

## Part I

After reading great amount of literature, our group decided to verify the validity of the method of paradoxical intentions by targeting on a case study.

Researchers looked for volunteers online and successfully found one introverted boy Xia. Researchers studied his experience and looked for methods to change his self-consciousness. Finally, he got much more confident, and although he was still quiet and shy, he knew that he could be powerful and there was nothing wrong with his personality.

The reason for doing this is to show the effectiveness of the method of paradoxical intentions in the application in the case of changing adolescents' attitude towards their own introversion.

The method seems to be useful on this case study and implies the potential power of this method for further investigation.

## Part 2

For the next step, we plan to use this method on more introverts. We are planning to gather more introverts and observe their changes. Surveys and interviews will be conducted frequently to see their changes. After the experiment, the results will be analyzed using hypothesis testing and other statistics.

## Part 3

In China, a large number of teenagers are suffering, for they face plenty of misunderstanding and potential biases towards their introversion. They hear others - mostly their parents- urging them to be open, to be social all the time. As our surveys and interviews show, people think highly of the extrovert blindly. Many people have little ideas of why and how the children's personalities are formed, and they make their decisions based on their ignorance and prejudice. As a result, many teenagers are self-conscious and are ashamed of their own personalities. They become unwilling to communicate with others simply because their parents' feeling.

There are some similar studies in history, but most of them are just by talking and telling introverts their advantages and encourage them. We are instead focusing on a more potential method and we are curious about the result.

## Part 4

We are half way in our experiment and we are proceeding quite well. We are considering possible problems in future experiment like controlling the variables and finding more people to take part in this experiment.

So far, we can see the effectiveness of this method and we believe the potential of it in further experiments.

Our experiment is of great uniqueness that applies a method in broader psychology in this single field. We are planning to conduct further experiments in more various ways.

