Providing Individualized Treatment to Introverts in an Extrovert-based System
Introvert vs. Extrovert

Psychology 101 concepts illustrated:

Extrovert

Introvert
Difference in Definitions

To go out, v.

Extrovert's Definition:
Requires at least two people, and the more the better. Constant chatter, loud music, sports, crowds, and food consumption are all fun components of going out.

Introvert's Definition:
Can be done alone or with others. Enjoyable if there's some point to it; i.e. in order to see a band, a movie, a play, or perhaps have a stimulating discussion with one or two close friends.
Difference in Definitions

**Good manners, n.**

**Extrovert’s Definition:**
Making sure people aren’t left all by themselves. Filling in any silences in a conversation.

**Introvert’s Definition:**
Not bothering people unless it’s necessary or they approach you. (Sometimes you can bother people you know well, but make sure they aren’t busy first.)
# Difference in Definitions

<table>
<thead>
<tr>
<th>WORD</th>
<th>Extrovert's Definition</th>
<th>Introvert's Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alone, adj.</td>
<td>Lonely.</td>
<td>Enjoying some peace and quiet.</td>
</tr>
<tr>
<td>Book, n.</td>
<td>1) Doorstop.</td>
<td>1) Source of comfort.</td>
</tr>
<tr>
<td></td>
<td>2) Paperweight.</td>
<td>2) Safe and inexpensive method of traveling, having adventures, and meeting interesting people.</td>
</tr>
<tr>
<td>Bored, adj.</td>
<td>Not frantically busy.</td>
<td>Stuck making small talk, and unable to escape politely.</td>
</tr>
<tr>
<td>Extrovert, n.</td>
<td>A nice, normal, sociable person. Never surprises you with anything weird.</td>
<td>A boisterous person who may be very nice, but who is somewhat exhausting to spend time with. Usually not too deep, but fun.</td>
</tr>
<tr>
<td>Free time, n.</td>
<td>A time when you do group activities. (See Introvert's Definition of work.)</td>
<td>A time when you read without interruption until you're in danger of going blind.</td>
</tr>
<tr>
<td>Friend, n.</td>
<td>Someone who makes sure that you're never alone.</td>
<td>Someone who understands that you're not rejecting them when you need to be alone.</td>
</tr>
<tr>
<td>Good manners, n.</td>
<td>Making sure people aren't left all by themselves. Filling in any silences in a conversation.</td>
<td>Not bothering people, unless it's necessary, or they approach you. (Sometimes you can bother people you know well, but make sure they aren't busy first.)</td>
</tr>
<tr>
<td>Home, n.</td>
<td>A place to invite everybody you know.</td>
<td>A place to hide from everybody you know.</td>
</tr>
</tbody>
</table>
How Do You Know Which One You Are?
Disclaimers

Presentation
Me
You
Treatment
According to the Myers-Briggs Type Indicator personality test administered to two randomized national samples, introverts make up 50 percent of the U.S. population (you will see estimates of 25-50% in other places). If every other person is an introvert, why doesn't the cultural tone reflect that?
The bias of individuals towards extroversion is reinforced in the media, which emphasize the visual, the talkative, and the sound bite—immediacy over reflection.
"In verbal cultures, remaining silent presents a problem," report Anio Sallinen-Kuparinen, James McCroskey, and Virginia Richmond, who have studied communication styles in the U.S. and Finland. Perceptions of competence tend to be based on verbal behavior. An introvert who is silent in a group may actually be quite engaged—taking in what is said, thinking about it, waiting for a turn to speak—but will be seen in the U.S. as a poor communicator. (17)
There's zero correlation between being the best talker and having the best ideas.
- Susan Cain
If you are outgoing then you must be an extrovert. If you are shy, then you must be an introvert.
Those are just myths. However…
If you tend to get your energy from being around people, then you are an extrovert. If you tend to get your energy from being alone, then you are an introvert.
If the following applies…

• Having a weekend night off, but no one is available to hang out disappoints you.
• Your friends cancel your weekend plans and you are disappointed.
• Feeling like you should have more shame or sense of embarrassment than you do, because you don’t mind being the center of attention.
• You like/love audience participation.
• You recharge by connecting with someone.
• You do not like dealing with unexpected alone time.
• Feeling more comfortable working with a large group than working by yourself.
• You want to do yoga or meditate, but the thought of being silent for that long seems exhausting.
• Feeling like you’re burning out from socializing constantly, but also feeling like you can’t stop.
• The idea of living on a deserted island with no people is horrific.
Then you are probably an extrovert
THE MAP
OF AN EXTROVERT'S BRAIN

F.O.M.O. (FEAR OF MISSING OUT)
SMALL TALK SUBJECTS
PIZZA
THE PART OF YOUR BRAIN THAT SOUNDS LIKE A BULLHORN EVERY TIME YOU GO 15 MINUTES WITHOUT TALKING TO SOMEONE
THE PART OF YOUR BRAIN THAT REMINDS YOU TO CHECK YOUR FACEBOOK, TWITTER, AND INSTAGRAM EVERY 60 SECONDS
LOVE
FOR LARGE GATHERINGS, A FULL CALENDAR, AND EVERY HUMAN IN THE WORLD THAT HASN'T TERRIBLY WRONGED YOU
ELABORATE EXCUSES TO LEAVE ANY PARTY SO YOU CAN MEET UP WITH YOUR OTHER FRIENDS AT THAT OTHER PARTY
HATRED
FOR CANCELED PLANS
SMOOTH WAYS TO CHIME INTO STRANGERS' CONVERSATIONS
Extrovert

• Extroverts relish social life and are energized by interacting with friends and strangers alike. They’re typically assertive, go-getting, and able to seize the day. Extroverts are great at thinking on their feet; they’re relatively comfortable with conflict. Given the choice, extroverts usually prefer more stimulating environments that give them frequent opportunities to see and speak with others. When they’re in quiet environments, they’re prone to feeling bored and restless. They are actively engaged in the world around them and at their best when tapping into its energy.

• As a great social networker, you love to socialize, mingle and make as many friends as possible. You gain your energy from the external world of people and events, and prefer thinking and carrying out your daily activities amongst other people. Unlike introverts, you find alone time draining and miserable and prefer to be in the spotlight surrounded by other people. People describe you as gregarious, talkative and even “larger than life” at times. To summarize, these are some of your defining characteristics:
  • Sociable and outgoing.
  • Energized by social interaction.
  • Gregarious.
  • Has many friends.
  • Friendly and easy to approach.
  • Assertive and competitive.
  • Speaks and acts, and then thinks later.

• More easily distracted.
“It is very difficult for an extrovert to understand an introvert”

Jill D. Burruss and Lisa Kaenizg, College of William and Mary
However, if the following applies…

- Having a weekend night off, someone drops by unexpectedly, and you become annoyed.
- Your friends cancel your weekend plans and you have to feign disappointment.
- You hate being the center of attention.
- You avoid situations that have the slightest possibility of audience participation.
- You recharge by being alone.
- You deal with unexpected alone time as if it were your favorite Christmas present.
- You would much rather work by yourself than with a large group.
- Doing yoga or meditation is something you always have time for.
- Feeling like you’re burning out after socializing for three minutes (and even that may be two minutes too long).
- The idea of living on a deserted island with no people is something you secretly wish for.
Then you are probably an introvert
THE MAP
OF AN INTROVERT'S BRAIN

- HATRED FOR PHRASES LIKE "WTF"
- LOVE FOR YOUR BED, YOUR PET, EVERYONE ELSE'S PETS, YOUR LAPTOP, AND SOME CAREFULLY SELECTED HUMANS
- REALLY CONVINCING EXCUSES FOR WHY YOU CAN'T GO TO THAT THING
- THE PART OF YOUR BRAIN THAT MAKES YOU LOOK DOWN AT YOUR PHONE WHEN SOMEONE IS WALKING IN YOUR DIRECTION
- HIGHLY SKILLED TEXTING BANTER
- LONG-TERM MEMORY OF DELIVERY MENUS
- PIZZA
- NETFLIX, HULU, AMAZON PRIME, AND HBO GO PASSWORDS
- SHORT-TERM MEMORY OF NAMES OF NEW PEOPLE
Introvert

• Given the choice, you’ll devote your social energy to a small group of people you care about most, preferring a glass of wine with a close friend to a party full of strangers. You think before you speak, have a more deliberate approach to risk, and enjoy solitude. You feel energized when focusing deeply on a subject or activity that really interests you. When you’re in overly stimulating environments (too loud, too crowded, etc.) you tend to feel overwhelmed. You seek out environments of peace, sanctuary, and beauty; you have an active inner life and are at your best when you tap into its riches.

• While not necessarily shy, you prefer to spend a lot of your time alone to recharge your limited energy. Quite simply: people drain you, and you prefer your own inner world of thoughts and passions to the external world of people and events. As such, you tend to have few close friendships, and are very selective when it comes to relationships. You prefer to think before you act, and people describe you as being thoughtful, cautious, quiet and introspective. To summarize, these are some of your defining characteristics:
  • Private.
  • Enjoys solitude.
  • Energized alone.
  • Has a rich internal world.
  • Thinks before speaking and acting.
  • Prefers a few intimate friends.
  • Doesn’t enjoy loud, sociable situations.
  • Independent.
Do you know someone who needs hours alone every day? Who loves quiet conversations about feelings or ideas, and can give a dynamite presentation to a big audience, but seems awkward in groups and maladroit at small talk? Who has to be dragged to parties and then needs the rest of the day to recuperate? Who growls or scowls or grunts or winces when accosted with pleasantries by people who are just trying to be nice? If so, do you tell this person he is "too serious," or ask if he is okay? Regard him as aloof, arrogant, rude?
If so, do you redouble your efforts to draw him or her out?
Carl Jung coined the terms “intravert” and “extravert” in his book Psychological Types (Psychologische Typen, 1921)
However, maybe you say to yourself, “I have things that apply to me in the introvert AND extrovert areas.”
Then you are probably an ambivert
Carl Jung supposedly said
"There is no such thing as a pure introvert or extrovert...Such a person would be in the lunatic asylum."
You need to think of it as a continuum

Introverted

Introverts tend to be more reserved and less outspoken in groups. They often take pleasure in solitary activities such as reading, writing, using computers, hiking and fishing.

Extroverted

Extraverts tend to enjoy human interactions and to be enthusiastic, talkative, assertive, and gregarious.
Or if you prefer...
(Introverts are on the right with this scale, extroverts on left – this is sometimes also call an “Extrovert Scale)
Ambivert

• Ambiverts fall somewhere in the middle of the introvert-extrovert spectrum. In many ways, ambiverts have the best of both worlds, able to tap into the strengths of both introverts and extroverts as needed.

• As a fairly equanimous person, you display both introverted and extroverted characteristics. While on some days you like being surrounded by many people, on others you prefer to relax on your own and take some time out. As such, you can easily relate to both extremes on the personality spectrum, and have an easier time delving in and out of the internal and external worlds. This may lead to feelings of confusion as many times you feel like a “walking contradiction”, feeling one thing one moment, and another thing the next. Your friendship circle tends to consist of 3, 4, or 5 people. To summarize, these are some of your defining characteristics:
  • Equanimous
  • Enjoys socializing, but also being alone at times.
  • Behavioural decisions usually rely on “how one feels”, or the context of the situation.
  • Usually has a small group of friends.
  • Flexible.
  • Changeable.
  • Ability to appreciate both inner and outer worlds.
  • Easygoing.
You need to think of it as a continuum
Regardless of which you are, it is just a matter of how you were raised and what environment you were raised in, right?
In 1999, scientists measured the cerebral blood flow of introverted and extroverted people with positron emission tomography (PET) scans while they thought freely. They found that the introverts had more blood flow in their frontal lobes, anterior thalamus, and other structures associated with recalling events, making plans and solving problems.
Extroverts had more blood flow in brain areas involved with interpreting sensory data, including the anterior cingulate gyrus, the temporal lobes and the posterior thalamus, regions involved in interpreting sensory data. The data suggested — as Jung believed — that the extroverts' attention focused outwards and the introverts' attention focused inwards. (2)
Please Disturb: Extrovert at work.
In 1967, German psychologist Hans Eysenck came up with a more biologically based model for extroversion and introversion. According to Eysenck's theory, the behaviors of introverts and extroverts are due to differences in cortical arousal (the speed and amount of the brain's activity). Compared with extroverts, introverts have naturally high cortical arousal, and may process more information per second. (4)
This means, essentially, that if you put introverts into an environment with a lot of stimulation, such as a loud restaurant, they will quickly become overwhelmed or overloaded, causing them to sort of shut down to stop the influx of information. Because of this fact, introverts tend to avoid such active environments. Extroverts, on the other hand, are only minimally aroused, so they seek out highly stimulating environments to augment their arousal levels.
Research has shown that introverts have more neuronal activity than extroverts in brain regions associated with learning, motor control and vigilance control, and that their premotor cortices process external stimuli more quickly. (3)
For this next slide, you need to understand what the Reticular Activating System is. The Reticular Activating System (RAS) is a network of neurons found in the brain stem of vertebrates. In the human brain, the RAS is believed to play an important role in functions such as consciousness, breathing, heartbeat, sleep and waking, sex and behavioral motivation. One of the most important functions of the RAS is our ability to focus our conscious attention on a single object or stimuli. Each second, the human brain is bombarded with thousands of sensory signals. Without the ability to filter out those stimuli that are most important at each particular moment, we would experience a sensory overload which would make functioning in the world an impossible task.(5)
Reticular Activating System
Some studies have supported Eysenck’s arousal model of extroversion and introversion — the research shows that the RAS, which is responsible for regulating arousal, has higher basal activity for introverts than for extroverts. (6)
Interestingly, the "lemon juice experiment" also lends credence to the arousal theory. The RAS responds to all types of stimuli, including food and social contact — because introverts have increased RAS activity, they salivated more in response to lemon juice. (7)
Another prominent idea stresses the involvement of people's brain reward systems, suggesting that extroverts' brains are more sensitive to rewards — such as those inherent in social interactions — than introverts' brains. This sensitively leads extroverts to gravitate towards certain situations and events. (8 and 9)
To dig up the roots of extraversion in the brain, in a study published in June 2013 Yu Fu and Richard Depue, neurobiologists at Cornell University in New York, used personality tests given to incoming freshman to select a random sample of 70 people, a mix of introverts and extroverts. They gave some participants Ritalin, a stimulant used to treat attention-deficit/hyperactivity disorder, or ADHD. To boost attention, Ritalin stimulates the release of the feel-good chemical dopamine, which is known to play a role in reward and motivation.
At the same time, the participants watched videos (nature scenes) in a laboratory environment. Afterward, the team tested how strongly the participants associated the videos and environment with the dopamine rush induced by the stimulant Ritalin. To do so, they tested subconscious traits, such as working memory, speed at a finger-tapping task and demeanor. (Past studies have shown that when humans and other animals associate an environment or cue with a positive experience, they move faster, have better memory and visual attention, and a more positive demeanor.)
Based on these measures, the extroverts strongly associated their environment and contexts with reward, whereas the introverts showed little to no association, the researchers wrote in the paper. The results suggest that Ritalin's effects on the dopamine system didn't translate into reward or motivation for the introverts. That suggests that introverts have a fundamental difference in how strongly they process rewards from their environment, with the brains of introverts weighing internal cues more strongly than external motivational and reward cues, the researchers write in the paper. (10, 11)
Another study in 2005 asked participants to perform a gambling task while in the brain scanner. Before they went in the scanner each participant filled out a personality profile and contributed a mouth swab for genetic analysis. Analysis of the imaging data showed how the brain activity differed between extroverted volunteers and introverted ones. When the gambles they took paid off, the more extroverted group showed a stronger response in two crucial brain regions: the amygdala and the nucleus accumbens. The amygdala is known for processing emotional stimuli, and the nucleus accumbens is a key part of the brain's reward circuitry and part of the dopamine system. The results confirm the theory – extroverts process surprising rewards differently.
When Cohen's group looked at the genetic profiles of the participants, they found another difference in reward-related brain activity. Those volunteers who had a gene known to increase the responsiveness of the dopamine system also showed increased activity when they won a gamble. (9)
Studies have also suggested that the brains of extroverts pay more attention to human faces than the brains of introverts. In fact, researchers have found that the brains of introverts respond to faces in a similar way that they respond to images of flowers, whereas the extroverts' brains show a stronger response to faces — this suggests that human faces, or people in general, hold more significance to extroverts (which, perhaps, partially explains why they seek out other people's company). (12)
The lead study author, Inna Fishman, said "[This] supports the claim that introverts, or their brains, might be indifferent to people — they can take them or leave them, so to speak. The introvert's brain treats interactions with people the same way it treats encounters with other, non-human information, such as inanimate objects for example" (15)
A study in 2010 finds extroverts are more likely to jump on immediate gratification, while introverts tend to delay rewards and instead invest the money in hopes of a larger payoff down the road.
In the study, Hirsh and his colleagues had 137 undergraduates from the University of Toronto play a game in which they had to choose between receiving various amounts of money now or in the future, with the size of the immediate reward varying from $2 to $20. The long-term reward ranged from $100 to $1,000.
The participants were also primed to be in a good or bad mood by playing a game in which a confederate either completed brainteasers faster, or slower than the participant, though there was no official competition.
Results showed extroverts were significantly more likely to prefer the smaller, immediate rewards compared with introverts overall. When they were in a good mood (when they beat out the confederates), extroverts were even more likely to choose the immediate money. Regardless of mood, introverts were more likely than extroverts to prefer delayed rewards.
"When people get into an emotionally aroused state they are particularly more focused on immediate gratification and not long-term goals," Hirsh told LiveScience. "Because extroverts are already sensitive to rewards, when they get into a positive mood it primes this reward system in the brain even more, so they're focused on immediate opportunities."
The finding may explain why extroverts are more impulsive, since when they are exposed to potential rewards that puts them into a positive mood, which in turn cues them that now is the time to pursue that reward.

"We treat positive mood as universally desirable, but this research suggests there may be a bit more of a tradeoff," Hirsh said. "It may bias us to think only of immediate rewards and not long-term opportunities."
So what does all this mean for treatment for the introvert?
The Myers–Briggs Type Indicator (MBTI) was used to profile the personalities of in-patient alcoholics/substance-use disorder patients who had, and those who did not have, a concurrent affective disorder diagnosis. The Extroverted/Sensing/Feeling/Judging four-factor type was significantly over-represented in Alcohol/substance-use disorder patients with no affective disorder, compared to a normative population. In contrast, mood-disordered alcohol/substance-use disorder patients were significantly more often Introverted, Sensing, Feeling, and Perceiving. They were also significantly more often Introverted/Sensing/Feeling/Perceiving and Introverted/Intuitive/Feeling/Perceiving four-factor types. (16)
In her book on introversion, author Susan Cain explains that although introverts make up a third to a half of the population, Western society — the United States, in particular — is extroversion-centric. She notes that schools and workplaces are designed for extroverts, under the belief that collaboration is key to creativity and productivity (the opposite of which is true for introverts). What's more, extroverted traits, such as being a gregarious "people person," are highly valued in today's society, and this can make introverts feel like something is wrong with them (and perhaps, make them unhappy). She calls for a new system that gives introverts the solitude they need to thrive. (14)
So the treating provider really needs to understand how introverts think and feel.

Which is…
Commonly feel like they do not fit in (can even happen when it looks like they are having fun)
Have long been told to change due to being an introvert in an extrovert society (long before they had an addiction)

The introvert is pressured daily, almost from the moment of awakening, to respond and conform to the outer world.

Marti Olsen Laney
Less likely to share in group, and even when they do share it may be just to get the therapist/counselor off their back (so the sharing may lack deep meaning to them)

The feeling one has when forced to participate in workplace team building exercises
Tend to think before they speak (so introduce a question and give them time to think before you call on them).
And tend to have a multiplicity of thoughts (so it is harder for an introvert to explain what s/he is thinking).

Rarely do I ever have a

THOUGHT

by itself.

It's more like:

so I usually end up

OVEREXPLAINING @ BEING TOTALLY INARTICULATE
This can be really hard at night (an introvert cannot “just turn off their thoughts”)

I OVERTHINK.

(especially at night)
Are better at expressing themselves in writing (usually MUCH better).
--Because introverts have an internal focus, they commonly have a multiplicity of thoughts at any given time.
--Participation in a group for the introvert may consist entirely of remaining mentally engaged (introverts tend to daydream more than extroverts).
Generally, the more introverted they are, the harder they are to read, which tends to make some extroverts uncomfortable.
So pay attention to what OTHERS say about them.

I can tell a lot about a person by what they choose to see in me.
And pay attention to what an introvert says about ANYTHING (introverts tend to notice far more details than extroverts) and let them sit where they feel comfortable (always an escape plan)
Introverts truly enjoy being alone.

I want someone I can share my entire life with who will leave me alone most of the time.

often alone
rarely lonely
Tend to remain calm in stressful situations (so please do not expect them to react like you do)
Above all else, please remember that other people drain us. And no offense, but the “other people” are the extroverts.
What not to Say to an Introvert (17)

• "Why don't you like parties? Don't you like people?' is a common remark introverts hear," says Marti Laney, a psychologist and the author of *The Introvert Advantage*. "Usually we like people fine," she insists. "We just like them in small doses." Cocktail parties can be deadly. "We're social but it's a different type of socializing."

• "Surprise, we've decided to bring the family and stay with you for the weekend." Anyone anywhere on the introvert spectrum could find such a declaration objectionable, but it's more likely to bring an introvert to a boil, according to Nancy Ancowitz. Introverts count on their downtime to rejuvenate their resources; an extended presence in their homes robs them of that respite.

• Don't demand immediate feedback from an introvert. "Extraverts think we have answers but just aren't giving them," Laney says. "They don't understand we need time to formulate them" and often won't talk until a thought is suitably polished.

• Don't ask introverts why they're not contributing in meetings. If you're holding a brainstorming session, let the introvert prepare, or encourage him to follow up with his contributions afterward.

• Don't interrupt if an introvert does get to talking. Listen closely. "Being overlooked is a really big issue for introverts," Laney says. Introverts are unlikely to repeat themselves; they will not risk making the same mistake twice.

• Above all, "we hate people telling us how we can be more extraverted, as if that's the desired state," says Beth Buelow, a life and leadership coach for introverts. Many introverts are happy with the way they are. And if you're not, that's your problem.
how to piss off
INTROVERTS

treat us like we are
FRAGILE
act like
INTROVERSION
is an affliction

equate
INTROVERSION
with low self-esteem

KEEP TALKING,
talky-person

assume 24/7
introversion

so sorry but i can't help
you with your computer

UNDERESTIMATE
US
(at your
own peril)

SAY 'it speaks'
after i made my point

make ANOTHER
'how to care for
your introvert'
graphic

give unsolicited
communication
ADVICE

www.deptoflindsay.com
Treatment considerations for the introvert

• Establishing a support network will be much more difficult.
• Introverts are not interested in a quality of relationships, they are interested in the quality of the few relationships they have.
• Introverts tend to be intrinsically motivated
• When you take away the drug, you may not realize you have taken away their ability to socialize.
• If the drug(s) they used were depressants, recognize and admit that you cannot even imagine the depths of aloneness (not the same thing as loneliness) they have experienced.
Treatment considerations for the introvert (cont.)

• Seriously dislike small talk but can become engrossed in an in-depth conversation
• Not a big risk taker
• Work much better with fewer interruptions
• Must have time to recharge after a group experience (are not really good at back-to-back groups/meetings)
• May be really quiet around one person, but talk the ear off another person (trust, topic).
• It may be useful to work with introverted clients in small groups, or on a one-to-one basis, rather than in conventional, relatively large self-help groups. Self-help groups often require considerable extroversion, and an ability to tolerate self-revelation, often a problem for introverts.
How the Introverted Persona Can Be Helpful in Treatment

* Introverts tend to be deep thinkers and this can definitely be an advantage in life. The individual is able to dig down deep into a subject to get closer to the truth.
* This type of personality is often better at thinking critically about things. This means that they are less likely to hold beliefs and opinions that are illogical.
* Introverts tend to be self sufficient and capable of doing most things for themselves. They do not rely too heavily on other people and this is empowering.
* This person will not always be waiting for other people to judge them before deciding if what they are doing is right. This personality type is also less concerned with what other people think of them.
* The introvert may not have many friends but the friendships they do have tend to be deeper – they are more likely to have friends for life. Extroverts may know a whole bunch of people but such relationships will often be superficial.
* They do not waste time trying to impress other people and trying to win their approval.
* This individual will be better at self reflection and this means that they will understand themselves better. It can often be the inability to reflect and learn that causes people to become stuck in life and suffer as a result.
* Introverts can do well in their careers because of their calm and thoughtful approach to work. They may often pick up on things that other people will miss.
* Despite their preference for being alone they can be highly effective within a team. This is because the introvert will not be interested in clashing with other people’s egos, and their ability to think deeply will be of benefit to the group.
* Introverts tend to be good listeners and this makes them valuable friends to have.
Danger of Addiction for Introverts

* The introvert will be better at hiding their problems. This means they can fall deep into addiction without family and friends realizing the extent of the decline.
* If other people are not aware of the problem the individual will be better able to deny to themselves that they have a problem.
* Once the addiction takes hold the introvert will usually prefer to drink or use drugs alone. This further increases their ability to hide the problem.
* The introvert may be less willing to admit that they have a problem and ask for help.
* Their fear of social situations may keep people trapped in addiction because they do not like the idea of going to rehab. They use their introversion as a justification to keep on using.
* The ability to think deeply about things can become a liability when people are addicted to alcohol and drugs. It means that they can become trapped inside their own delusions, and it can be difficult for other people to break through.
* It is easier for the introverted addict to fall into negative thinking (aka “stinking thinking”). This is because there may not be other people around to challenge such thinking.
* Some introverts resist getting help from other people. This can mean that they fail to make use of the best available resources for them in recovery.
* Those people who try to face addiction alone can feel overwhelmed by the challenge of entering recovery.
Introverts in Recovery

• Self reflection is considered a vital skill if people hope to build a successful recovery and introverts will be able to do this naturally.

• Introverts will learn best in quiet conditions.

• Introverts may be able to get more from the experience of rehab because they will be better at listening and reflecting on the information that is given.

• This type of person will not be waiting for other people to fix them. They know that in order to escape their addiction they will need to take responsibility and take action.

• The introvert can develop deep and meaningful relationships after they become sober. They will still enjoy having time alone, but they can also get deep satisfaction from the relationships they do have.

• Techniques such as meditation can be of great benefit to people in recovery. Introverts tend to take to these practices like a duck to water – in fact the peace they find in meditation will often be the peace they were trying to find with substance abuse.
Introverts in Recovery (cont.)

• The introvert can use their natural ability to self reflect to monitor their own behavior in recovery. This means that they should be better at spotting when they are moving towards relapse or adopting new maladaptive behaviors.

• This type of personality can be better suited for helping other people enter recovery – active addicts often need somebody to listen. Doing this type of service is not only a way to give back but by helping other people the individual strengthens their own recovery.

• Introverts prefer slow-paced interactions that allow room for thought.

• Brainstorming does not work for them. Email does.

• It is difficult for an introvert to turn off their brain
Resources

1) Psychological Types (Psychologische Typen)
http://psychclassics.yorku.ca/Jung/types.htm


3) Extraversion, neuroticism and brain function: A pet study of personality by Håkan Fischer, Gustav Wik, Mats Fredrikson
(http://www.sciencedirect.com/science/article/pii/S0191886997000275)

4) The Biological Basis of Personality by Hans J. Eysenck

5) http://www.reticularactivatingsystem.org/reticular-activating-system-definition/

6) How brain arousal systems determine different temperament types and the major dimensions of personality by David L. Robinson

7) Lemon Juice Experiment, BBC Home, Science: Human Body & Mind,
(http://www.bbc.co.uk/science/humanbody/mind/articles/personalityandindividuality/lemons.shtml)


12) Do extraverts process social stimuli differently from introverts? (http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3129862/)

Resources (cont.)

• 14) Quiet: The Power of Introverts in a World That Can’t Stop Talking by Susan Cain
• 15) http://www.livescience.com/8500-brains-introverts-reveal-prefer.html (Brain of Introverts Reveal Why They Prefer Being Alone)
• 16) UNDERLYING PERSONALITY DIFFERENCES BETWEEN ALCOHOL/SUBSTANCE-USE DISORDER PATIENTS WITH AND WITHOUT AN AFFECTIVE DISORDER (http://m.alcalc.oxfordjournals.org/content/34/3/370.full)
• 17) Revenge of the Introvert (https://www.psychologytoday.com/articles/201008/revenge-the-introvert)
• 18) Personality Geography of the United States (http://www.16personalities.com/articles/personality-geography-of-the-united-states)
• http://www.addictionpro.com/article/treating-recovering-introvert (Treating the recovering introvert by Brian Duffy, LMHC)
• http://alcoholrehab.com/addiction-articles/introversion-and-addiction/ (Introversion and Addiction)
• Who’s More Productive, Introverts or Extroverts? (http://www.fastcompany.com/3016100/leadership-now/whos-more-productive-introverts-or-extroverts)
Resources (cont.)

- 10 Ways Introverts Interact Differently with the World (http://www.huffingtonpost.com/2014/11/07/physical-behavior-of-introverts_n_6069438.html)
- http://www.humanmetrics.com
- http://lonerwolf.com/introvert-or-extrovert-test/
- 7 Persistent Myths about Introverts and Extroverts (http://psychcentral.com/blog/archives/2013/09/11/7-persistent-myths-about-introverts-extroverts/)
- http://psychologytoday.tests.psychtests.com/take_test.php?idRegTest=1311
- http://www.quietrev.com