

SEVEN THINGS EXTROVERTS SHOULD KNOW ABOUT INTROVERTS (AND VICE VERSA)

Some simple guidelines for friendship across the personality gap.

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Seven things extroverts should know about their introverted friends:

- 1) We don't need alone time because we don't like you. We need alone time because we need alone time. Don't take it personally.
- 2) We aren't judging anyone when we sit quietly. We're just sitting quietly, probably enjoying watching extroverts in action.
- 3) If we say we're having fun, we're having fun, even though it might not look that way to you.
- 4) If we leave early, it's not because we're party poopers. We're just pooped. Socializing takes a lot out of us.
- 5) If you want to hear what we have to say, give us time to say it. We don't fight to be heard over other people. We just clam up.
- 6) We're not lonely, we're choosy. And we're loyal to friends who don't try to make us over into extroverts.
- 7) Anything but the telephone.

Seven things introverts should know about their extroverted friends:

- 1) Extroverts don't understand introversion unless someone explains it.
- 2) Extroverts who try to get you to loosen up usually aren't doing it to annoy you. They mean well.
- 3) Extroverts produce a lot of words but quantity does not preclude quality. There's often plenty of good stuff in there for those with the patience to listen.
- 4) Extroverts can teach us plenty about glad-handing and small talking. These are useful skills, whether or not you enjoy them.
- 5) Extroverts can't read your mind and they're not big on catching hints. Say what you want.
- 6) At parties, think of extroverted friends as a glider tow plane. They pull you in and get you started, but eventually you have to sail on your own.
- 7) Extroverts come in all different styles, just like introverts. Keep a lookout for extroverts with a quiet side, who make dandy friends.

My book, [The Introvert's Way: Living a Quiet Life in a Noisy World](#), is available for pre-order on [Amazon](#). It will be released December 4, just in time for party/festive/family-togetherness season. You know you need it.