



The Extrovert & The Introvert (... and being SHY)

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We are all different, and different is **OK**, but to allow the difference in peace and in sympathy, one needs to expand your awareness and knowledge on all the individuals.

Allowing yourself to think light, will place the focus on what is important and why **nothing is personal**. The art of listening to people without distractions, will tell you exactly what they think, feel and who they are.

Being either an Extrovert, Introvert, or just SHY, **will not define you**, it will only reveal your preferences, what you said yes to, what works for you as an individual, how you might not know the real you and the possible copied behavior, learned from your childhood.

“Nothing is set in stone”, remind yourself to change, to say yes to change, to become aware of the new with change, which can add value to your life and that you can benefit from.

Sharing the differences between being an Extrovert, Introvert & **SHY** are: -

Extroverts: -

- the external charge you, gets you going
- focusing on external ideas & thoughts
- the bigger the crowd the better
- might reveal impulsive behavior
- speak first and then allow the thinking
- can concentration in noisy environments
- feel discomfort when left alone
- talk is ok, that is the easy part
- draws energy from big crowds
- crowds, many, quantity
- sharing is everything, tell the world
- reality with immediate action to solve it
- social activities will calm and soot the mind
- processed **the world they are in**, part of
- dopamine gives energy, a feel-good feeling
- lower blood flow to the frontal lobe
- too much is never enough, excitement always

Introverts: -

- the internal is more comfortable
- internal ideas & thoughts is enough
- smaller crowds will be the best choice
- less prone to impulsive behavior
- allow thinking first and then speak
- need quite time to concentrate
- feel comfortable alone
- prefer writing rather than talking
- feeling tired from big crowds
- few, less is more, quality
- making it difficult to know you
- dream and imagine solving it
- retried into their own minds to rest
- processed **the world around** them
- dopamine gives tiredness, need to rest
- higher blood flow to the frontal lobe
- restrain from too much excitement

... and then comes the **STOP (shy)** ... where moving forward, saying, or doing your “thing” becomes virtually impossible.

Being **SHY** might be part of who you are right now, it is part of all the messages that is ruling YOU in your brain, forcing you to switch over, as you have learned to do as a child, from being free, in exchange to adapt (e.g. you will walk into a room and see something or someone, and that will be the “thing” that starts the powerful switching.

Instantly all the confidence and excitement of the messages that you wanted to convey “disappear”. Fear and not being enough is taking over, it moves you right back to that place of being “stuck”. It is so powerful, it is controlling you, only allows you to operate from the point of total worthlessness (stuck feelings). Healthy communication becomes impossible, saying the powerful opposite, experiencing too many emotions, forcing you to cancel them with whatever it takes.

Sharing some of these **SHY** powerful and active messages inside you: -

SHY (and not knowing it)

- does not necessarily want to be alone
- experiencing uncomfortable feelings, a feeling of irritation, powerless
- self-consciousness and insecure feelings can overwhelm you
- afraid and insecure to interact with others, a feeling of short temper
- exposure to uncomfortable situations might be difficult to manage
- outburst of anger and rage happen, not in line with the actual issue / problem
- constant driven performance to remain in control, to always appear OK
- high anxiety levels will trigger reactions quicker

- something as simple as wrong wording used can cause a triggered re-action
- pressure on decisions become a game, playing for time, hiding insecurity
- jumps between the extrovert and the introvert – choices adding pressure
- feeling pressured is part of your daily life
- avoidance become the norm, enhancing frustration, fighting to keep all those balls under the water
- cancel emotions, distance yourself from any emotions
- it is dangerous to feel and express emotions
- talking becomes impossible

There is no quick fix. To get to middle of the problem is not cutting the union in half. Allowing practice and inviting all the knowledge necessary for yourself, **is key**. Ask for help, do whatever it takes to become **You**. Be still, stop the noise in your head. Sit with yourself, with this fear, with this shyness and respect “it”.

The “power” that is controlling you **IS** in your head. No one is more important than you. And to give yourself your power back, is to realize that silence is needed, your silence. Step back and breath, you were born ENOUGH.

Life will always be there, with or without needs, hunger or issues. The hunger is not the problem, the problem is when the focus is on the “**no**” food available.

A jar filled with red ants is also not the problem, the problem is the one shaking the jar and opening the lid ... who is opening **your** lid ... take **your** power back, trust **your** process, remember that **you** are ENOUGH. Enjoy **your** life anywhere ...everywhere ... everyday.

