

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."