

VB LESSONS

Introverted Extraverts

virginia·bēowulf
english:studies

Activity type

Lesson

Procedure

Procedure text

Focus

Hocus-pocus

Examples / Suggested Answers

Suggested answers text

Level

Over 9000

VB LESSONS

Introverted Extraverts

virginia·bēowulf
english:studies

1. Are these situations below true about you? Discuss why/why not.

no one:

introverts with their friends:



g
@valtersin

Follow

me two seconds after leaving my house



Introverts When Someone
Messes Up their Order at
A restaurant



Author Abby Jimenez
@AuthorAbbyJim

...

My husband (the extrovert) and I (the introvert) got separated on our flight. We're in middle seats in the same row.

I've already apologized to the people sitting next to me like 7 times. My husband is sharing beef jerky with strangers and I think he's now in someone's wedding.

When you call someone
and they don't pick up



2. Do you agree or disagree with the statements below? Discuss in teams using the highlighted expressions.

- Amid the chaos of a social gathering, an introvert's mind is silently working, processing information and making connections, while extroverts just sap energy from the crowd.
- Extroverts are the lifeblood of any group, keeping things moving and motivating others. They are the ones who see a project through and keep everyone on top of their game.
- To curb social anxiety, introverts opt for deep, meaningful conversations over shallow, fleeting interactions. That's how they truly connect.
- Introverts often miss out on life's greatest experiences by staying in their comfort zones. They need to break free, embrace the unknown, and see things through with the help of an extroverted friend.

3. The expressions come from an article on the different types of downtime. Discuss the questions below when you're done reading.

- Are the quiz results accurate for you?
- Is the advice useful? Would you like to try out some of the suggestions?

4. Read the posts below. Make a few notes about the advice you'd like to give to each person. Then, compare your thoughts in teams.

@Bella_Poulter

I'm drowning in a sea of spreadsheets, deadlines, and conference calls. My brain feels like it's been replaced with a bag of mashed potatoes. I know I need to take a break, but my boss is a total workaholic and everyone else is buzzing with energy. I feel like a deflated party balloon compared to them! How do I get some downtime without looking like a slacker?

@Max_Well

My social calendar is bursting with events - weddings, birthdays, book launches... you name it. I love my friends, but I feel like I'm on a constant hamster wheel of cocktails and small talk. I'm starting to sound like a broken record, repeating the same stories about my cat and my sourdough starter. I need a break, but saying "no" feels like a betrayal to everyone! How do I escape this social vortex?

@GemmalsTyping

I'm a freelance writer, which sounds glamorous but basically means I'm a human to-do list living in a messy apartment. I'm surrounded by my laptop, a pile of half-finished projects, and a mountain of dirty dishes. I can't seem to switch off! Even when I'm watching TV, my brain is churning out plot ideas. I need to unplug, but it feels like I'm betraying my muse. Help!

@Tess_Mess

My life is a whirlwind of DIY projects, gardening, and endless errands. I'm exhausted but somehow feel guilty about taking a break. My family thinks I'm superwoman, but I'm starting to feel like a broken-down lawnmower. Is it really that bad to be unproductive for a while? My husband says I need a "me day," but I'm pretty sure that means just watching him do the dishes.

5. Describe a person who accidentally became your friend. You should say:

- who the person is
- how you met him/her
- if they are an extravert or introvert and why
- what made you two become friends
- and explain how is your friendship now.