Read the myths about introverts. Match them with the myth-busters in the text.

They don't like to talk.	They're shy.	They don't know how to have fun.
They're rude.	They're aloof nerds.	They're weird.

MYTH-BUSTERS

A

Introverts just don't talk unless they have something to say. They hate small talk. If you can get an introvert to talk about something they are interested in, they won't shut up for days.

B

Introverts are often individualists. They don't follow the crowd. They'd prefer to be valued for their novel ways of living. They think for themselves and because of that, they often challenge the norm. They don't make decisions based on what is popular or trendy.

C

Introverts are people who primarily look inward, paying close attention to their thoughts and emotions. It's not that they are incapable of paying attention to what is going on around them; it's just that their inner world is much more stimulating and rewarding to them.

D

Shyness has nothing to do with being an introvert. Introverts are not necessarily afraid of people. What they need is a reason to interact. They don't interact for the sake of interacting. If you want to talk to an introvert, just start talking. Don't worry about being polite.

E

Introverts typically relax at home or in nature, not in busy public places. Introverts are not thrill seekers and adrenaline junkies. If there is too much talking and noise going on, they shut down.

F

Introverts often don't see a reason for beating around the bush with social pleasantries. They want everyone just to be real and honest. Unfortunately, this is not acceptable in most settings, so introverts can feel a lot of pressure to fit in, which they find exhausting.