

AI-01823 Better Writing Expression vs Verbal

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Based on the sources, psychology identifies 7 unique traits associated with individuals who express themselves better through writing than speaking.

1. **Deep Thinkers:** People who prefer writing over speaking are typically **deep thinkers** [1]. They appreciate the **time writing provides to thoroughly process their thoughts** before expressing them [1]. This often involves a **keen sense of introspection**, where they explore their thoughts and feelings at a profound level, leading to the articulation of ideas and emotions with great **depth and clarity** [1]. For instance, crafting thoughtful emails or penning heartfelt letters is a reflection of this **contemplative nature** [2].
2. **Highly Observant:** Individuals who excel in written communication tend to be **highly observant**, noticing minute details and incorporating them into their narratives to create **rich and detailed communications** [3]. This trait is closely linked to empathy, as their ability to observe stems from caring about the world and its people [3]. An example is accurately describing a shared experience in an email, capturing specific details like colors, emotions, and subtle atmospheric changes that others might miss [2, 3].
3. **Solitude Seekers:** Those who express themselves better through writing often **crave solitude** [4]. This is not due to being anti-social, but rather a need for **peace and quiet to listen to their own thoughts** and translate them into words [4]. They thrive in their own space, which serves as a pathway to better self-expression and introspection [4, 5].
4. **Emotionally Intelligent:** People who prefer written communication frequently display **high emotional intelligence**, which is the ability to **understand, express, and manage their emotions** [5]. A study from the University of

Maryland indicated that writing about one's emotions can enhance emotional intelligence [5]. Participants in this study who wrote about their deepest thoughts and feelings regarding emotional events showed greater emotional awareness and were better equipped to handle future emotional situations [6].

5. **Perfectionists at Heart:** Writers often tend to be **perfectionists at heart**, striving for **precision and clarity** in their communication [7]. Written words offer the luxury of time to achieve this [7]. This quest for the perfect written expression can also lead to a deeper understanding of themselves and what they intend to convey [7]. An example of this trait is agonizing over an email or letter, searching for the perfect word or phrase, and frequently re-reading and editing texts before sending them [7].
6. **Champions of Vulnerability:** Paradoxically, those who express themselves better in writing are often **more comfortable with vulnerability** [8]. They may **"bare their souls" in writing** in ways they might avoid in spoken conversation [8]. Sharing thoughts, ideas, and emotions in written form, without knowing how they will be received, is described as a **courageous act of showing up** [8]. This openness to vulnerability is a powerful trait that fosters deep connections through words and makes their writing more impactful [9].
7. **Empathy Embodied:** A beautiful trait of those who excel in written expression is their **empathy** [9]. They **connect with others through their words, often feeling what others feel and conveying it back** [9]. As writers, they strive to listen, understand, and express without judgment, which is essentially empathy personified [10].

Here are the 7 traits by themselves:

1. Deep Thinkers
2. Highly Observant
3. Solitude Seekers
4. Emotionally Intelligent
5. Perfectionists at Heart
6. Champions of Vulnerability
7. Empathy Embodied