

EVOLVE LEVEL 5 Baseline Test A

LISTENING 2

Good morning and welcome to Psychology Today. This week, we're talking about introverts.

First of all, what is an introvert? Well, to put it very simply, an introvert is someone who is reserved, someone who may find it difficult to speak up and express their opinions, and who can sometimes feel left out in social situations. If that sounds like you, here are some tips for making the most of life.

For starters, accept who you are. There's nothing wrong with being an introvert. Everyone's different and that's what keeps life interesting. If you're constantly telling yourself you're hopeless in social situations or you can't face parties, try imagining yourself in a social situation before you're actually in one. Imagine walking into a room and introducing yourself to a stranger. This may be easier said than done, but if you keep practicing, it'll start to feel natural and much less frightening.

Make plans: maybe you could join a club, take up a team sport, go out for a coffee with a few friends. You're bound to feel anxious in the beginning, but little by little, you'll feel your confidence increase.

Next, don't have regrets! If you decide not to be social one day, that's OK. Think of it as a temporary setback and don't take it too seriously. Try to keep things in perspective. After all, extroverts have bad days, too!

Try not to say "I should" or "I must" or "If only" because that will just make you feel worse. Instead, focus on your motivation. If feelings of shyness and anxiety bother you, take some deep breaths. In the long run, you will get your nervousness under control.

And finally, don't forget friends and family are there to offer support.