

INTROVERSION AND EXTROVERSION IN SOCIAL DISTANCING AND QUARANTINING:

Impact and Coping

“WE’RE IN DIFFERENT BOATS,
BUT WE’RE ALL IN THE SAME STORM”

Damian Barr, FRSA

“ONE OF THE MOST SIGNIFICANT CULTURAL CHANGES I HAVE
NOTICED IN MY YEARS AS A THERAPIST IS THE PACE OF LIFE.”

Chris Frey, MSW, LCSW

THE CONTINUUM



I-A-E: ENERGY EXPENDED AND REPLENISHED

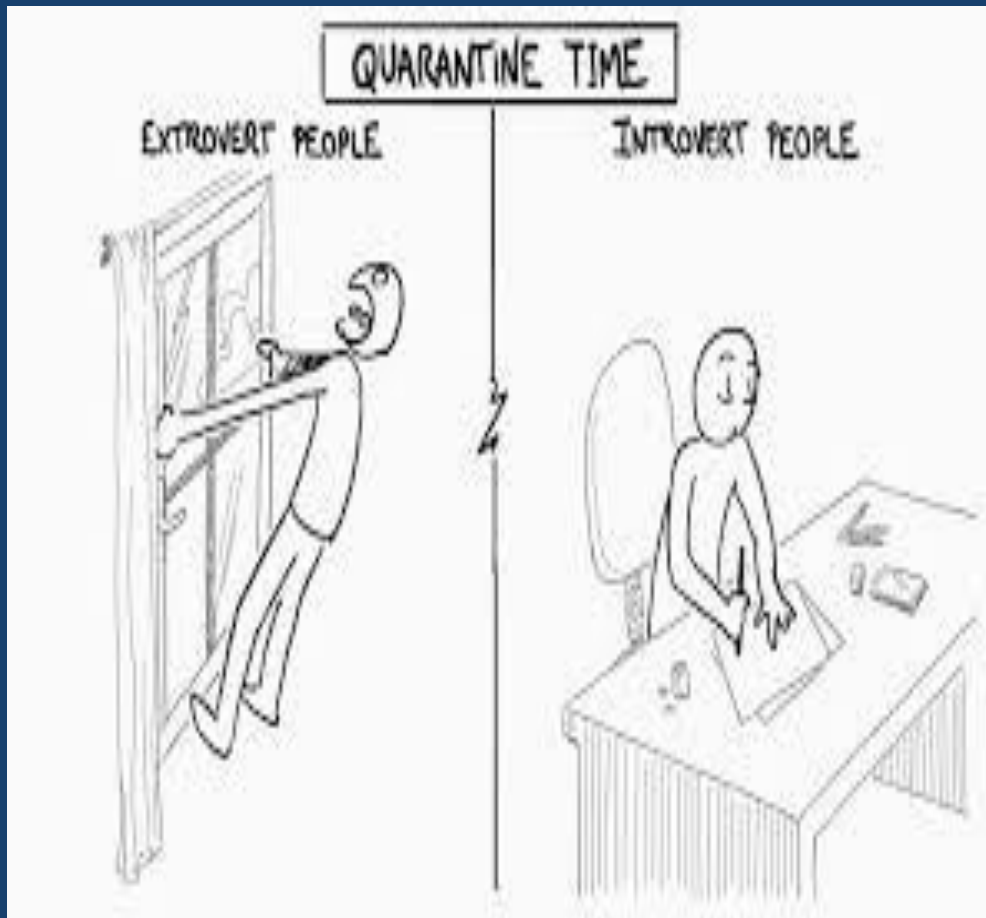


INTROVERT:
REPLENISHES
ENERGY IN
SOLITUDE

AMBIVERT:
BALANCE OF
SOLITUDE AND
INTERACTION

EXTROVERT:
REPLENISHES
ENERGY
THROUGH
INTERACTION

I-A-E: COVID IN MEME



MYTHS AND STRENGTHS: I-A-E IN COVID

- Introverts don't like people, Extroverts do
- Introverts don't want social connection, Extroverts can't get enough
- Extroverts can't cope with quiet or alone time, Introverts don't get lonely
- Extroverts only meet their needs through contact with others, Introverts only meet their needs through solitude
- Extroverts are happy, Introverts are not

IMPACT AND CHALLENGES

- Isolation
- Inactivity
- Anxiety of Uncertainty
- Relationship Conflict
- Zoom Fatigue
- Risk Behaviors

MIND, BODY, SPIRIT IN COVID

1. MOVEMENT
2. ENGAGEMENT
3. SOLITUDE
4. MASTERY

I-A-E AND COVID: FINDING THE FAMILIAR IN UNCERTAINTY

Shelter-in-Place

- Physical Activity
- Outdoor Activity
- Kinesthetic Activity
- “Make Good Art”
- Relaxation/Meditation
- Be of Service
- Stay Curious

*"SOCIAL DISTANCING
IS NOT
ISOLATION"*

*Gregory L. Lanz,
author of *How to De-stress Your Life**

SOCIAL DISTANCING: SOLITUDE, NOT ISOLATION-THE LANGUAGE OF COVID

- “Anticipation, or Relief”
- Quantity, or Quality
- Distancing, not Disconnection
- “Substitutes”
- “Dosing”
- The Social Stretch

PARTNERS AND PARENTS



RELATIONSHIP TIPS

FOR EVERYBODY:

1. Talk about Introversion and Extroversion w/ partner and family
2. Learn about and value Introversion/Extroversion of other family members
3. Be aware of the need for connection **and** solitude as a partner and parent
4. Be aware of internal and external processing styles
5. Extroversion or Introversion are not the ultimate goals

WHAT'S YOUR STRETCH?

FOR INTROVERTS:

1. Be aware of potential for stress/anger when over-stimulated
2. Take responsibility for re-engaging
3. Involve family in introverted interests
4. As you return home fatigued from interaction, the extroverted stay-at-home family members will seek connection

WHAT'S YOUR STRETCH?

FOR EXTROVERTS:

1. Quiet does not = Lack of Love/Connection
2. Provide space for non-verbal connection
3. Offer the 'Fine Art of Conversation'
4. If you are at home, the introverted member returning home may require time to transition

PARENTS: “MY CHILD IS INTROVERTED”

SUPPORT:

1. Listen and Validate
2. Private feedback
3. Recharge after social/group experiences
4. Encourage healthy introverted interests

STRETCH:

1. *My People*: The difference between solitude and isolation
2. *The Fine Art of Small Talk*: Build skills
3. Extroverted peer
4. Be creative
5. Be physical

PARENTS: “MY CHILD IS EXTROVERTED”

SUPPORT:

1. Listen and Validate
2. Identify safe interactions
3. Identify experiences

STRETCH:

1. Individual creativity
2. Online limits
3. Be physical
4. The Fine Art of Quiet
5. Introverted peer

COVID AND THE WORKPLACE: I-A-E



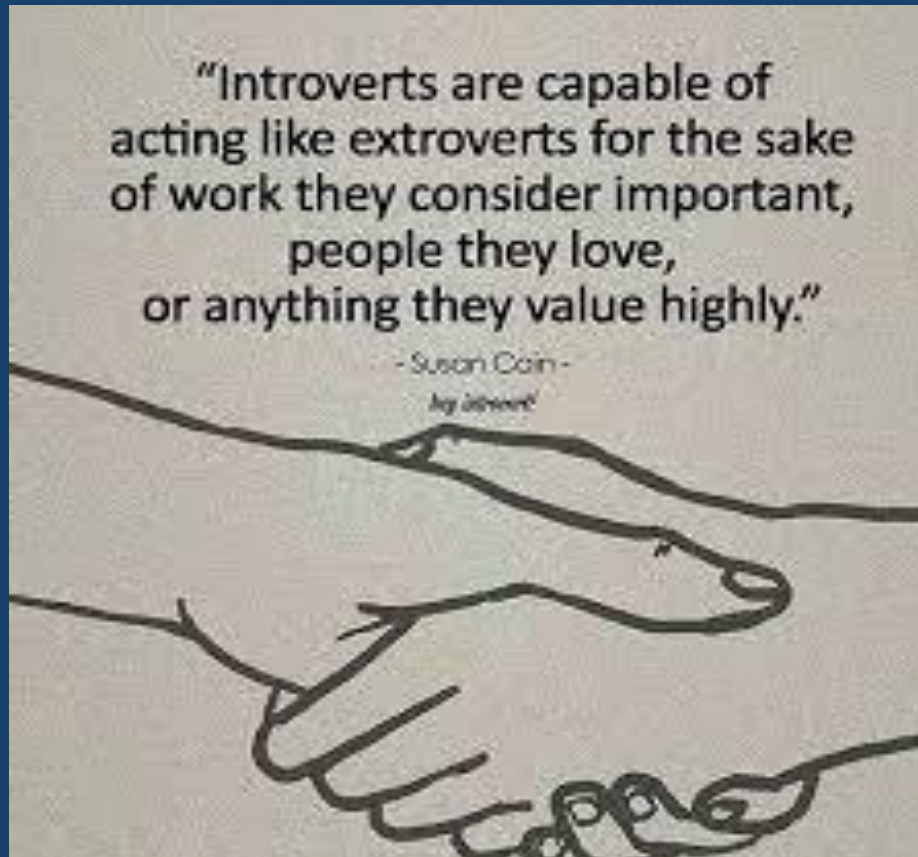
ONE SIZE DOES NOT FIT ALL

Work Myths:

- Brainstorming and Group Work are the best ways to problem-solve and create
- Individual Reflection is the best way to problem-solve and create
- The work environment would be awesome if everyone was Introverted/Extroverted, like me

FREE TRAIT THEORY: BRIAN LITTLE

- Adopting and practicing traits in service of core passions and projects
- Practiced Extroversion
- Restorative Niche



READINGS

Articles:

The Virus is a Reminder of Something Lost Long Ago, Lightman, The Atlantic, April 1, 2020

Preference for Solitude and Adjustment Difficulties in Early and Late Adolescence, J Clin Child Adol Psychol 2013(42)6, Wang, et al

Extroverts are Faring Surprisingly Well in Lockdown, Dunn & Lyubomirsky, Washington Post, May 5 2020

Surviving or Thriving?: Enduring COVID-19 as an Introvert and Extrovert, Moser, Michigan State University, April 2020

Lockdown is Supposed to be an Introverts Paradise: It's Not, Ohlheiser, MIT Technology Review, April 4 2020

Quarantine Survival Tips for Extroverts, Kevmanovic, Washington Post, April 17, 2020

Can Your Relationship Survive the Togetherness of a Pandemic? Here are 11 Things Couples' Therapists Recommend, Luscombe, Time Magazine, March 27, 2020

7 Persistent Myths about Introverts and Extroverts, psychcentral.com, Tartakovsky, MS

An Introvert's Guide to Networking, New York Times, Oct 15 2014,
Rebekah Campbell

Books:

Quiet: The Power of Introverts in a World That Can't Stop Talking, Cain

Quiet Power: The Secret Strength of Introverts, Cain

First Break All the Rules, Buckingham and Coffman

The Introverted Leader, Kahnweiler

The Highly Sensitive Person: How to Thrive When the World Overwhelms You, Aron

Other:

Multiple writings online by Brian Little on Free Trait Theory