Hi, we are …, and our research topic is how to let some introversive adolescents think positively about themselves despite others’ possible bias.

We hypothesized that adolescents’ attitude towards introversion can be changed by letting the environment to accept them, and then applying the Morita therapy, which we will explain later in detail.

The reason for choosing the topic contribute to the presence of introverted youngsters around us who are really self-conscious of their introversion due to the external pressure that forces them to be extroverted. Our team aimed to find out how to address this issue.

我们的研究课题是如何让内向者更加积极地面对自身性格。

我们提出猜想，通过更包容的环境和对森田疗法的运用，内向者们会逐步改变他们对自身性格的看法。

首先我们选择这个课题的原因是，我们发现周围的很多内向的同学都比较自卑。很多的内向的人也都被贴上了“自闭”“冷漠” “低情商”的标签。但是一个人是否内向真的是自己可以决定的吗？外向和内向又是否存在绝对的优势和劣势呢？这也是我们小队的目的所在：探究及解决这个问题。

Afterwards, we held a speech in Suzhou High School, and this is the poster we made for progangda. Right after the speech, we interviewed around 30 audience there. The results drawn from these researches were that a majority of people do wish to be more extroverted themselves, both explicitly and subconsciously. Also, we found that there is no clear definition of introversion. We did more research on this topic, and read a lot of literatures online, from the newyork bestseller Quiet by Susan Cain to Karl Yong’ theoris. We found that the main controversy is whether the introverts choose not to socialize or they do not have the ability to socialize. During our research, we define introversion as the former one.

之后我们在苏高中举办了一场演讲。我们把当时的宣传海报也带来了。我们在演讲之后采访了大约30名在场观众。通过结果我们发现几乎所有人都希望自己能够更外向一些。其次我们发现对内向这个词的定义并不清晰。于是我们阅读了大量的文献，从Susan Cain的纽约畅销书Quiet到荣格的心理类型理论。我们发现有的认为内向指人们不愿意外交，而另一方认为内向者缺乏社交能力。在我们的研究中，我们将采用第一个定义。