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# Success as an Introvert

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## Learn to:

- Boost your confidence and develop strategies for asserting yourself at work
- Improve your relationships with partners, colleagues, friends, and kids
- Manage the stress of hosting or attending big social events

**Joan Pastor, PhD**

*Organizational and clinical psychologist  
President, JPA International, Inc.*



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## Table of Contents

### Introduction

[About This Book](#)

[Foolish Assumptions](#)

[Icons Used in this Book](#)

[Beyond the Book](#)

[Where to Go from Here](#)

## Part I: Getting Started Understanding Introversion

### Chapter 1: Introverted? Good for You!

[How Introverts and Extroverts Differ](#)

[The biggest difference between introverts and extroverts](#)

[Other ways introverts are different from extroverts](#)

[Why Being an Introvert Is Cool](#)

[Introverts are great friends](#)

[Introverts are creative](#)

[Introverts are natural leaders](#)

[Introverts are studious](#)

[If Being an Introvert Is So Great, What's the Problem?](#)

[Thriving in an Extroverted World](#)

### Chapter 2: Are You Really an Introvert?

[Qualifying as an Introvert](#)

[Exploring the introvert continuum](#)

---

[Taking the test: Do you score as an introvert?](#)

[Considering Shyness](#)

[Separating shyness from introversion](#)

[Taking the test: Are you shy?](#)

[Dealing with shyness](#)

[Comparing normal, healthy shyness to serious disorders](#)

[Getting in Touch with Sensitivity](#)

[Identifying the difference between sensitivity and introversion](#)

[Taking the test: Are you highly sensitive?](#)

[Managing sensitive issues](#)

[Meditating your stress away](#)

## [Chapter 3: What Makes You an Introvert, and Will You Always Be One?](#)

[Nature or Nurture: Determining What Makes You an Introvert](#)

[Your genes](#)

[Your brain's wiring](#)

[The influence of culture](#)

[The effects of upbringing](#)

[Acting Like an Outie: When Temporarily Playing the Extrovert Can Work](#)

[Mastering the skills of the pretend extrovert](#)

[Recognizing the pros and cons of being a pretend extrovert](#)

[Can You \(and Should You\) Become a Real Extrovert?](#)

[Can you truly change your stripes?](#)

[Will you get more innie or outie as you age?](#)

## [Part II: Triumphant in an Extrovert's Work World](#)

### [Chapter 4: Playing to Your Strengths: How to Shine in the Workplace](#)

[The Facts of Office Life](#)

[Thriving in a Noisy Workplace](#)

[Making a break for it](#)

[Creating an innie oasis in your cubicle](#)

[Scheduling blocks of "alone" time](#)

[Getting physical](#)

---

[Telecommuting](#)

[Establishing Yourself at Work](#)

[Shining a light on your successes](#)

[Flexing your quiet power at meetings](#)

[Standing up to workplace troublemakers](#)

[Making allies in the workplace](#)

[Finding Your Niche: Jobs that Appeal to Introverts and Extroverts](#)

[Identifying careers that are a natural fit for innies or outies](#)

[Picking the career that fits you best](#)

## [Chapter 5: Making Your Mark as a Quiet Leader](#)

[Assessing Your Leadership Strengths](#)

[Your research and decision-making skills](#)

[Your knack for encouraging independence](#)

[Anticipating the Challenges of Leading as an Introvert](#)

[Setting the Stage for Success](#)

[Building your transformational skills](#)

[Reinforcing effectively](#)

[Acing the art of structured brainstorming](#)

[Boosting your emotional intelligence](#)

[Mastering the art of focused conversation](#)

[Six Survival Tips for Innie Leaders](#)

[Delegating more](#)

[Outing yourself as an innie](#)

[Guarding your internal energy by scheduling wisely](#)

[Wearing “power clothes”](#)

[Creating a battery-recharging retreat](#)

[Pairing up with an extrovert](#)

## [Chapter 6: Keeping a Team Happy and Productive](#)

[Understanding the Stages of Team Development](#)

[Taking Charge in the Forming Stage](#)



[Creating a contract with your team](#)

---

[Establishing accountability](#)

[Projecting quiet confidence](#)

[Getting your team members acquainted](#)

[Leading in the Storming Stage](#)

[Creating a team support agreement](#)

[Analyzing team dynamics](#)

[Communicating clearly and beware the innie “cone of silence”](#)

[Troubleshooting effectively](#)

[Leading in the Norming Stage](#)

[Focusing on key results](#)

[Keeping an eye on your norms and goals](#)

[Building relationships](#)

[Leading in the Performing Stage](#)

[Ending on a High Note in the Adjourning Stage](#)

## [Chapter 7: Becoming a Confident Public Speaker](#)

[Calming Your Innie Nerves: Preparation Is the Key](#)

[Visualizing success](#)

[Identifying your pivotal points](#)

[Mastering your material](#)

[Focusing on your priorities](#)

[Getting the details down pat](#)

[Practicing your technique](#)

[Grabbing Your Audience: Six Ways to Win Them Over](#)

[Making your listeners feel comfortable and connected](#)

[Grabbing their attention with stories and humor](#)

[Persuading with power](#)

[Changing things up to keep your listeners' attention](#)

[Handling hecklers with ease](#)

[Being yourself](#)

[Catching Your Breath and Briefly Taking the Spotlight Off Yourself](#)

[Asking your audience for input](#)

[Offering handouts](#)

[Scheduling battery-recharging breaks](#)

---

## [Chapter 8: Managing Up](#)

[The First Step in Managing Up: Knowing Your Manager](#)

[Responding to your manager's style](#)

[Identifying your manager's goals](#)

[Earning your manager's trust](#)

[The Second Step in Managing Up: Expanding Your Role](#)

[Spotting avenues for growth](#)

[Becoming a problem solver](#)

[Stepping outside your comfort zone](#)

[Volunteering as a peer coach](#)

[Avoiding Pitfalls When You're Managing Up](#)

[Making a Habit of Managing Up](#)

## [Chapter 9: Moving On: Acing a Job Interview the Introvert Way](#)

[Identifying Your Strengths and Challenges](#)

[Prepping for an Interview](#)

[Doing your detective work](#)

[Creating a powerful portfolio](#)

[Rehearsing with a friend who won't go easy on you](#)

[Writing down your key points](#)

[Making a wish list](#)

[Scoring in a Phone Interview](#)

[Performing on the Big Day](#)

[Getting ready for your interview](#)

[Looking assertive at interview time](#)

[Assessing Fit: Are the Job and the Workplace Right for You?](#)

[Asking the right questions](#)

[Gathering clues on a tour](#)

[Weighing the pros and cons](#)

[Handling a "No"](#)

[Responding to a "Yes"](#)

[Negotiating salary](#)

---

[Talking about vacations, schedules, and benefits](#)

[Setting a start date](#)

[Planning Your Path to Career Success](#)

[Setting smart goals](#)

[Gaining the job skills you need](#)

## [Chapter 10: Succeeding as an Entrepreneur](#)

[Starting Off on the Right Foot](#)

[Creating your business plan](#)

[Strengthening your entrepreneurial skills](#)

[Overcoming the urge to procrastinate](#)

[Marketing Yourself](#)

[Building your reputation as an expert](#)

[Teaming up with other entrepreneurs \(especially outies\)](#)

[Asking extroverts to help you make contacts](#)

[Integrating Internet and face-to-face marketing](#)

[Polishing your online presence](#)

[Creating Long-Term Loyalty](#)

[Being available](#)

[Influencing in the right way](#)

[Building deeper relationships with your clients](#)

[Giving back to your community](#)

[Thanking your clients in small ways](#)

[Avoiding marketing approaches that irritate clients](#)

[Coping When Prospects Don't Pan Out](#)

[Dealing with disappearing acts](#)

[Handling rejection](#)

[Building Your Dream Team](#)

[Interviewing wisely when you're hiring staff](#)

[Choosing employees who can complement your skills](#)

[Hiring the right person to make your website sparkle](#)

[Considering a business coach](#)

# Part III: Finding Personal Happiness as an “Innie”

---

## Chapter 11: Being Your Personal Best

### Being Kind to Yourself

Using the dump-sheet-and-flower technique

Reframing your thoughts

Practicing thought-stopping

Treating life as an experiment

Visualizing your happy, healthy inner child and inner adult

### Gaining More Control Over Your Life

Taming self-pity

Taking charge of your problems

Cultivating optimism

Harnessing the power of gratitude

### Getting Your Stress Under Control

Interpreting stressful events accurately

Understanding your stress threshold

Considering a personal coach or mental health professional

### Making New Friends

Looking for friends in all the right places

Setting realistic goals

Breaking the ice

Keeping friendships healthy

## Chapter 12: Falling in Love and Staying in Love

### Navigating the Dating Scene

Spotting people you'd like to date

Making a first date work

Addressing expectations

### Enjoying a Deep and Healthy Relationship

Grasping the basics of a good relationship

Recognizing how different personalities mesh in relationships

### Handling Innie-Outie Differences Successfully

[Identifying each other's needs and interests](#)

---

[Figuring out how to talk with each other](#)

[Looking for win-win solutions](#)

[Analyzing your different arguing styles](#)

[Being wary of perfectionism](#)

[Identifying the real source of your issues](#)

[Splitting Up Sanely](#)

[When you're getting dumped](#)

[When you're doing the dumping](#)

## [Chapter 13: "Cheers!" Taking the Stress Out of Big Social Events](#)

[Understanding Why Social Occasions Stress You Out](#)

[Coping When You're an Innie Guest](#)

[Planning ahead](#)

[Escaping the crowd](#)

[Breaking the ice](#)

[Scheduling some unwinding time — before, during, and after](#)

[Coping When You're an Innie Host](#)

[Taking the focus off yourself](#)

[Creating innie sanctuaries](#)

[Teaming up with a cohost](#)

[Recharging your batteries](#)

[Getting those last guests to go home](#)

[Deciding Whether to Say Yes or No to an Invitation](#)

[Determining which invitations to accept](#)

[Declining invitations tactfully](#)

## [Part IV: Supporting Introverts](#)

### [Chapter 14: Being an Understanding Friend to an Introvert](#)

[Accepting Innies Just as They Are](#)

[Recognizing that introversion is healthy](#)

[Recognizing the special strengths of the innies you know](#)

[Making an Innie-Outie Relationship Work](#)

[Respecting an introvert's need for "alone" time](#)

---

[Allowing an introvert to think before talking](#)

[Minimizing multitasking demands](#)

[Understanding an introvert's desire to stay out of the spotlight](#)

[Grasping an introvert's approach to new activities](#)

[Partying in Ways That Suit You Both](#)

[Getting the introvert's perspective on social occasions](#)

[Being okay with early departures](#)

[Accepting an introvert's right to skip some events](#)

## [Chapter 15: Parenting an Introverted Child](#)

[Identifying Introversion in a Child](#)

[Distinguishing Between Introversion and Medical Conditions](#)

[Considering ADD and ADHD](#)

[Ruling out autism spectrum disorders](#)

[Creating an Innie-Friendly Home for Your Child](#)

[Appreciating your child's innie-ness](#)

[Steering clear of the overscheduling trap](#)

[Helping your innie child handle change](#)

[Bridging the communication gap](#)

[Keeping sibling relationships positive](#)

[Giving your innie her own private space](#)

[Encouraging Friendships](#)

[Helping a younger child make friends](#)

[Helping an older child or teen make friends](#)

[Helping an introverted teen handle romance — or the lack of it](#)

[Enhancing Your Child's Self-Image](#)

[Explaining introversion to your child](#)

[Avoiding the urge to praise outie behaviors](#)

[Acknowledging your child's emotions](#)

[Helping Your Young Innie Have a Good School Experience](#)

[Working with your child's school and teachers](#)

[Considering alternatives to public schools](#)

## [Part V : The Part of Tens](#)

### [Chapter 16: Ten Notable Innies](#)

[Charles Darwin](#)

[Neil Armstrong](#)

[Elizabeth Barrett Browning](#)

[Johnny Depp](#)

[Eddie Murphy](#)

[Johnny Carson](#)

[Jerry Seinfeld](#)

[Tom Smith](#)

[Calvin Coolidge](#)

[Abraham Lincoln](#)

### [Chapter 17: Ten Tips for Making a Networking Event Work for You](#)

[Be Picky](#)

[Do Your Homework](#)

[Set SMART Goals for Each Event](#)

[Think about Trout Fishing \(Really!\)](#)

[Arrive Early](#)

[Focus on One Person at a Time](#)

[Grab a Plate](#)

[Manage Your Leads](#)

[Be the One Who Reaches Out](#)

[Say Thanks](#)

### [Chapter 18: Ten Things an Introvert Doesn't Want to Hear](#)

[“We were just in the neighborhood and thought we'd drop in.”](#)

[“Turn to the person next to you and introduce yourself.”](#)

[“Guess what — I told the waiter it's your birthday!”](#)

[“We’re having so much fun; can we stay with you a few more days?”](#)

---

[“Oh, I just thought of one more great story. . . .”](#)

[“Surprise!”](#)

[“Give your Aunt Ruth a big hug.”](#)

[“You’re so quiet; what’s wrong?”](#)

[“Yay! Our class reunion is coming up!”](#)

[“I’m so glad you returned my call; we have a lot to catch up on.”](#)

## [Chapter 19: Ten Ways to Make a Workplace Innie-Friendly](#)

[Let Innies Migrate to the Edges of Your Office](#)

[Cut Down on Meetings](#)

[Make Your Meetings Better](#)

[Provide Privacy Screens](#)

[Ask about Acoustics](#)

[Create Private Zones](#)

[Give a Thumbs-Up to Headphones](#)

[Let Your Workers Telecommute Part of the Time](#)

[Offer Innies Opportunities to Work Independently](#)

[Rethink Your Interview Process](#)

[About the Author](#)

[Cheat Sheet](#)

[Connect with Dummies](#)



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