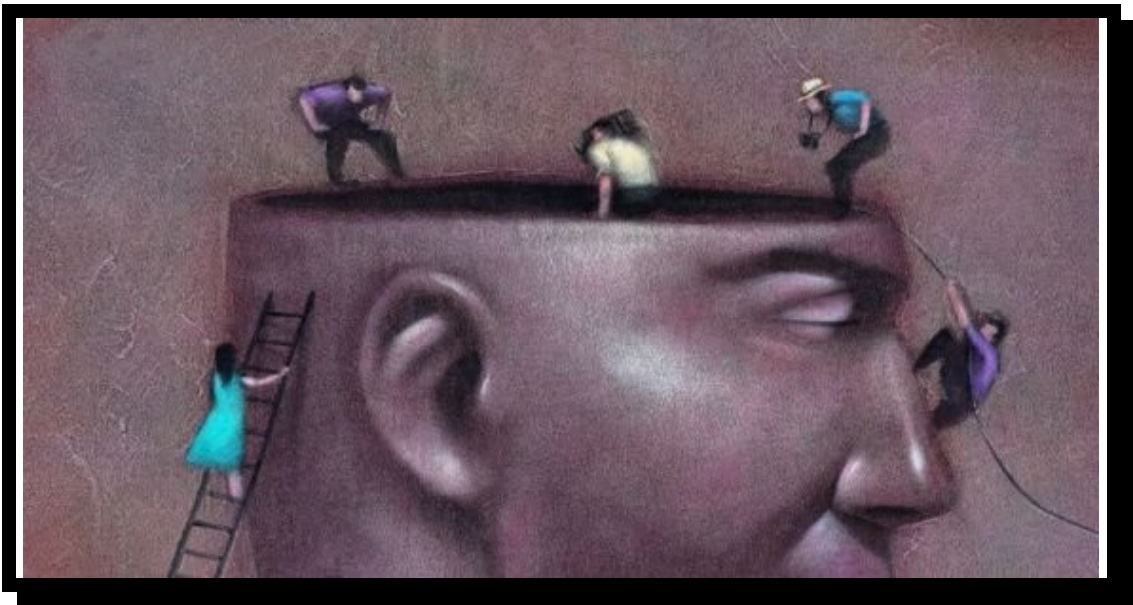


Predicting Identity:
Extroversion and Introversion
(Part 2)



By: Gabriel Angelo

<http://www.socialnatural.com>

Feel free to pass this along to anybody who will and might benefit from this.

Be sure to visit <http://www.socialnatural.com> for more great tips and advices on the art social skills dynamics mastery.

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Now here's the **second-part** to the concluding Predicting Identity: Extroversion and Introversion.



While our “extroversion” and “introversion” are partially rooted in our *heredity*, environmental factors also play a significant role, if not bigger.

In Introversion-Extroversion, J.P. Guilford said that having few siblings makes a child more reflective, and reflectiveness is a major attribute of introverts (*Guilford 335*). He also said that even though a child might be born a certain way, their upbringing can certainly shaped him or her differently: *“By tracing developmental sequences, it can be seen, for example, that a moderately withdrawn, unresponsive infant with a very stimulating, responsive mother will develop phenotypically less withdrawn behavior than a similarly introverted infant under less stimulating maternal conditions.”* (*Guilford 339*)

Being born through heredity just contributes to it, but that doesn't finalize who the actual individual is.

Social Conditioning is BIGGER Factor

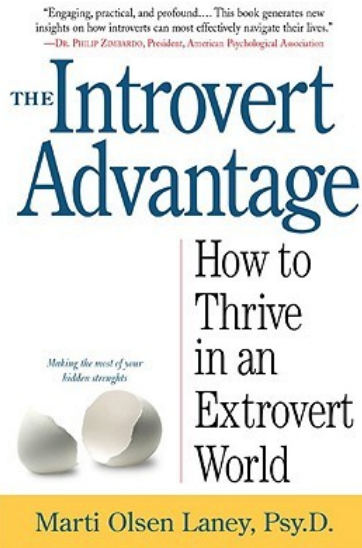


In Effect of Creative Drama on Self-Concepts, Social Skills, and Problem Behaviors, introverts are naturally reserved, and need to be encouraged to express themselves more in group discussions, and more aggressive students learn to restraint the tendency to speak out or act out of turn (*Freeman et al. 133*).

Through external shaping like these, students can be changed where they started. It's not where it begins...but where it ends.

For example from my life, I started out as a very shy reserved introvert. I wanted to have more fun and enjoy a more fulfilling life, so I started going out as much as possible. My initial introverted identity changed. Being in that social environment changed and reshaped me to being more outgoing in a world that I was initially intimidated by; I became an extrovert (*compared to my past and recent Myer-Briggs Test*).

The problem is, in the western culture, it tends to be more favorable to be extrovert than it is to be introvert and that there is probably something wrong with you if you're an introvert.



Now there is a really great book you should check out by Marti Olsen Laney The Introvert Advantage – How to Thrive in an Extrovert World.

When people think of introvert, there is an automatic assumption that their identity is a shy, quiet, socially awkward loner. Therefore, most people will try to shape themselves into extroverts; however, there are positive traits associated with being an introvert, such as intelligence and independence...and there are negative traits to extrovert, such as being less emotionally stable and hedonistic.

It's really the factor of *positive emotional reward* from being one or the other.

Human beings are mostly motivated by pleasure and pain as **Tony Robbins** best put it. If you get more pleasure from being either extrovert or introvert, or steering clear of pain from being extrovert and introvert...you will go that route and become that.

There are *benefits* to being **both**...but being which one is more beneficial for you?

If you're an accountant, *for example*, it's better to condition your identity to be an introvert than an extrovert...or if you're naturally an extrovert, you wouldn't be happy being an accountant away from social stimulation, so your ideal identity

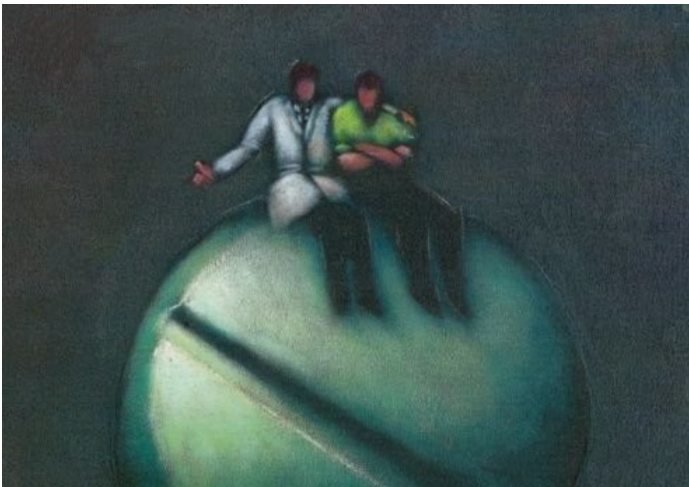
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is better being a social worker getting huge amount of social stimulation.

Anybody can change their identity based on their individual preference.

You're not determined by how you're born being based solely on heredity, but by your ideal preference and you can condition and change your identity to either extrovert or introvert.

Why Should You Care If You're Extrovert or Introvert?



Knowing if you're an extrovert or introvert, can help you a lot when comes to social dynamics interaction.

For example, being an introvert you naturally recharge by being alone, so when you're out socializing or interacting with people, you get drained more and faster than an extrovert.

Knowing this helps you calibrate your energy.

Think of it like having a tank of fuel that you fill up by having alone time. If you use it up too quickly you will get exhausted almost in no time.

Everybody needs alone time...even the extroverts. No matter how extroverted

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you are, there are stuffs that you do in life where you just need to be alone to concentrate on solely.

Being an extrovert, since you recharge by being around other people and you're drained when you're being alone, that tells you how much energy you will have on sole task you need to do before you're completely wiped out.

You will also know which areas of your life you can easily succeed in and where you will have difficult time, personally and professionally speaking.

Being either an extrovert and introvert both have their strengths and weaknesses.

If you're an extrovert, for example, your strength will be in dealing with people, so you might not be happy working behind a cubicle punching numbers all day; that will drain your energy.

If you're an introvert, working with other people will drain your energy dramatically before the day is even over, and you will never get through your day and imagine doing that **24/5/365**; therefore, working with other people is not your strongest area.

By knowing which one you are, can make you better control and calibrate the amount of energy you use and the ideal people and social environment for you to achieve your highest optimal performance and predict where you will be successful in life.

The 3rd Kind “Ambivert”



Now which one is better to be?

As said before, being either one has its advantages and disadvantages. It's best to be close to the middle as possible, and not border too extreme on either.

Some people like to consider this as “ambivert,” where you are considered to be both.

For myself, I am now just barely over on the extroverted-side of the scale just a little bit, very close to the middle, but I can be introvert when I want.

So which one is better to be?

Once again doesn't really matter as long as you're near the middle of the scale.

People who are in the middle are the most balanced people in the world, not *illogically-emotionally unstable* nor *unoriginally-rigid*. Being close to the middle is the best of both worlds, utilizing the right amount of both **creativity** and **logic**.

Even though heredity is indeed a factor, external environment conditioning is shown to play a much **bigger factor** in *shaping your identity* as either an extrovert or introvert.

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Somebody can be born introverted, but with the right amount of support and encouragement, their identity can become more extroverted.

Same is true for the extroverts. If somebody who is born extrovert, but locked up living under a rock...their natural extroversion will be suppressed, and their identity will gradually become introverted.

No matter how you were born or where you started or how your situation is... you can always change for the better or who you want to be.



Now doesn't it feel great to know that we are in control of our destiny?

"First, genes do not determine behavior; they are not biological juggernauts. The word influence is much more appropriate, considering the many biological and social events that intervene between the structure of genetic DNA and complex human behaviors. Thus, discovering that genes influence behavior does not mean that changes in this behavior are impossible to achieve. I will suggest in this essay that genetic information may provide some of the clearest evidence of how to apply effective psychosocial intervention to reduce genetic risk or enhance genetic potential." (Reiss 544)

Hope you have enjoyed this. Remember please feel free to pass this along to anybody you like.

Gabriel

<http://www.socialnatural.com>

P.S. If you ever have any question, send them to me at askgabriel@socialnatural.com. I'll be sure to read them.

Sources:

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