Tabletop Games as Improvements of your mind.

It would a terrible assumption that an antisocial person can not become a social person. However, there is a unique tool, per say, that can help take that assumption and prove it false. A Tabletop Role-Playing game (TTRPG).

It is a well-known fact that people are antisocial tend to be more reserved and quieter. It may be just who they are or choose to be or from any number of other things like: they enjoy solitude; they prefer small groups; they are quiet; too much stimulation makes them feel distracted or unfocused; or they are very self-aware. Understandably, this is just how some people are. After all there is a vast amount of people of different social types whether they be introverted or extroverted we all have a common goal and need of belonging. It’s what makes us human.

From personal experiences of being an active player of a TTRPGs, it can be confirmed that an introverted person can benefit from playing TTRPGs. It can allow that said person to be in their comfort zone and be the character that they play. The character they play, majority of the time, tends to be a personification of their alter ego. Something that they would like to be or something they wish they could amount to. With this alter ego they can act how they want and say what they want while hiding behind a wall, of sorts, while stilling being themselves.