

Topic: Who is an introvert?

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Date: 20 March 2023

I am the silent girl in this loud room. I am that quiet girl you see in the classroom or in any social gatherings. I am that quiet person who you think is shy. I am that quiet person who is labeled as a misanthropist by society. I represent every quiet person who is categorized as the loneliest person on earth. Well, I am an introvert.

According to you, who is an introvert? Well, today, I am going to tell you who an introvert is.

Last winter, I visited my aunt's house along with my father and my younger sister. Our plan was to go to hospital early in the morning by spending a night in her house. Everything was normal. However, the next morning, during breakfast, my aunt asked my father, "Does Yeshey have friends at college?" My dad said, "Yes, she does." That sounds like a pretty normal conversation, right?

But what underlined the questions is that bothered me. Why did my aunt ask that question? Is it because she thinks I am shy? Is it because she thinks introverts are anti-social? They have no friends at all because they are afraid to socialize with other people?

No, you are wrong like my aunt. Introverts are not anti-social. Introverts are those individuals who love to stay at home. It is a way for introverts to recharge their mind and soul, whereby they think and reflect on things. According to Diggs (2019), introverts utilize their reserved nature to enhance their ability to observe, analyze and understand society. As a result, we are observing things around us through our silence. Do not interrupt our observation by labeling us anti-social.

Another misconception society has about introverts is that we are misanthropists - a person who dislikes human beings.

When I was in class 6, I had a friend, my next door neighbour who was an introvert. She always complained to her mother. "Mummy, why am I so strange? My friends mock me for not talking to them. They say I hate them." "My dear child, it will take time for you to adapt to new people and new places. Have patience," her mother replied.

Years passed by but nothing changed. She complained about being strange, but nothing soothed her discomfort of being quiet. In the class, there was a rumor that she hated people. If we went near her, she would silently suck our soul. As a result, it was best not to disturb her silence. But those are all stories people tell about introverts.

Introverts do not hate human beings. Their silence is misinterpreted by society. It is normal for people to hate each other for this and that reason. What reasons do you think introverts have for hating human beings? No reasons at all! If introverts like me

are misanthropists, you would probably not be alive to listen to my speech right now. I would not mind to parcel my speech to you in heaven or hell.

Associating shyness with introversion is another misconception people have about introverts. "It is not true that all shy people are introverted and all introverts are shy" (Shin, 2017). It is funny that people infer our silence as being shy. Shyness is an emotion that every human has within them. Extroverts can also be shy. Introversion is a type of personality.

My childhood was a traumatic experience for me because I was too quiet to speak.

"Yeshey is too shy to speak to us," said my neighbours.

"Why are you so shy to speak to us? Come on, we are your friends. Don't be shy," complained my friends.

"You are not a kid any more. You need to speak up. If you always remain shy, how will you live your life?" complained my parents.

"Your daughter is always shy," remarked guests whenever they visited my house.

"Don't be shy to share your ideas and thoughts to the class, Yeshey. Don't be shy to speak up," encouraged my teachers.

I was not shy at all. I was an introvert. They did not understand that I was an introvert. I know you now understand the difference between being shy and being an introvert.

Thus, it is important for society to identify the quiet people as introverts instead of labeling them as anti-social, misanthropist or too shy to speak. Quiet people like me should embrace our personality as introverts rather than behaving like extroverts to fit into society's norms..

I hope that you understand who an introvert is. If you see a quiet person, remember not to interrupt his or her silent observation.