

The Introvert Sisters Podcast -Transcript: 12 Surprisingly Extroverted Things We've Done As Introverts | TIS E. 50

Lisa 00:06

Welcome to the introvert sisters, the podcast by introverts, for introverts, hosted by Sharon, and Lisa, two INFJs with a lot to say.

Sharon 00:22

Hi, I'm Sharon. And I'm Lisa. And together, we're the introvert sisters, welcome to the podcast, welcome. Welcome. And today we want to talk about something that's, you know, that it came up, you know, as, as often when we're, you know, sitting around and talking together, things come up. And one of the things that came up for us was that, you know, people often think of introverts as always sitting in a corner, you know, unable to face the world.

Sharon 00:52

And, you know, introversion, as we've said so many times before, is more about what gives you energy, right, we get energy from solitude and deep thought, and not from constant socializing. Whereas, for extroverts, you know, I'm not saying extroverts don't have deep thought, but they get energy from being social. But having said that, even as introverts, we can go out there and do things that you don't think of introverts doing at all. So today, we're going to share 12 things, six things each, that we have done that you might not think would be a natural fit for introverts, and you know, our fellow introverts, I know that you will understand that sometimes you have to step out of your comfort zone and do things. Right. So here are some of the things that we have done. And let's start with you, Sis.

Lisa 01:40

Okay, so something I have done is, I've, you know, won, participated in and was lucky enough to win, pageants and public speaking contests and so on. And I also have a performing arts background, right. And interestingly, even in those I get, you know, I used to be a dancer, you know, like ballet modern, yeah, it's that kind of thing. Right. And I was always one of the people that they would put at the front, right, so

Sharon 02:06

fascinating

Lisa 02:07

was because somehow, I guess I was an extroverted performer. I don't know. I don't know. I don't even know how that how that but but I am naturally a very smiley person. And for some types of dance that you need that energy, that energy that that zhuzzh. That is right. And so they would put, you know, the people with the big smiles and the extra flair,

Sharon 02:30

and you would never think of an introvert being at the front.

Lisa 02:34

Exactly. But I was that person. And then in terms of the pageants, no, okay. The introvert part of me is that I never actually entered a pageant of my own volition. Right. But people somehow saw something in me, and they would say, oh, you know, maybe you should try XYZ. And so yeah, I absolutely did. The whole thing was on stage. You know, in my I regret to say in my heels and swimsuit, so absolutely. But I did it. Right. I will say, you know, I was more comfortable for the, you know, question and answer section because I was able to go like, research those and prepare my answer

Sharon 03:10

introvert strengths.

Lisa 03:11

Introverts, right. Yeah. Right. But I so but yes, I absolutely did that. And winning. You know, the public speaking contest was actually, you know, I am very proud of having done that. But it's not something that again, that you naturally think of an introvert doing?

Sharon 03:28

Not at all. And speaking of that, yes. You know, my one of the things that I did, because I was a lecturer at Coventry University for several years, and you know, my first class first day was a class of 140 people. Oh, my God. I was terrified. I mean,

Lisa 03:46

I mean, almost anybody be terrified to be I know.

Sharon 03:47

Yeah, I was terrified. You know, before that I had worked as a journalist. So you know, my interactions were one to one, mostly, not always, but mostly. And so. And so, you know, it was just, you know, there were these 140 plus faces staring back at me. Right, I you know, I stood behind the podium, I held on so my knees wouldn't buckle. And I delivered my lecture, I kind of gabbled through it. Right. I would not say that it was my finest hour. But I got through it

Lisa 04:19

sometimes that's what is required, right.

Sharon 04:22

And over the course of the time that I was there, because I held that job for five years, right, I became able to do it. Yeah. And I you know, more easily, I always credit that with teaching me that I could go beyond my limits. And you know, and do things because, you know, standing in front of 140 people is not a natural fit for an introvert really is not right, right. But I was able to make it work. You know, I had students who loved me, I was able to connect with them. And so yeah, I learned something from that. Definitely say yes. Okay, so what about you? What's your next one?

Lisa 04:55

Mine is similar in that I have, you know, I've done some teaching, not the level or for as long you know, as yourself. I've delivered presentations in multiple languages, you know, and for me it, you know, that was like, it's just the case and I again, I called, I fell on my performing arts background. Because sometimes, you know, and performers know this... you might have an injury or might just not be 100%. But when it's time to perform the audience is not to know that there's something wrong. Showtime is showtime. And so you know, you call on your grounding in showtime is showtime, you call it you're running in rehearsal is important, right? So I would rehearse for my presentations, right? Whether in English or Spanish or whatever, I would rehearse them. And then deliver them right now, again, that comes up, you know, that that was very early in my career, but you carry that forward, right, you carry that forward, and then any presentation that you have to do. Honestly, speaking, if I never had to do another presentation, it would be too soon. But that's not the world we live in.

Lisa 06:05

And so yeah, you you call on on your training, and you're able to turn on, quote, unquote, that extroverted side of you? I don't even know if I like that phrasing because I am still an introvert. It's just I know how to do a presentation if I have to do one.

Sharon 06:20

Exactly.

Lisa 06:20

But But I just want to put it out there that yes, we are capable of doing this. And so you know, business, you know, companies and teams and managers out there. Don't, don't don't sleep on your introverts, like, we are capable. It might not necessarily be

Sharon 06:36

don't discount the quiet ones

Lisa 06:37

don't discount the quiet ones, right. We have talents, we have capabilities. And so you don't give us opportunities.

Sharon 06:43

Exactly, they deliver. And speaking of that, I am glad you brought up languages, because one of the things that I did in my work as a journalist was I interviewed people in multiple languages.

Lisa 06:52

I didn't even know that.

Sharon 06:53

Right. So one of them was, I spent some time I did interview people in French, but the thing that I'm actually thinking of was a trip that I took to North Spain. And I had several meetings with people, you know, it was like bringing back a whole feature on the metal industry. Right, right. And so I did my research, because I mean, I my Spanish was still reasonably fluent, but of course, it wasn't industry

specific. Right. So I did my research on the industry specific language. I, you know, I went and I spoke to people, because a lot of people in that industry, were not fluent in English. So I did my interviews in Spanish.

Lisa 07:31

God bless you, right?

Sharon 07:34

I recorded in Spanish and then I translated them to create the English copy. Right. And so this was another out of your comfort zone thing, you know, but again, it's about doing your research, right now, in most cases, this was this was one to one, but it's another one of those situations where one has a certain image to project Alright, company, one has a certain professionalism, I, you know, would I rather have been able to do them in English, you know, in order at a meeting point of my choosing, yeah, rather than, you know, in a metal factory in Spanish, of course, I would, but right, you know, professionalism, you learn your skills. You call on that training, and you deliver, even if you're an introvert. Okay, so what's next on your list is,

Lisa 08:25

okay, so my next one is interesting in that a couple years back, I kind of I attended an Afropunk, right and Afropunk in Brooklyn, and somehow ended up going semi viral, right?

Sharon 08:41

You went in Essence and, and Teen Vogue,

Lisa 08:45

Refinery 29. Like, the list goes on, it was I was literally almost everywhere. But the thing is, is that now again, you might think, Okay, what's an introvert doing at a festival period, right? At a festival where, like, part of the thing is to to be seen, frankly, to be seen to be photographed. Yeah. But okay, here's how that worked. For me. First of all, it's once a year, right? It is not every week, so you can work up to it. I can work up to it. I know. It's coming. I can refer .. it's not every week doing random icebreakers. Yes, I did. I did say that. Yeah. Not they have anything specific in mind. You're really not right. But so I was able to prepare for it.

Lisa 09:26

And you know, I grew up in the Caribbean, right part of the Caribbean Caribbean culture is carnival culture. Yeah, right. So once a year everybody no matter what their personality, no matter what their their societal background, let it all hang on, let it all hang out. And so I think you know, let you definitely have that you. Okay, fine. I can do this one day, one day of the year. Right. And so yeah, I was in crowds, but I managed to find ways to not be totally like, you know, totally surrounded by people at all times.

Lisa 09:57

And I was prepared to be interviewed, right? Again, I had attended a couple of times before and I knew what the format was. So I knew... I had actually prepared responses for I had Oh yes, yes, yes. Not not

... when I say prepared, it wasn't like you thought about what people might ask what people might ask you know what, like, Okay, what is the meaning of what you're wearing? Yes, the symbolism behind it . I had actually worn I call it Barbados blue. You know, I always read Barbados hard. Yeah, I wore a Barbados blue dress. I wore my yellow Fenty sneakers. Barbados colors are yellow and blue. Right? I was the black in Barbados flag, right. But I thought it through. So then when people when I was interviewed, I had my answers at the ready. So I was able to relax. Because I didn't have to then sort of scramble and think of answers. And so yeah, I absolutely went to the festival, made a splash had a great time, but it's not something that you would ordinarily think of an introvert doing and enjoying, I had an absolute blast.

Lisa 11:00

And can I just add this, that you were a big part of this? A lot of people might not know, it is not necessarily an introversion extroversion thing. But um, you know, of the two of us, you know, I'm into fashion. You are not, no, we both know this. But you might not be into fashion. But you but you are very stylish and you have opinions. You have opinions. And so you know, I'm forever grateful to you for helping to style me for that day, which I know probably comes as a surprise to a lot of people listening to this. Even some of your friends were like, Wait, Sharon helped? So they will not believe, I believe but it's 100% true, you know, but you helped style me. And I'm forever grateful. But I mentioned it to say, look, we're all multi dimensional. We are so yes, you might choose to be minimalist, that does not mean that you don't know about fashion. Okay. All right. So next thing for you

Sharon 11:52

I presented at an online summit. This is a few years ago, some piece of software that I was using, you know, I was using said, oh, we're having an online summit. Do you want to present? Right? And because I was wearing my marketing hat, right? I said yes. And then panicked afterwards. I'm thinking, Oh, no. What am I gonna do? Right? So I did what we as introverts do. I played to my introvert strengths, right. I went away. I did research. I prepared. I researched. I even did a recording in advance in case the internet failed. I sent it to them.

Lisa 12:31

Well, that's major Sis. Right? I've ever prepared. But yes, yeah, that is very you. Right? Yes. Yes. Yeah.

Sharon 12:36

And then and then tried, you know, I really had to, I really had to, to rehearse multiple times. Because, you know, I know. They know that when the cameras are on. I get tense.

Lisa 12:48

Yes. Yeah.

Sharon 12:49

You know, yeah. And I mean, I've said this to you. For our, for our podcast. Yes. Yes. Right. There's some there's a physiological response. It's very, and, you know, recording on camera is very anti introvert. Let me just say, yeah, right. And I do it, because that's the world we live in. And I take part in

things because the, you know, the message and the work are important, right? But it doesn't make it easy. Yes. And so I present

Lisa 13:11

even though it's not easy, you are still capable. I'm just going to do it.

Sharon 13:16

Exactly. So I presented. It went down a storm. People loved it, you know? And so, yes, you know, you can, you can break out of those introvert boundaries for a little while and do these things, you can do hard things. Right. Right. So what about you?

Lisa 13:34

Okay, so this one is a little bit different. My next thing is that I stood up for a friend of mine, which might not sound like anything related to introversion extroversion, but I'll give you some, some context, which is that this friend of mine had, you know, just absolutely gorgeous had done some modeling photos. You know, with a photographer, long story short, the photographer refused to give her her photos. A lot of photographers do that, unfortunately. Yes, I still remember the one in France, who still has my photos, I never let me have them. But side note, right.

Lisa 14:10

So anyway, having actually had that experience, and knowing that, you know, the the photography and modeling industry can be a little murky. Yeah, let's leave it as it can be. It can, it can get a little dingy. And so you know, these were fashion photos and, and some professional like career headshots and stuff, but he still wouldn't let her have them. And so one day, you know, this was in New York. I said, Okay, we are going today, or we are getting your photos from this guy. And so I went, you know, I said, Okay, what's the address? We took the subway over there. We went up. And I basically, yelled at the man until you know, he gave her the photos, right? No, I went because it was it was two of us. I think there was there another their person with it. I think it might have been just the two of us. I'm not 100% Sure. I think it was just us. So yeah, I was like, No, like she is getting these photos and she's getting them today. And you're not doing this again, right now. I can do that for somebody else. I can absolutely not do that for me. For me, I am 100% a delicate damsel, I will shy away. You know, if conflict arrives at my door, I will try to avoid it. If it can't be avoided, I will respond appropriately. But I really don't know. I don't I don't seek out conflict. I actively run from it. And I do actually find it hard to stand up for myself. So that's why I mentioned this because it's absolutely not a thing. It sounds like a very extroverted thing to like, you know, go there and sort of, you know, with your with your phones, I'll just do man capon to help somebody out. So that's why I added that one. Okay. Okay. So what is your what is your next one Sis,

Sharon 16:02

All right. So I made a speech at my wedding. Mm hmm. Right now, very, again, a very anti introvert thing to do. But, you know, as someone that got married at the turn of the 21st century, right, you know, as a feminist, right, you know, a black feminist black, not just not just a feminist, it's not the same, because it's not the same. Yeah. Right. I said that, you know, in this day and age, a woman should

speaking at her own wedding. Yes, I like that. Even while simultaneously not really wanting to do a speech and get in front of people that I knew, it's people you know, your friend or family.

Lisa 16:41

you still don't want to do it.

Sharon 16:42

Right. You don't want to do it. You know? And so that that was, you know, that was the thing, you know, you know, it was short, of course, I kept it. I kept it very short. I said I thought to myself, Okay, I've you know, there's a limit to how long I can do this. Right. And so yes, it was totally like, you know, I, I'm going to have to, I'm just going to have to do this. I'm going to keep it short. I'm going to get through it. I think I did gabble a bit.

Lisa 17:13

gabbleOkay,

Sharon 17:14

well, you were there. You would know, it felt gabbly to me.

Lisa 17:17

Yeah, that's because you were nervous.

Sharon 17:18

I was. Yeah, yeah. At my own wedding in front of people that loved me. Yes.

Lisa 17:22

But you know, but you, you know, you did perfectly well. And you did not gabble. I thought this speech was lovely, actually. Okay.

Sharon 17:29

Thank you.

Lisa 17:30

And you looked beautiful.

Sharon 17:31

Thank you. All right. What about you?

Lisa 17:33

Okay. Um, so this is more in the past, you know, in the recent past is, well, first of all, let us just start with our podcast. Yes. Let us start with that. Which is ironic, right? Because for me, doing all this constant talking, right. Oh, my gosh, it's so it's so it's so not me. But I'm so happy that we're doing it. A B, then we, you know, firstly started it was audio only. And then we started with video. And that was hard. Oh, that was hard. So no, we're not doing video not doing video anymore. But it was too hard. But

but but the point is, is that we did it? And I don't think that I mean, we talk very openly about how sometimes it's difficult for us, but we still do it. I don't think that necessarily that comes across?

Sharon 18:23

No. I actually have the same point. Because I think that's my one as well. Yeah. You know, guesting and hosting.

Lisa 18:30

We both done this last year. Yeah.

Sharon 18:33

You know, and that was not something that I ever thought would be a regular thing, but it has kind of become a regular thing. And, you know, having said that, you know, again, we played our introvert strengths. You know, you know, Lisa does an excellent job of doing outlines. She's done, I would say 95% of the outlines for our shows, right? And 99% of the show notes, right? And I'm doing some of the more the more techy things we discuss. We plan, we outline, we you know, we're ready. We have done a few off the cuffs Yeah, but mostly we plan because that that is our introvert strength, preparation, preparation. Right. And,

Lisa 19:11

and, you know, the great thing about having done, I don't know, we might have had like a season and a half, or maybe even two seasons of the podcast, fully under our belts. Before we started getting both of us started getting a lot of appearance requests and so on. And so it prepared us for those. Now, to be honest, it honestly is never easy. It is never easy until I get into it, but I know I know. I can do it. Yes. And you know, a lot of people the great thing is that people who have asked us to, to you know to guest or to host with them or you know, whatever, there are people that we have some sort of connection with, so that that definitely helps but I would never have as an introvert necessarily thought that I would end up you know, sort of doing speaking, you know, speaking on Facebook, Facebook Live, LinkedIn live, Instagram Live anything live? No, no. Being on TV I would never have thought of it was No,

Sharon 20:11

I do remember that, you know, a few months back, I was invited to what I thought was a recording, right an audio recording, right, that turned out to be a Facebook Live. But again, because, you know, I had prepared, I knew roughly what we were talking about, I jotted down a couple of bullet points, you know, and, you know, as you as you build up expertise, as you start talking about similar things, you know, you have a body of knowledge that you're going to pull from. Yes. And so we're good at that, you know, and a, you know, our, our formation as writers, I think also plays into that, as well. So, you know, we, you know, we we have things to say we have opinions, and it's about mentally girding our loins in a way mentally strengthening ourselves to actually be able to carry it through. Right, right.

Lisa 21:00

Yeah, but we do and we do. The people people seem happy with our appearances. They do. Yeah, they do. They do. They keep asking us back, and we're very grateful.

Sharon 21:09

Right, that please.

Lisa 21:11

Yes. Okay, so I don't remember who is next. But

Sharon 21:15

I think you're next because we had the same one around.

Lisa 21:20

So I think the final one is that ... a surprising thing. That, you know, as an introvert that people have mentioned to me is that sometimes I come across as the life of the party. Right. Now,

Sharon 21:34

is that your performing arts background? Again,

Lisa 21:37

it's partly my performing arts background. But also, I tend I have a pretty small circle. So the likelihood is, is that yeah, it could be the life of the party and crack jokes among people that I'm comfortable with. And I think that's where

Sharon 21:52

that happens to me too. Right? You know, people say, But wait, you're introverted? I have friends that have known me for 20 years. Yeah. That didn't realize because I got to know them. They don't remember the reserved me that they first met. They remember the me that they've known since then. But I warmed up to them. Yes, yes.

Lisa 22:09

You know, but yeah, no, I had people I have people, I'm sure you've experienced the same literally, like express surprise. And akin to shock, actually, that there's no way that you can be introverted. You're always telling these jokes, you know, on your, you know, your dancing. thing is when I dance, right? I'm not dancing. You know, you're, first of all, I'm not talking to anybody, right? I am dancing, I'm enjoying myself, I'm enjoying that. For you. I am doing it for me. Yeah, I'm not actually interacting. So it's totally I'm actually very introverted. And, you know, circling back to the performing arts things. Because thing, because a lot of people have expressed surprise about, you know, you said, how was it that you were always on on the stage? As an introvert, I don't need to talk to anybody as an introvert. Right? You know, when I'm on stage is actually a perfect introvert activity. You get on there, you do what you have rehearsed? Yeah. Right. You smile at the people from a distance? And then you go backstage? Right, without actually interacting with anyone to be frank.

Sharon 23:13

And actually, I have a similar thing for my for my last point, which is that, you know, I have taken part in events and, and, you know, people think that I am extroverted, because, again, you know, this is part of your professional formation, right? I mean, for example, even you would not think of journalism, writing,

writing is a good profession for an introvert but being having to go to interview people constantly, is not, but you know, you learn to do it. And so therefore, there's an art to it, and there's an art to the interview.

Sharon 23:43

So there's a way in which when I take part in events, you know, I just hope to bring that professional self to the fore, right? And, you know, answer my questions, I'm usually prepared because I don't like to be unprepared because you know, being unprepared and introverted is not a good combination. You know, you're not good at it. Yes. If you feel that you're prepared, then it's easier to be your best self. Yes. And if you and you know, it's limited, you know, you're talking for half an hour, an hour, maybe an hour and a half max. Right? You can do that any of us can do that. Yes.

Lisa 24:13

Right, we can do hard things like you said.

Sharon 24:15

And we can do hard things we can we can we can, you know, just hold ourselves together. And so I'm taking part in these and then, you know, when people start talking about personality, and I say I'm introverted, even those people express shock, because, you know, I have written for decades, you know, I'm, I'm articulate, I'm usually well prepared. And so it comes across, you know, it's not the ... I'm not stumbling, I'm not hiding in a corner. You know, none of those things that people expect of introverts. And so, yes, you know, it is possible to do these things, but I'm going to leave it to you to say what happens after we have done the hard thing. Yes, after

Lisa 24:53

we've done the hard things, because we are because we're introverts, right. I mean, we do them but it takes a lot out of it does right So afterwards, like we're basically done for right, we need our recoup or recuperation time or recovery time, we need to retreat to our bubble. We need to have for me, it could be either hours or even sometimes days of silence afterwards. Right? What what gets hard to me sometimes if like you have a lot of appearances back to back so that you don't have downtime downtime in between, but for us, absolutely, yes, we do them. But I don't feel charged up after right. afterwards. I'm like, you know, I'm happy. I'm happy to have done it happy and excited. But also exhausted. And I need that recuperation time. I need some nothingness. I need also some almost like sensory deprivation. Yeah. Because I'm now like, hyper stimulated in a very uncomfortable way. Yes. Right. And so we definitely, you know, that's where the introversion because the introversion thing is not to do with shyness, it's how do you respond to certain stimuli, so on and so forth, and we need recovery time.

Sharon 25:57

We need recovery time afterwards. Yeah. So you know, that those are some of the hard things that we have done. Those are some of the things that we have done that seem extroverted, but are really not what are really not that, you know, I hope we've shared with you how we've harnessed our introversion for good, yes.

Lisa 26:14

And also, you know, part of this message is and Sharon, you said this earlier, right. Don't sleep on the quiet ones. Don't

Sharon 26:22

sleep on introverts, right. We can do the hard things. We can do the hard things and we can do them excellently. Yes. Just give us our recovery time afterwards. Yes. Right. And on that note, it's the end of another episode of the introvert sisters. Thank you for being here. We appreciate all our listeners and subscribers. Bye!

Lisa 26:45

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