

Extrovert and Introvert



Some people like to spend their time with others. They enjoy going to parties and talking with strangers. Others prefer to be alone. They enjoy reading and thinking rather than meeting with others. The former are called extroverts, and the latter are called introverts. Most people think extroverts are sociable and introverts are shy. However, their differences are not superficial. They are different in what they are interested in and how they get their energy.

Extroverts are interested in the world outside of themselves. They like to know what is going on in the world and enjoy talking with others. Fundamentally, being with others will energize extroverts, so when they are alone, they feel bored.

On the other hand, introverts tend to be interested in the internal world of their minds. They like to explore ideas by themselves. This does not mean that introverts dislike people, for they enjoy being with others if they are with a small group of close friends., but when they have to be with a crowd of strangers, they feel tired and need time for themselves later. Basically, they get energized by staying alone.

None of us are 100 percent extroverts and none of us are 100 percent introverts. We all have both tendencies. It is just a matter of which is more dominant in our characters. Of course, neither one is better than the other. Both extroverts and introverts can be successful. Famous extroverts include Barack Obama and Michael Jordan, while famous introverts include Isaac Newton and Bill Gates. Steve Jobs was an extrovert, and his Apple co-founder Steve Wozniak is an introvert. You can find out whether you are in introvert or an extrovert by taking a personality test and understand better how your mind works.