

How to change our stance

2.1 See where we are

We need to know exactly how our extrovert views our introvert.



Write out your extrovert's attitude to your introvert. To help you with this, consider the following:

- What do you call yourself when you get something wrong? When you are under pressure what do you feel about yourself?
- What emotions come into play deep within when you are misunderstood or fall flat on your face?
- What do you feel about yourself when you are in the middle of a collapse or bout of self-absorption?
- When you are out of your comfort zone or in an unfamiliar environment, how do you feel about yourself?
- Do you view your introvert as that part of you from which you try and escape? Is it your friend or enemy?

Think back to how you felt about yourself as you were growing up, to various situations that provide windows into what you really feel, and piece together a picture as accurately as you can of what you feel about yourself.

You might write something like this: I don't like my Phlegmatic. It left me feeling empty far too often. It was where all the fear and guilt resided. I never felt good about myself. I longed for something more – for warmth and closeness. It felt as if it always let me down and was never solid enough when I needed strength.



There might be good things to write. It might be the place where you felt that warmth and love, where there was such a strong sense of peace and well-being. Paint an accurate picture of how you feel about your introvert.

You might write: I don't like my Melancholic. This is where I hid the pain. This is where I cried when no-one knew, where I despaired of myself and where there were so many unanswered questions.

Or you might write that it was here that you experienced the greatest depths of joy and excitement; that this is where you felt most loved and secure.

What do you feel about your introvert? On a scale of 0 to 10, where 0 is very negative, and 10 is very positive, what score would you give your introvert? Try and give an answer that reflects what you feel about it rather than what you know to be true intellectually.

You can write your answers on Questionnaire 1 at the end of these notes or on a separate page.



2.2 See where we are going

Remember our scenario of two people in one house? The introvert had been neglected, shut away and devalued but then brought out to the light of day and reintroduced to the extrovert. A process of understanding, communicating, listening and appreciating each other was set in motion until the point was reached at which the extrovert fully accepted and valued the introvert. It isn't a case of

the extrovert patronising or tolerating the introvert but of being completely comfortable together. A state of shalom.

But there is more. We all have at least two temperaments. Some of us have two extroverts while some have no extrovert – but we all have an introvert. There is a reason for that. The introvert is that part of us that enables us to reflect, to pause and consider, to evaluate. It is often there that we pick up the feel of a person or situation. In other words, it can take us nearer to the core of our being than the extrovert can. How sad if we spend our lives running away from the heart of who we are. That is the place from which we need to operate. We are saying an important thing here. Just as within a family unit roles need to be clearly defined and understood, so the roles need to be understood between the temperaments within ourselves. The introvert, with all its awareness of its needs, its sensitivity, and tenderness and its vulnerability is the one to take the lead. This all makes the way we view our introvert so important and the key to the quality of our lives. When the two temperaments are in right relationship with each other in this way, then both can deliver what is required in whatever responsibilities we carry.