

Presented by BU Happiness College

Introversion vs Extroversion; The Myths & The Realities

www.buhappinesscollege.com







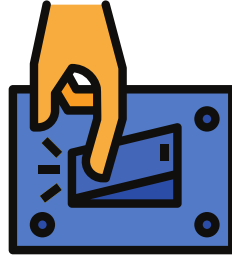
"I am both extrovert and introvert. I like people, but I need to be alone. I'll go out, vibe, and meet new people but it has an expiration because I have to recharge. If I don't find the valuable alone time I need to recharge, I cannot be my highest self"

- **Sylvester McNutt III**



Light Switches vs Spectrums

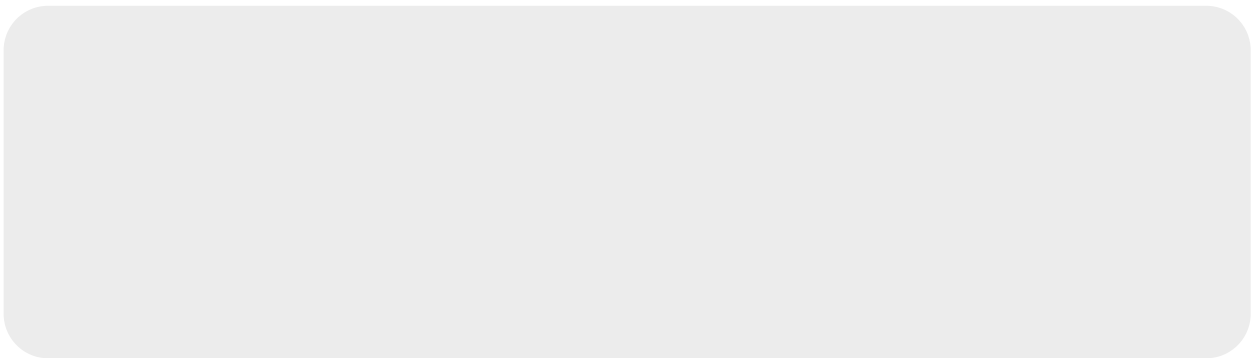
Extrovert



Introvert



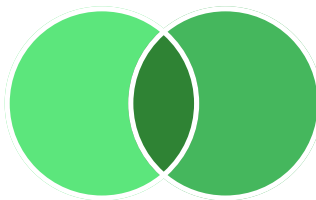
Light Switch Approach



Extrovert



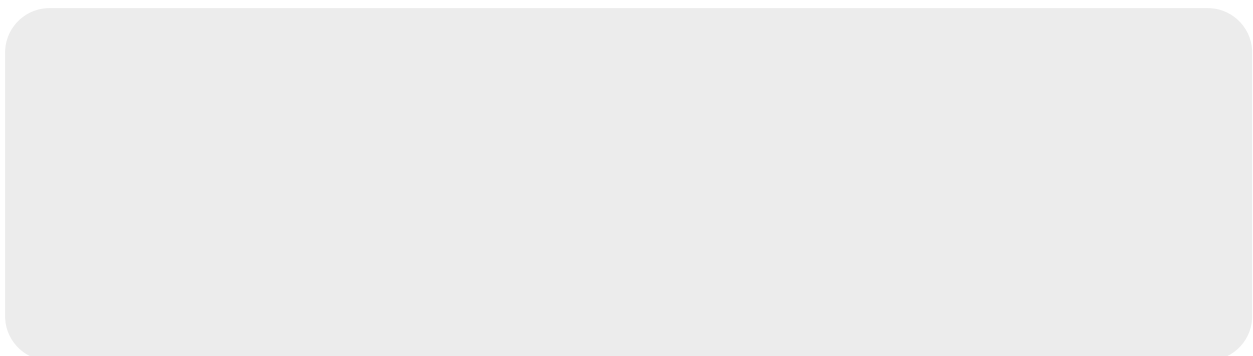
Ambiversion



Introvert



Spectrum Approach



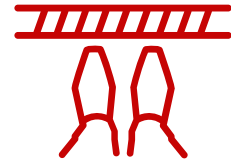


Strengths & Limitations of Extroversion



Strengths

A large, empty, light gray rounded rectangular box intended for writing notes about the strengths of extroversion.



Limitations

A large, empty, light gray rounded rectangular box intended for writing notes about the limitations of extroversion.

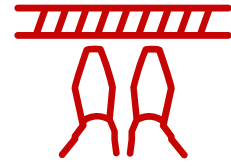


Strengths & Limitations of Introversion



Strengths

A large, empty, light gray rounded rectangular box intended for writing notes about the strengths of introversion.



Limitations

A large, empty, light gray rounded rectangular box intended for writing notes about the limitations of introversion.

What Shapes Your Preferred Style?



Biology & DNA

A large, empty, light gray rounded rectangular box intended for notes or responses related to the 'Biology & DNA' section.



Social Reward

A large, empty, light gray rounded rectangular box intended for notes or responses related to the 'Social Reward' section.

How to Strengthen Each Style

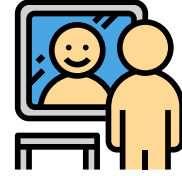
Extroversion



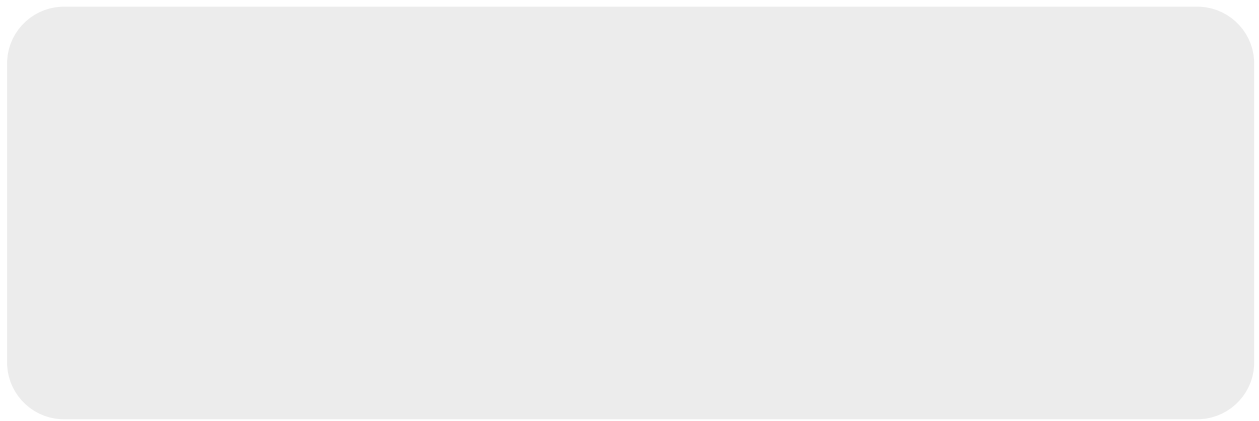
Say Yes
to Opportunities



Prioritise In
Person Connection



Know
Your Self



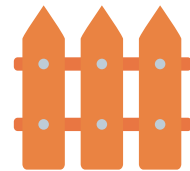
Introversion



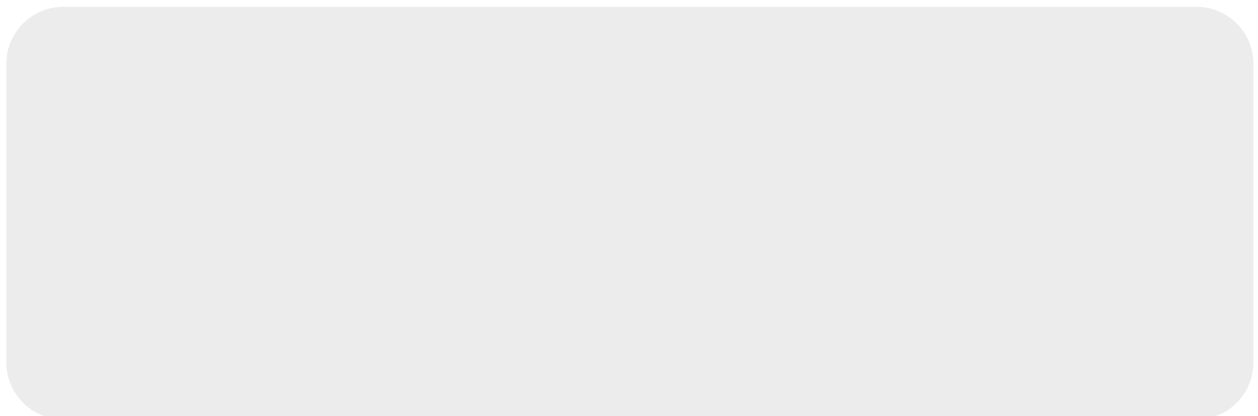
Connect Online



Practice Solo
Self Care



Be Mindful
About Boundaries



A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...