

# Personal Experiences

## The Quiet Power of Introverts

Happy? Sad? Both simultaneously? This playlist guides you through the myriad emotions that make us human – and how to understand them.

**1. Watch the video and complete the sentences. Choose the correct answer.**

- 1- Being an introvert .....
- 2- It ..... always easy to realise how wonderful you are.
- 3- The world feels like a place that ..... extroverts.
- 4- A world of ..... offices, ..... parties, and ..... personalities.
- 5- As a child, I blended ..... the background
- 6- People often think introverts are ....., or .....
- 7- ..... is like a hit of energy when we take risks or meet new people - and it makes extroverts feel great.
- 8- I am ..... grateful for how I am.
- 9- I ..... strategies for finding comfort in our noisy world.
- 10- As Gandhi, put it, "In a ..... way, you can shake the world."