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

INTROVERT  AMBIVERT  EXTROVERT
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
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
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

"Introverts are capable of acting like extroverts for the sake of work they consider important, people they love, or anything they value highly."
- Susan Cain
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
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, Áron

Other:
Multiple writings online by Brian Little on Free Trait Theory