**Background**

In China, a majority of introversive 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. Also, people generally 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. Fortunately, this problem can be solved. Along with the popularization of the precise definition of introvert, the method of paradoxical intentions can help the introverts gain their confidence and thus play a better role in society in the future.

Our research question is how to let some introvert adolescents think positively about themselves despite others’ possible bias. Our targeted group is Chinese young introverts, most of which may once be disappointed by people around them, especially parents, because of their seemingly asocial personalities. Our goal is to make those introverts keep an open mind to those bias, and be their real selves. We are trying to let the youngsters know that they should pay no attention to whatever others judges their personalities.

Our hypothesis is that since many people prefer extroversive children rather than introverts, introverts can be even more unsocial if they are frequently denied and excluded by adults due to their preference of being alone. However, introversion is not that useless and can have infinite benefits in some circumstances, and adolescents’ introversion can be changed by our effort by applying the method of paradoxical intentions.

**Research & Practice**

Researchers used questionnaires, interviews, speeches, research based on dictionaries, discourses bibliography and websites and case study to work out their research questions.

At the start of the study, whether the introverted teenagers really have negative opinions towards themselves and what is the major cause of this bias is investigated through questionnaires and interviews. 4 questionnaires in total are given to all ages. The first questionnaire was given to 96 adolescents to investigate their opinions towards extroversion and introversion, and their preferences on friend choice. This questionnaires contained many answers which were not serious. As a result, researchers worked out a second one, including open questions from 62 peers on their own experiences and their own experience due to their introversion or extroversion. The third questionnaire came out to reduce the negative effect qualitative gave researchers in the first two surveys, so it only contained closed questions, giving quantitative data from 433 adults about their ideas of introversion and extroversion, and their opinions about their children’s introversion or extroversion. The fourth questionnaire were done by 457 adolescents with closed questions and open questions, providing answers for their preferences of extroversion and introversion themselves, the stress they have being introverted, and the possible reasons for their introversion. In all the questionnaires above, social desirability is unavoidable, but filler questions were put into the questionnaires to reduce demand characteristics and social desirability.

Researchers interviewed 35 adolescents, including introverts and extroverts. The interviews were different for introverts and extroverts, but all introverts receive the same questions and vice versa, so this was a structured interview. For introverts, questions were why they thought they were introverted, how their friends and families think of their introversion and whether they would like to change their introversion and why. For extroverts, questions such as how they think of the introverts around them, why they would think someone is introverted, what were the advantages of being introverted, and what they thought can help the introverts overcome their self-consciousness.

Researchers then searched for dictionaries, discourses, bibliography and websites to find professional definition of introversion and how to help introverts release their pressure given by others because of their introversion. Researchers have checked the definitions of introvert and extrovert of several dictionaries including Merriam-Webster, Collins, Oxford, Cambridge, Modern Chinese, and Urban. Researchers searched for resources from Forbes, Psychology Today, BBC and have searched perspectives of Susan Cain, the best author on the cultural dominance of extroverts, Sophia Dembling, the author of The Introverts Way: Living a Quiet Life in a Noisy, Clive Thompson, an author of American Magazine Wired, Jon Ronson, an author of Guardian, Judith Warner, an author of New York Times. The results drawn from these researches are there are more introverts than people may imagine, and people have an wish to be extroverted themselves, while they seldom recognize this dream. Also, researchers find that there is not a certain definition of introversion, different books and dictionaries are defining it in various ways, and the main controversy is whether the introverts choose not to socialize or they do not have the ability to socialize. During their researches, they have always defined introversion as the unwillingness to socialize instead of the loss of the ability to socialize.

During the case study section, researchers looked for volunteers online and successfully found one introverted boy. Researchers studied his experience and looked for methods to change his self-consciousness. Through telling him the principle of being introverted and a therapy called Moritatherapy. 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.

Through all the experiment methods, researchers found that there are more introverts exist than people may imagine, while they are not so introverted as they think they are, for there are many participants in the questionnaire section thought they were introverted with peers considering them extroverted. Also, peers rarely give introverts any pressure, most youngsters under investigation believe introversion is neutral and are willing to accept an introverted friend. Many adolescents tell researchers that introverts can make trustworthy friends, for they can keep their secrets and they cherish their friendship, and this is true according to our interview with the introverts. Speaking of friends, most introverts said that though they prefer being alone, they still enjoy friendship with people of their ages, so they would choose few friends and cherish them much. While they were asked which type of friends they prefer, they said their friends do not have to be introverted, or extroverted. However, parents exerts plenty of pressure to introverts, while relatives give them most of the pressure, for they believe the characteristic is negative and the youngsters have to face the competitive world in the future, which has an preference on extroverts. As a result, many introverted adolescents wish they could be more introverted than they really are. But introverts are not necessarily unable to socialize, many of the introverts researchers interview were as persuasive as other teenagers. During the reading of materials, researchers found that introverts can be very successful in academic, political and acting field. Finally, to solve the problem, social awareness of introversion should be raised. Another solution we found is Moritatherapy, which is to let the introverts accept their own introversion.

To test researchers’ results of the study, they invited four introverts and four extroverts to have a one-week group study. The 8 participants had never met before, for they were chosen from different schools. The eight participants are tested whether they were introverted or extroverted by MBTI. The participants attend the meeting every day for a week. Each meeting is around 4 hours.

During the first day, researchers introduced their results of the study, including what introversion is exactly, how the characteristic is formed, the strength and weaknesses of the characteristic, where the pressure introverts face are come from and how adults and adolescents think of introversion respectively. Researchers required each participant to write about their own feelings and their opinions towards each other every day. The aim of the study is to find out whether simply letting the introverted adolescents know their own introversion better can reduce their negative opinions towards their own introversion. The first day was only consist of the speech given by researchers and the self introduction of the participants in order to know each other better. After researchers collected all the feedback given by participants, they found that most participants provided the similar answers to what they felt while meeting the strangers and introducing themselves. All of the participants acknowledged that they were nervous, the only difference between the two types of people is that introverts said that they would like to leave or not to introduce themselves, while extroverts were than seeking for someone to make friend with. Most of their description of each other were simply guessing whether the one was introverted or extroverted. Surprisingly, a girl who was introverted was thought to be extroverted by 5 people. The girl was good at debating, she was always trying to show that she was extroverted because of the pressure given by her family members, and she got used to it, but she was still wishing to be alone more. In addition, there were also 2 extroverts thought to be introverts by 4 and 3 people respectively, the 2 boys said they felt embarrassed when meeting the strangers, so they behaved differently from what they normally do.

During the second day, researchers provided them with several types of board role-playing games, and all of them required at least 6 players so that the participants were forced to play in the group of 8. There are games in which players should play solitarily and there were games where they should cooperate with each other. The recordings of this day was also surprising. 3 participants claimed that it was hard to recognize who were the introverts and who were not, for all the participants got quite active when they knew each other well. 2 of the introverts said that when there were no one saying them to quiet during the game and letting them to speak more, they can play better, because they can think calmly without anxiety.

The third day to the sixth day were all filled with activities outside such as museums visiting, amusement park visiting, film seeing, trying to escape from a room etc. The participants were separated into smaller groups since the fourth day when they knew each other better. We also encouraged them to try to make new friends continuously, while only 2 of them tried, who were all extroverts. During this period, researchers look into the introverts’ recordings in detail, finding that the introverts were all a bit more confident than they used to be. Their confidence mainly came from their friends, for none of them force the introverts to face the clear boundary between introversion and extroversion. They knew that their introversion cannot be changed, and they do not have to change themselves.

The last day of the activity was to hold a party for themselves on their own. Researchers provided them with all possible tools and raw materials they need. And after this celebration, the study came to an end. All of the introverts said they did not experience anything bad during this period and they did not blame themselves because of their introversion. So researchers concluded that adolescents’ negative opinions towards their own introversion can be changed by letting themselves and the environment they live in know the principal of introversion and why people are introverted.

Researchers also put their solution of the study, the therapy called Moritatherapy to different platforms such as Weibo and official account and asked for feedback of this treatment. There were not many people replied to them, but according to one of the replies, the treatment worked, and some claimed that they needed more time to get used to the treatment. Accordingly, researchers will investigate them in the future to see whether this therapy can be generalized to more people.

**Future Plan**

Though admittedly the abilities of ten senior students are highly limited, we strive for altering the stereotype, no matter out of unfamiliarity or out of discrimination, towards the introverts. In order to achieve the seemingly profound goal, we will first collect statistics through questionnaires, interviews and research articles to better understand the general opinions toward introverts. Also, we will surely hold public activities of various kinds, including presentations and speech salons to help more people understand the inner thoughts of introverts, since stereotype is impossible to alter unless information is conveyed. Finally, it is also likely that as our study gets increasingly extensive, videos of lectures about introverts will be filmed, edited and posted on Youtube along with social media to make our study more influential, and international.