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DEBUNKING MYTHS ABOUT INTROVERSION AND EXTROVERSION

You can find a lot of information about introverts and extroverts in books, magazines and blogs. However, it turns out that some of this is not true at all. Are you wondering about your personality type and want to know what is myth and what is truth when it comes to introversion and extroversion? If so, read our article.

WHO IS AN INTROVERT?

An introvert is a person who usually prefers to listen rather than speak, so they are great as a friend and active listener, as well as an advisor. According to research analyses to date, there are 25 - 46% introverts in the general population, but it is worth noting that some of these are actually ambiverts (i.e. those in the middle of the scale). The most important characteristics of introverts are:

- focus on their inner life
- calm disposition
- preference for interesting conversations and intriguing interlocutors
- taking the time to understand different ideas
- perceptiveness
- listening skills
- composure.

Key myths about introversion

There are many myths about introversion, some of which are extremely damaging. Such myths can negatively affect introverts' self-esteem and perpetuate certain social behaviours.

Myth 1: Introverts are bores

Introverts do indeed usually feel more comfortable on the sidelines rather than in the spotlight. However, this does not mean that they are bores or do not have an opinion of their own. Introverts can often surprise their friends with their broad knowledge of various topics and their perceptiveness. **All you need to do is ensure that they have a calm environment, as it boosts an introvert's confidence.**

Myth 2: Introverts don't like talking to other people

Introverts like to talk to others as much as possible, but mainly to people they know and trust. In a narrow circle of acquaintances or friends, introverts can also feel like they're in their element. Admittedly, introverts may find it a little harder to form social relationships than extroverts, but over time they prove to be excellent friends and good listeners.



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„I'm an introvert... I love being by myself, love being outdoors, love taking a long walk with my dogs and looking at the trees, flowers, the sky”

Audrey Hepburn

Myth 3: Introverts choose solitude

Sometimes introverts want to cut themselves off from people to recharge their batteries, but isn't that what extroverts and ambiverts do as well? Most introverts do not prefer solitude at all, a large proportion of these people form friendships and love relationships, although they tolerate alienation well.

WHO IS AN EXTROVERT?

An extrovert is a person who likes to engage with other people, is quite open to people and enjoys making new friends. Extroverts are comfortable talking about a variety of topics and are quite positive about the world.

Common myths about extroversion

Many myths have also been created about extroversion, although people with this personality type tend to be portrayed more positively in discourses than introverts.

Myth 1: Extroverts are confident in any situation

Extroverts tend to feel quite confident in many social situations, but they also sometimes feel anxious or withdrawn and uncomfortable. Sometimes extroverts mask their fears at many points in their lives precisely by being confident and open with people.

Myth 2: Extroverts only focus on relationships with others

Extroverts tend to seek different types of stimulation, so not only contact with people, but also interesting experiences and intriguing moments. **Positive emotions, involvement in different activities and not just the presence of others are important to them.**

Myth 3: Extroverts are not good as friends

There is a common belief that extroverts have many acquaintances, but these are not their friends. **In fact, such people often care about friends, spending time with them and nurturing relationships.**

*Don't wait, call now! If you want to talk about some emotions you are experiencing, contact a specialist.
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