

What If Introverts Treated Extroverts The Way They Treat Us? | TIS Ep. 40



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0:00

Hi, I'm Lisa and together

0:04

are the introvert sisters

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Welcome to Our Podcast.

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Welcome to

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podcast,

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and you may notice something a little bit different about us today.

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Yeah, both. I don't know how long this is gonna last, but we're both trying this video thing without our glasses. I don't know about you. I have two issues at hand. One is that I have, you know, light sensitivity. Yes, and I have a ring light shining in my eyes so I'm already in a little bit of pain so let's let's see how long that lasts. And be and be like, we're both long term glasses, mirrors, and so I don't know if I can even see anything clearly.

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You know the beautiful haze, the glasses may go back on at some point during this recording, right.

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Yes, like in the next minute or so.

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Maybe we should just

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accept defeat. I know, carry on.

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Let's see how long it lasts.

1:18

Yeah, okay. Okay, so we're gonna start with introverts uniting separately as we quite often do, you know.

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Yeah, so, um, so what's been going on with us this light was,

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was the big event of the past week is that I took part in a conference called solopreneur life, and so on. I took part in a panel discussion. If you don't seem to remember right now, but then I also did write a presentation on freelancing while black. Unfortunately I can, I can tell you what some of the challenges and opportunities. No challenges and solutions, that's what it was. Some of the things that black writers have to think about that other freelancers might not have to think about it you know one simple example is do I even put my face on my website, do I put even let people realise right I'm out there do I let people realise where I am. Okay so that is it and then you know how I have coped with all of those things. And so that was really interesting. The conference is over now, unfortunately. But, you know, if you are running a solo business, I will. We can drop a link to the to the site. And so you can decide whether there's something you want to sign up for next year I'm hoping to do another presentation next year I have no idea on what. And so this is part of my you know my my bid to do a little more speaking about these issues about the issues of being black, black as a freelancer black in the workplace black in general talk about anti racist and so on,

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so right about you sir, what

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have you been up to,

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um,

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just,

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you know, living life working, as you know and some of our listeners know I also have another podcast that I'm, you know, for that one we took a hiatus, over the initial stages of the pandemic what we thought was going to be a couple of us and everybody else in the world, you know, oh okay well you know take a real chill for a couple of months, until this silly virus is gone and it's still here. So we have taken a hiatus and just getting back, getting that back together, getting back up to speed, releasing preparing some more content for release so that's what we're working on and just like generally enjoying the weather. the weather warming up a bit like it's a little bit warmer it's not it oh type hot weather yet, but I'm getting it right. I see like, we're getting there. We're getting there and I am so excited I can't even stand it, because you know you know, I am an island girl at heart, So cold weather really is not

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your sweet spot. All right, I'm gonna, I'm going to cry uncle, and I'm putting back on my glasses.

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Gosh, you eyes the words right out of my mouth like okay, I'm actually my eyes are actually in pain.

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Oh no, sir. Okay, we, that was an experiment we probably should not have done at all. And we're not going to do it again but you'll find your one chance people to see us without our glasses, this may not ever happen again.

4:43

Ever.

4:44

Whoo. All right,

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let's get on to,

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in our world. So the thing is, you know, often as introverts we're made to feel deficient simply for being who we are, especially at work right says, you know,

5:04

oh yeah, for sure. people

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say things like, you know, great job but your personality sucks, right, and you know they want I

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mean they don't they don't exactly say it that way, they don't exactly say it that way but you know, it's clear, it's what they mean,

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it's clear, it's always very clear, and you know people always want you to come out of your shell and speak up more. And so we were wondering, you know, we had a conversation about this a couple of weeks back, in fact, what if introverts said the same kind of messed up things to extroverts, that they say.

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Right. Actually you Gnosis. Do you remember your Well of course you remember cuz you wrote it, you wrote an article, maybe a couple months ago now, about what if black people said to white people the same, you know the same thing about their hair.

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Yes. What if the table remember that and what if Pete What if Black White. What if White people experienced life the way black people do will drop a link to that.

6:02

Yeah, but yes, yes, and yes, including, and one that I noticed resonated with a lot of people that read it was the you know, what if it sort of like black people worthy or who are the hegemonic class. Yeah, and insisted that white people come to come to work with their hair in a curly fro at all time. Yes, you know, yeah, exactly. People were like okay, well that sounds completely ridiculous and you were like, exactly, exactly, exactly. So, this is I guess along that same vein in that same vein, Right, exactly.

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So you know some of these may sound discordant where or even mean and that's really the point. You know this is, you know, we're trying to share with you how it feels when the roles are reversed. You know emerge out here feeling attacked for existing quietly. So,

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yes,

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let's start with the first one says you go.

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Okay so the first one is, you know, introvert saying extra verbal, why are you so loud. Why do you so loud all the time, you shouldn't. You shouldn't speak as much or so loudly like I can barely hear myself think, you know, Just, just don't be so loud,

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yeah dial it down a bit,

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dial it down a bit. That is for you know every time that we have been told. Why are you so quiet. Why are you so quiet, you should speak for why you're so quiet. He speaks so quiet. Right. Yeah, so we would, we would say to extroverts, well, why are you so loud. Yes, that that is ridiculous as it sounds,

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and then the okay following on from that, you know, why don't you go into your shell extroverts, right, you are sucking the life out of the room and making everything about you right now. All introverts have heard why don't you come out of your shell. Right. And you know we're out here just being the person that we are. So if we ask you as extroverts, to go into your show that would be, not from for you as coming out of our shell would be for us. If you call it a shell, because I know without terminology.

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We call it a shell,

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I don't agree with that terminology at all but we will go in with what has actually been said to us, right, these are things. Yeah, these are things that we have heard

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that we have heard reread repeatedly and can I just say that if we're sticking with the, the, the shell, the term of, you know the shell. I love my shell. By the way, right. I think most introverts would agree that, you know we love our shells extroverts, as much as you love not having a shell. Okay, so just let people be alright says, What is it you are me I don't what me. Alright. Okay so the next one is, are you okay. Look bizarrely overexcited for no reason. You've been talking nonstop for minutes without taking a breath. Tried to relax. And of course, that one is for every time we have heard. Are you okay, he will look upset.

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Oh my gosh, just like every interviewer is accused of having RBF right. It's like there's this thing where you're just there being quiet. And people think that you are upset or annoyed or angry about something and you're just there quietly taking it in the introvert way right.

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Yes, just living just living life being yourself minding your business and not bothering people about their face. Then here comes somebody asking you about your face. Anyway, what. Okay. What's the next very related to that,

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you know, you know introverts as extrovert Why don't you speak up less. Okay, there are 20 people in the meeting but you're not leaving room for anybody else's ideas to be heard. You do not need to fill every silence just. And you know this, again, is for every every introvert can relate to having been told. Why don't you speak up more. And you know, as we all know. Introverts are thinkers and planners and so, you know, just because we're not speaking it doesn't mean nothing is going on in fact, when we're not speaking a lot is going on. We're paying attention if you've ever been in a meeting with a lot of introverts you'll have the extrovert speaking loudly on one hand, and you have the introverts who will listen for 30 minutes and then come out with a gem. Right, yes. Yeah, exactly, you know, you know, I love my introverted people, but you know this is called the introvert sisters and we're celebrating introversion. Okay. Yes,

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yeah. So,

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it is it is it is to be celebrated, and I think I think basically this whole thing really is about accepting just accepting people as they are in. All in all their glory and all of their diversity, part of that diversity is expect accepting different personality types and not making people feel wrong, just for who they are. Okay so,

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well said,

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related to what you said just know. Another one is, why don't you pause and think more, you know, why don't why don't you give things a bit more thought, your stream of consciousness right now that you're not making any sets, without actually experienced with a lot of extroverts, you know i This, of course, is all the times that we've heard. Are you always thinking so much, you know, why don't you like not why we're always thinking, just do stop thinking,

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you know, I'm thinking is important, thinking is important, you know, I think if you had a team where everybody was doing and nobody was thinking you wouldn't get very much achieved to be answered. Exactly. And so related to that, there is, why don't you plan or prepare more, you know, give people a chance to know what's happening, instead of having to rely on guesswork. And you know many introverts will relate to having been told when it, you will be fine. Now you know most of us are not natural wingers. Okay, we are regarding.

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Did I was to be, if I was to wing things I would be a bird, no, no,

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no, we like to think we like to plan, we like to prepare as I said to somebody the other day as a you know as an introvert. I am not your, your I deliver. You know I need to I need to plan for what's going to happen and then I feel comfortable and confident to go on speaking. And you know sometimes

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I'd actually

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sort of go I know all I was going to say is, you know, sometimes it's nice to be in a room where you can tell that the other person has actually planned and thought about it so there's a coherent argument, right, being made a coherent discussion. And what were you going to say.

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I think I forgot.

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Okay.

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Which, which,

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which, which was to be a lot but that's fine. It was, and it was a good one too. It was good to come back, it

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may come back, you never know.

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Right. All right, is that meet me next

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you next.

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Okay so the next one is introverts, extroverts saying, Why are you so familiar why you're so uncomfortably familiar Why are you all in my space being so friendly, right like backup just back up a little bit. This is for all the times that introverts have heard you see really aloof. You know people. Yeah, people don't feel comfortable around you because you seem so aloof, well guess what. Introverts don't feel comfortable around you because you're all in our space all the time and you need a bag.

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And you know, think about you know when you're coming here, you know, and you're coming into a space where they're introverts. You know sometimes it's simply that you know we're being who we are, you know, we're not the people that are going to be out there, and it doesn't mean that we hate everybody or that we think we're better than everybody, it's just that we're taking time to soak in the atmosphere before we feel comfortable enough to start interacting. So you know let's let's have a little more understanding of each other, Right.

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Yeah, for sure. And what was the next one after that. Okay

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so the next one is, why don't you seem able to work independently with his introverts to extroverts, versus, why aren't you more collaborative, which we have heard, and yeah,

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why don't why aren't you we hear all the time Why aren't you a team player, you seem like you're not a team player. Yes, you're so, because you're so quiet, because you're so aloof.

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Yeah, because you're not you're not you're not modelling

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extraversion,

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then that is somehow counted against you, but you know as we keep reiterating introverts have strengths we are good at thinking, analysing sifting planning synthesising adjacent data jaising And we're actually rarely, rarely good at working independently and coming up with something that is really useful and coherent. Right. Nothing wrong with being on a team, but we are also going it alone and I don't think that if we, if we produce something independently. If we're not to the loudest person on the team I don't think as introverts we should be slated for it. Right.

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Yeah. Yeah, again the the theme of this is. Stop making introverts feel deficient, for just being who they are and how they are not really that really is the message, so which which leads us to the next one. This is one of my favourites. You know, extroverts, Why don't you stay in more, right, why don't you stay in like maybe you could achieve some of your goals if you focused and stop trying to distract yourself constantly with activity. Why not just saying this is of course for all the times that introverts here. Why don't you get out more this, you know, why don't you get out of your shell is part of it that's a personality thing, but, you know, we also hear why do you get out more go out go out and mingle with the people. And no, you know, we don't want to sell so extroverts, you stay in you try staying in and see how horrible that feels because you want to be out

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right and you know we, again, as introverts, we cannot be out there all the time. It's not our personality type, it's not good for our mental health, sometimes we need to recharge. I don't know what you says, but you know if I have gone out tonight. Please don't ask me to go out tomorrow. Okay, or give me a couple of days to recover. You know and I don't I don't know but I certainly got better at honouring that part of myself, you know, part of this, you know we're laughing about it. One part of this is that you know as introverts we are often made to feel so wrong, just for being ourselves and so we try, we try to fit into that mould that other people try to put us in and you know especially when you're younger, you try to do that yeah when you get older and you say Hey, hang on, I can just be me, whatever, right, when you try to fit into that moment. And then you do what you, you think you're supposed to do, but you still feel bad you still feel wrong, and it's because you're not being true to yourself you're not being authentic. And so we you know we want to be free to be our authentic selves to be our introverted selves to celebrate our introverted cells. So no, we don't want to get out more. But you know, you try staying in more and see how that works.

18:07

Right, exactly, you know, and and are related one, that is why we're so social, like why do you need to be around people all the time, Why, why are all your conversations so shallow. Right. All kinds of introverts here. Why are you so anti social right Why are you why are you so deep, like why are all your conversations so deep, you know, lighten up a little bit.

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Yes, you know the number of times, you know, you hear you know you people have asked you a question and then you give them chapter and verse and it's like they've switched off after sentence one and you're nearby you're just getting started, because you really give a listen the thought. Right right right and so right. You know, it's, it's a weird thing,

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it's a weird thing so you know and introverts tend to tend to prefer deep conversation versus small talk, exactly right. So extroverts What if What if you were like literally forced to have, you know just deep conversations all the time, like if you were if you were forced to do that. But just imagine how that feels so, you know, that's how introverts feel, you know, being forced to go out to these of course it's probably more so pre Corona times go out go out to cocktail parties and these afterward gatherings were honestly speaking, you don't like these people and they don't like you. And this is not even even are not even a case of like and this slide but you know you don't really know them, you don't know them, they don't know you. It's all fake, right, who has time for it. Yeah, and so we feel that feels as bad to us as the inverse would feel to you, and you know I want to say here

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says that, you know in in COVID times the the equivalent of that is being forced to become rezone all the time. Right. Yes, right, because, because I know we've talked, we've talked before about

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how exhausting

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zoom calls are. And so there's this there's this idea that you have to be even more extroverted on screen, you know, because you know, it's the boundaries of the small screen, you've got to be out there, you've got to be there raising your hand and you know contributing, non stop, instead of thinking about what you're hearing synthesising it coming up with good ideas and taking the little quiet time you need in your brain to do so. Right.

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On another note, on another note what has happened to me I don't know if this is an age thing, I don't know if it is, you know, post concussion syndrome or whatever, that is called, right. But, you know we are definitely all under a lot of stress. Now, for me, I've been finding it harder and harder daily I find it more and more difficult to focus. And so, honestly speaking, it is as much as I can do, putting my full self into it, to focus on what is being said in the meeting. And like I have to put my entire brain into constant training on that. Right. And so having to also think about cameras on do you look okay. Are you putting your hand up enough. Are you making incessant comments incessant. Oh my god, it's like, you know that there's, there's a meeting going on, I'm trying to focus on that. Your buddy who's like, oh great, we're in a meeting so now I can ask this person, these 20 questions I had to ask them. You know all along so they choose a meeting when you're trying to focus on the meeting, right, yeah. And they ask you all these questions, all yours big big big big big big big.

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Yeah, no, this

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is this is not the chain, it can be really difficult so okay so I'm going to quickly recap, I'm going to quickly recap those questions, you know, just just flipping the script. Here are the things that introverts could ask extroverts, If we were so inclined, but we're

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everywhere is mean, everywhere is mean to extroverts. Why,

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why don't you go into your show. Are you okay you're bizarrely overexcited for no reason. Why don't you speak up less,

why don't you pause and give things more thought, why don't you plan and prepare more. Why are you so uncomfortably familiar. Why don't you seem able to work independently. Why don't you stay in more, and why are you so, social, right.

22:46

So you know and again repeating like extroverts like do you care, do czar, all of that feels and sounds, right, because it sounds, it sounds weird, right, when you when you turn the tables around. And so that's why we did it because we want to create that dissonance so that you can really experience, how we feel, when you say some of the best things

23:11

you say

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to us. So our message here is, you know, stop doing it to us. And always remember,

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text, text, don't at all for listening. Bye.

Transcribed by <https://otter.ai>