

Extra or Intro— Which -Vert Are You?

Ayesha Ashley



understand that they are not trying to annoy us with their behavior; they're just wired to be that

Do you love people and feel energized by parties, talking until 1:00 am, spending lots of time on the phone? Or do you leave the party early, get home and pour yourself a glass of wine, and ease into your favorite chair for a well-earned dose of blessed solitude?

Are you able to negotiate with someone and make a decision about something right on the spot? Or do you need to think it over awhile and 'get back to them' after you know what answer you want to give?

You probably know already that we're talking about extraverts and introverts, two categories within a handy system called the Myers-Briggs Temperament Inventory (MBTI).

How can knowing this help you in your life?

Do you let people know what's on your mind when things come up? Or do you wonder how people can keep on doing things that annoy you even though you've never mentioned anything about it to them? (Can this marriage be saved?)

Introverts think, "Do I have to tell you everything?" Extraverts say, "If you want my behavior to change, you have to tell me what you want, instead of what I'm doing!" To the introverts—try it, you'll like it!

When we realize that people have different wiring—as deeply set as right or left-handedness, we

way! What a relief!

Extraverts, I'm afraid the introverts see us as *space invaders*—we're always in their face, looking to connect while they're silently hoping they can get some space to finish work/rest up/think/process the day.

AND, extraverts outnumber introverts by 3 to 1 in our population! (There's no justice!) Even one extravert can out-talk three introverts—so it's as if they're surrounded all the time by interrupters, babblers, and yes, *space invaders*!

Introverts really do need time and space to recuperate from the constant interaction that hums in their lives. Maybe a half-hour "time out" or No Talk Zone, when they get home will give them the solitude they need to recoup their energy.

Introverts, you need to let others know that you need your space and some alone time to recharge—make a boundary and insist on it!

Extraverts can party on/multitask or work through interruptions and never realize that they can easily exhaust their introverted spouses/children/coworkers or friends.

One thing that seems to astonish introverts is the revelation that extraverts don't think before they speak. Extraverts just blurt it out and know what they think when

they hear what they've said. (Introverts have suspected this for a long time, but now it can be told!) Extraverts have a long acquaintance with Foot-in-Mouth Disease!

Extraverts, if you know someone who is introverted, recognize that they need less time with you than you might like. They're not sulking or depressed, they just want to read a book, listen to music, or just sit, process, and think. They'll be back when they're ready, grateful that you didn't press them for more interaction.

Introverts, if you have an extraverted friend (partner, child, or coworker), recognize that they are not "needy" if they want to interact—they live to interact! They don't know your preferences or boundaries until you TELL them—yes, you can't just think it and have the extraverts get it!

It's early enough in 2014 to make this relationship year your best—just a few words is all you need! ■



Call Ayesha at 406-624-6743 or 570-6705 to schedule an appointment or email her at ayesha655@gmail.com. Ayesha has been a Life Coach for over 25 years, with certifications in NLP, Myers-Briggs Typology, The Enneagram, Human Design, ACCESS

Consciousness, BARS and the Avatar Course. Her experience and skill in providing effective strategies to improve important aspects of your life will help you to clear blocks and remake your life quickly and easily. If you mention this article, you will receive 20% off your reading/session and \$10 off your next reading for each friend you refer.