of this quote? Explain your answer.

