

## Are You an Introvert or an Extrovert?

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**Lindsay:** Okay. So guys, what would you say, are you... Well let's start with Rebecca. How about you? Would you call yourself an **introvert** or an **extrovert** or somewhere in between? What would you say?

**Rebecca:** I definitely think I'm more of an extrovert. I used to be pretty introverted as a kid

and um, I think it wasn't until college that I really started to become more extroverted. And it's so funny, the people that I talk to who knew me when I was younger, they're like "Rebecca! What happened? Like you used to be such an introvert." And so I... I definitely have changed a lot over the years. I'm definitely...

**Lindsay:** Interesting.

**Rebecca:** ... a lot more outgoing now.

**Lindsay:** Oh, okay. Well, how about you Lauren? What would you say?

**Lauren:** Yeah, this one's really interesting. Have you ever taken a Myers-Briggs assessment?

### Key Vocabulary Words

1. Introvert
2. Extrovert
3. Ambivert
4. Obnoxious
5. To come out of one's shell
6. To bring something out in someone
7. To get to know someone

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**Lindsay:** I think I have.

**Lauren:** It's a popular type of psychometric assessment. The first part says whether you're an introvert or an extrovert. What... what that told me, that I think I already knew, is that I'm actually a professional extrovert, so in my job and in school and in organizations, I'm very quick to talk to people and meet people and say hello. Personally though, I'm an introvert. I always have smaller groups of friends. I... I think it takes me a while to really **get (come) out of my shell** and get to know people. Uh, but it's, you

know, for professional purposes, it's helpful to just, you know, not be too shy.

**Lindsay:** Oh, yeah. That sounds like an ideal situation because you're able to get out there and talk to people. You really need to be able to do that in any job.

**Lauren:** Yeah. For sure.

**Lindsay:** What do you think are some of the misconceptions about introverts and extroverts?

**Rebecca:** Uh, I guess some of the misconceptions may be about being extroverted is that they're loud and crazy and maybe **obnoxious** too at the same time or a combination of all of those. I... I don't know or at least those are some things that I feel like I've heard before, but

really that's not totally the case. We're just outgoing. I... I don't know. It's... I'm not sure. It's hard for me to say.

**Lindsay:** Yeah.

**Lauren:** Right. I think introverts don't have to be introverted all the time.

**Lindsay:** Right.

**Lauren:** You can have your pockets kind of outside, but, you know, it's just not a hole, you kind of would rather be in your own head than in somebody else's.

**Lindsay:** I think it has something to do with where you get your energy. Right? So, we were just talking about New York and

saying that I think I realized maybe while I was in New York, that I'm more of an introvert than I thought I was because feeling that stress from what's going on around... around you.

**Rebecca:** Yeah. Maybe that's why I've kind of come out of it, like maybe I felt more of an introvert in California and then as I, ya know, moved to the East Coast, I've... my extrovert is like being pulled out of me...

**Lindsay:** Because you feel like there's less stimulation from the outside.

**Rebecca:** Maybe or it's just those **people are bringing it out in me** that I associate myself with.

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**Lauren:** It'll be interesting I think as I get older. I find myself in some ways becoming more introverted. It's like the job gets more stressful. Life gets more stressful. I have more of a responsibility. I really relish that time to just be really quiet and kind of recharge.

**Lindsay:** Oh totally. You need that time. Things aren't as light as they were before. Right?

**Lauren:** Right.

**Lindsay:** Yeah. Interesting. Thanks guys.

**Rebecca:** Yeah sure.