

Introversion Fact Sheet

“Love is essential; gregariousness is optional.”
~ Susan Cain

I. What is Introversion?

C.G. Jung:

- Introverts are drawn to the inner world of thought and feeling
- They focus on the meaning of events around them
- They recharge by being alone

- Extroverts are drawn to the external world of people and activities
- They plunge into events, unconcerned about the meaning
- They recharge through socializing

Current research:

- Introverts and extroverts differ in terms of the level of stimulation that they need and can tolerate.
- Extroverts: Think out loud; are comfortable with conflict but not with solitude.
- Introverts: Can be social, but quickly run out of steam
 - They prefer to devote their energy to close friends and family.
 - Think before they speak; dislike conflict
 - They hate small talk but love deep discussions.

II. Strengths of Introversion

- Reflective, Imaginative, creative, analytical, sensitive, compassionate
- Introverts develop deep connections, are good listeners, make good leaders
- Calm, peacemakers, mediators, caring, comfortable with solitude
- Comfortable with small talk after going deep, instead of small talk as a way of relaxing into friendship.
- “Orchid Theory”, Quiet, p. 111: “They wilt easily, but under the right conditions can grow strong and magnificent.”

III. Two aspects to the secure base

1. The security the child feels in relation to his or her parents.
2. The security the child feels in relation to his or her self.

IV. Guidelines for Parenting the Introvert

1. Listen, Listen, Listen
2. Allow the play of imagination
3. Give time for daydreaming
4. Telegraph your moves (Provide adequate preparation)
5. Whenever possible: Don't rush
6. Whenever possible: Arrive early
7. Be prepared for the outpouring
8. Create a "free trait" agreement with your child

Further reading and resources:

1. **Quiet** by Susan Cain
2. **The Physiology of Typology** by Katherine Benziger, Ph.D.
<http://www.benziger.org/articlesIng/?p=30>
3. **Introvert Power: Why Your Inner Life Is Your Hidden Strength**
by Laurie Helgoe Ph.D
4. **Personality Types: Jung's Model of Typology** by Daryl Sharp