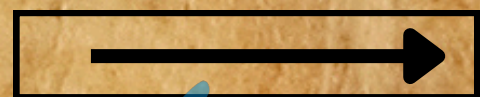


# The Power of Quiet People

@faraz\_anis

IN A NONSTOP TALKING  
WORLD



Follow & Repost



Faraz Anis | Fazzilet



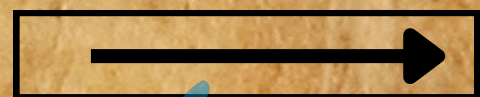
ABNASIA.ORG



# 57% of People are Introverted

@faraz\_anis

We often think loud equals strong, but quiet people hold a special kind of power. They're the observant ones, the deep thinkers, the listeners who soak things in before speaking.



**Follow & Repost**



**Faraz Anis | Fazzilet**



ABNASIA.ORG



# Decoding the introvert traitee

@faraz\_anis

**I** Introspective

**N** Nurturing

**T** Thoughtful

**R** Reserved

**O** Observant

**V** Valuable

**E** Empathetic

**R** Reserved

**T** Tranquil

**Q** **Quality- Focused**  
Pays close attention to detail, especially in important areas.

**U** **Unassuming**  
Prefers to avoid unnecessary drama or attention.

**I** **Introspective**  
Reflects deeply and shares profound insights.

**E** **Empathetic**  
Shows a deep understanding and connection with others' feelings.

**T** **Thoughtful**  
Acts and communicates with careful thought.

Follow & Repost



Faraz Anis | Fazzilet



ABNASIA.ORG



# Acts and communicates with careful thought.

@faraz\_anis

## 1. Be a Good Listener

Listen carefully and value their thoughts.

## 2. Respect Their Need for Solitude

Let them have alone time. Don't push constant socializing.

## 3. Use Open-Ended Questions

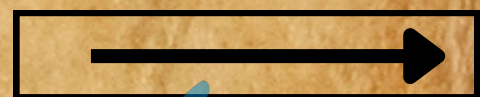
Ask questions that encourage them to share more.

## 4. Give a Heads-up

Inform them about plans early so they can prepare.

## 5. Create Quiet Spaces

Choose quiet places and give breaks to help them recharge.



Follow & Repost



Faraz Anis | Fazzilet



ABNASHA.ORG



# Strength of Quiet People

@faraz\_anis

## 1. Masters of Observation

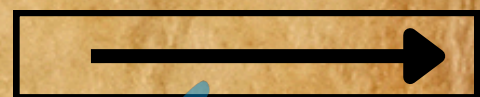
Introverts have a keen eye for detail. They notice things others miss, making them great problem solvers and insightful friends.

## 2. The Power of "Quiet Time"

Introverts recharge by spending time alone. It's not about being antisocial, it's about giving their minds a break to process and come back refreshed.

## 3. Introverts in Action

Don't underestimate the power of quiet people! They can be successful writers, scientists, leaders – anyone who thrives on thoughtful action.



**Follow & Repost**



**Faraz Anis | Fazzilet**





# Strength of Quiet People

@faraz\_anis

## 4. Communication Superpower

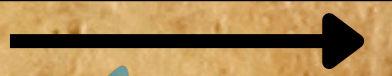
While quiet, introverts can be amazing communicators! They often express themselves deeply through writing or focused conversations.

## 5. Owning Your Quiet Strength

Being quiet is a strength, not a weakness. Embrace your power of observation, thoughtful analysis, and deep listening. You have a unique perspective to offer!

## 6. Famous Quiet Folks

Did you know Albert Einstein, J.K. Rowling, and Bill Gates are all introverts? They show that quiet strength can achieve incredible things.



**Follow & Repost**



**Faraz Anis | Fazzilet**



ABNASIA.ORG



# Strength of Quiet People

@faraz\_anis

## 4. Communication Superpower

While quiet, introverts can be amazing communicators! They often express themselves deeply through writing or focused conversations.

## 5. Owning Your Quiet Strength

Being quiet is a strength, not a weakness. Embrace your power of observation, thoughtful analysis, and deep listening. You have a unique perspective to offer!

## 6. Famous Quiet Folks

Did you know Albert Einstein, J.K. Rowling, and Bill Gates are all introverts? They show that quiet strength can achieve incredible things.



**Follow & Repost**



**Faraz Anis | Fazzilet**



ABNASIA.ORG