Watch the video THE QUIET POWER OF INTROVERTS

a. Match the halves of the following sentences

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

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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.”

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