

Watch the video THE QUIET POWER OF INTROVERTS

a. Match the halves of the following sentences

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| A. Introverts are | |
| B. The world feels like a place | 1. easy to feel left out. |
| C. For those who speak softly, it's | 2. for finding comfort in our noisy world |
| D. People often think introverts are | 3. that rewards extroverts. |
| E. I have few friends, but our connection is | 4. Everywhere |
| F. I've learnt strategies | 5. shy, or antisocial. |
| | 6. deep. |

b. Complete the blanks with the words from the box

sliding - acetylcholine - stimulated - energised – dopamine –
ambivert - socialising – content - slow-burn

Introverts, like anyone, can find _____ fun. But while parties leave extroverts _____, after some time, introverts need to recharge... away from everyone. There's a scientific theory for this. There are two important chemicals found in all our brains - dopamine and acetylcholine. _____ is like a hit of energy when we take risks or meet new people - and it makes extroverts feel great. But introverts are more sensitive to dopamine and get quickly over-_____. That's why we prefer the more _____ feeling we get when our brains release _____. That happens when we concentrate, read, or focus our minds. It makes us introverts feel relaxed, alert and _____. But it barely registers with extroverts. Of course, like anything, it's a _____ scale. You can lean one way, or another. Or be a bit of both - known as an _____.

c. Choose the correct option

If introversion/extroversion were more valued by society, it could make a passive/massive difference to our projective/collective future. The unique

attributes/contributes of introverts really are a deep, quite/quiet strength.
And as Gandhi, put it, "In a gentle way, you can shake/ache the world."