

INTROVERTS EXPLAINED

**Over 500 Facts Aphorisms & Secrets about Introverts
From the creator of Empath The book**

Introverts Explained

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*Over 500 Aphorisms and Secrets
about Introverts*

TheFallBackUp

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Introverts Explained: Everything You Need to Know
about Introverts and Empaths

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This book is dedicated to my Crystals

*Crisdion Nicole
Sumeria Nicole
Christopher Dwayne Jr.*

*Go forth and change the world for the better my
loves*

Introduction

This book is the first installment of a book series dedicated to understanding Introverts, as we are commonly known. You may know us as the quiet kid, that's always doodling in a notepad in the back of class, or the guy sitting alone at the party who'd rather be at home reading than out trying to make new friends. Both of these assumptions about Introverts may be correct, but we are much deeper than that, much, much deeper. Only recently have Introverts been able to step out of the metaphorical shadows and into the popular culture, but we have existed since the beginning of time. Introverts are the world's thinkers,

poets, artists, and masterminds of culture itself, who sit alone in our homes and come up with ways to make the world a better and much more interesting place to live in.

The idea to create this book was conceived by a popular Twitter feed about introversion, known as @EmpathIntrovert. The popularity of the Twitter feed proved that Introverts are ready to accept ourselves for what we are and stop being ashamed of our many quirky traits just because they are not the popular belief of the extrovert driven society we live in. Over time, Introverts been forced to become extroverted, simply to conform to the ideals of people that we don't really relate to. This book will help you to better realize exactly what

makes us tick in an attempt to pinpoint how special we really are and hopefully understand that this forced conformation is not necessary at all. You may be an Introvert and not even know it until you read this book and many of your friends, family, and maybe even the person you love in life may be introverted and you may not realize it. By the end of this first book, we hope you gain a better understanding of what introversion really is and not what it is being promoted as because there is a real difference and it's time the world knew it.

In this book we will also cover what it means to an Empath since being an Empath and being an Introvert has so many similarities that they are almost identical in nature. Not all Introverts

are Empaths and not all Empaths are Introverts but the theory of them being related is one to definitely consider, and by the end of this book you will understand why. Anywhere in this book that you read the word “Empath” or you read the word “Introvert” you can almost replace one with the other and the statement being made will still make sense. The Twitter page for *Introverts Explained* is also dedicated to Empaths so it just made sense to put the two into one book.

About Me

So who am I and why am I even qualified to tell you anything about being an Introvert or an Empath? The simple answer to that question is: because I am both. I am giving you a personal account of what it means to be both an Introvert and an Empath. All of the knowledge that I have gained and given to you in this manuscript is self-taught or learned from specialists in the field of introversion who I have either spoken with myself, or have researched extensively. I am dedicated to this topic, as it personally pertains to me. I am not a doctor. I don't have a PHD or any other certificate that says you should believe me or agree with my opinions on

any subject what so ever, so it's up to you to further your research on the subject and to discern if whether or not you should take my word for it. I am, however, a real life creative who spends most of my time alone recharging in the comfort of my home in deep meditation; and I am a deep, intellectual spirit who researches daily on the topics of ascension, spirituality, soul, love, introversion, health, the arts, and culture. Sometimes the best teacher in life is experience; a mix of street and book smarts that create the entire picture before you can fully understand it.

My name is Christopher Dwayne. I am the youngest of three brothers and one sister. As a

child, I spent all of my time drawing, in hopes that one day I would either become a comic book artist or an actual super hero like the characters I was sketching in my pads. I had extreme asthma threatened to take my life on multiple occasions. I can remember having numerous out of body experiences where I could no longer breathe and therefore had to be rushed to the hospital. In fact, I spent so much time in a hospital bed that I didn't even flinch when I would get shots and IVs by doctors and nurses. Looking back, it's a miracle that I am even alive to write this book and I am grateful to be here to do so. I think these life and death experiences shaped me into who I am, giving me an extra sensitivity to the spiritual side of

myself. My introversion was always there, but I believe my life and death experiences are what made me an Empath and much more.

Nowadays, I am a full time author, poet, artist and designer and I wouldn't want it any other way. I am a true Introvert, in every sense of the word, and this book is written especially for people like me, so I hope you enjoy it.

Part I

INTROVERTS EXPLAINED

“Being an Introvert has nothing to do with being shy and everything to do with energy. Being around too many people is draining to our aura.”

Introversion has been misunderstood since it was first diagnosed, named, and broken down into personality types by Carl Jung. Over time, it has become more understood that introversion is more about the preservation of energy that is drained from the Introvert due to an overactive, extra sensitive nervous system. Basically, the Introvert’s body is powered by aura, or the life force, which has an electromagnetic attraction

to everything. As we interact with the world, the electromagnetic charge of our aura is dispersed until we can no longer function normally, sending us into an idling mode that is cured by recharging in peace with no outer stimulus.

The aura is the electromagnetic spiritual radiance of a person, place, or thing that determines the atmosphere in which the person, place, or thing can function. Its electromagnetic pole attracts and repels our existence into creation by bringing things into our lives that match our frequency, while repelling the forces that do not. This magnetic ability is what determines the friends you have, the job you work, and the life you lead.

The University of Granada in Spain performed a scientific study recently on Synesthesia: people whose senses may cross connect, causing them to have extra sensory perception and proving that it is not just possible to feel auras, but it is also possible to see, smell, and even taste them. There is a plethora of information that you can research online about the subject, but perhaps we are jumping ahead. If you want to learn about introversion your search should start with Carl Gustav Jung.

“The first person to diagnose an Introvert was Carl Jung, who described it as ‘a person focused on the internal world of reflection, dreaming and vision.’”

Carl Jung proposed the concept of collective unconscious archetypes. An Archetype is a collectively-inherited unconscious idea or pattern of thoughts that is universally present in the psyches of a group. Within the introverted group, Jung noticed the qualities of thinkers, planners and idealists who were kind hearted, creative, practical and loving, and he pinpointed them by their shy and reserved

demeanors. He classified the archetypes into eight separate categories that fully describe introversion.

“There are eight types of introvert personalities: four sensing types and four intuitive types. They are ISTJ, ISTP, ISFJ, ISFP, INTJ, INTP, INFJ, and INFP.”

The Introvert personalities are organized by two main qualities, sensing and intuitiveness.

The Introvert types are as follows: **INFJ**

(Introversion, Intuition, Feeling, and Judging)

personality types are the Counselor Types; **INTJ**

(Introversion, Intuition, Thinking, and Judging)

personality types are Inspector Types; **INTP**

(Introversion, Intuition, Thinking, and Perceiving)

personality types are the Architect Types; **INFP**

(Introversion, Intuition, Feeling, and Perceiving)

personality types are the Healers; **ISTJ**

(Introversion, Sensing, Thinking, and Judging)

types are the Masterminds; **ISTP** *(Introversion,*

Sensing, Thinking and Perceiving) types are the

Operators; **ISFJ** *(Introversion, Sensing, Feeling,*

and Judging) types are the Protectors; and **ISFP**

(Introversion, Sensing, Feeling, and Perceiving)

types are the Composers.

Although these eight personality types have their distinct differences, there are similar

character traits that link all of them together.

One of these traits, internalization, is a characteristic that is fundamental to recharging our energy. Most of these characteristics are innate and involuntary, meaning we can't help how we act sometimes. We have no choice but to be the way we are and we need others around us to understand that so we can be ourselves.

“Don't ask an Introvert ‘what's wrong?’ every five minutes. There is nothing wrong; we are just internalizing the situation. This is a good thing.”

Due to our personality, Introverts are often thought to be depressed, mad, or angry which is usually not the case. Often times, we are being told to “Cheer Up” or are being asked “What’s Wrong?”, “Are you ok?” or “Is it something I did?” The answer to these questions is usually an honest: “No I just look like this when I am thinking.” Introverted minds may slip into deep thought without warning, leaving us with an expression of discomfort, mainly because we are not paying attention to our facial expressions while thinking.

This appearance of anger or sadness often hurts us in relationship situations because we get tired of being asked “What’s Wrong?” and

might eventually take it as a sign of low confidence or distrust in our partner. This is why it's good for our partner to know that we are introverted and what it means so they don't come off as insecure for worrying about us too much. Eventually, we get fed up with people asking us about a feeling that we are not actually experiencing. Although this happens quite often in romantic relationships, this is something we also have to deal with when interacting with anyone else around us. Eventually, an Introvert will grow tired of being around others and will need time for self in order to reflect and gain balance so...

“If you love an Introvert, give them space. Introverts use their alone time to recharge their energy.”

An introvert is a fragile creature and, if overly stimulated, will retreat into their own solitude in order to recharge their battery. The amount of time an Introvert needs to regain normal status all depends on the individual and the circumstance. During this time, we may not want to answer the phone or interact with others physically. An Introvert’s partner may take their need for alone time the wrong way and see it as them not caring, when typically that is the farthest thing from the truth.

If you want to keep an Introvert around, then understand that you can't have us around at all times. Be helpful with this process by showing text message love or contacting us on social media to let us know you are thinking about us and we will reciprocate when we can.

Also understand that us being away from you is not harmful to our relationship with you, in fact it helps. When we have alone time, Introverts spend it contemplating life and the people in it to assure ourselves of our feelings so...

“If an Introvert tells you they love you, believe them. They have most likely thought about it for a while, as we do everything else.”

During that alone time, Introverts spend a great deal of time organizing their thoughts. Starting with the things most important to us at the moment, we go over every detail until it makes sense and we have an answer or meaning for it. If you are the love we seek, then you will make it to the top of our thought process as we go over memories, coincidences, and future plans with you. This means that there is no need to worry about your Introvert’s absence,

just stay faithful and be honest with us and you will be ok in the long run. The one thing you don't want to do is be abrasive or dishonest with us during this time of seclusion.

“Please be aware that I hear you, but I'm not listening to your words...I'm listening to your energy, your aura and your vibration.”

Introverts are very perceptive, experiencing life at a higher state of sensation due to our nervous system. This causes us to pay closer attention to body language and other

energetic subtleties that most don't even realize they emit. Empaths are able to easily pick up on your aura, which can even cause physical or chemical changes within our bodies. This is especially true when we realize that someone is lying or being dishonest. This ability to pick up on others' auric vibrations allows Introverts and Empaths to determine whether or not a person is being genuine. This magnified attention to detail and feeling, however, is not only used in social situations.

*“The most brilliant painters,
actors, poets, athletes, scientist,
and spiritual figures are
Introverts.”*

Picasso, Leonardo da Vinci, Michelangelo, Emily Dickinson, Maya Angelou, Michael Jordan, Kobe Bryant, Einstein, Tesla, Jesus and Buddha are all examples of brilliant Introverts in their field, believe it or not. All of them have either admitted to being an Introvert or have shown great characteristics of introversion. You can give thanks to these introverts for most of the most prolific achievements in history.

Introverts are often brilliant because they

spend a great deal of time focused on the advancement of self, whether it is mentally, physically or spiritually. We would rather work on self than to be consumed by the frivolous or materialistic trivialities of life.

“An Introvert would rather read a book or research on the internet to learn something new, than go out to a club or party.”

Contrary to popular belief, Introverts are not just hermits who would rather be inside all day, never going out to experience life for what it is, but they do know that there are certain

situations that they can't handle for too long.

Dark clubs with loud music are not an

Introvert's ideal hang-out spot. Although we

may go through a phase of wanting to party

often, it is more than likely to be followed by a

phase of understanding that we prefer a lighter,

more intimate setting such as a coffee shop or a

park, where we can truly socialize with others.

Beware of constantly asking an Introvert

out to the club, as we will eventually begin to

decline your offer because we understand that

your ideals may not complement our docile

temperament. We prefer to hang out with

likeminded individuals in quiet spaces and

warm, inviting environments. We are almost

disappointed that the people we enjoy spending time with would rather meet new people while with us. This can be a sign to us that we are just not good enough to hold your attention and we don't like fighting for the attention of anyone.

“An Empath can pick up the energy signature of surrounding auras from random people, so our moods may change without warning. This is a gift and a curse.”

Empaths and Introverts are two different things, although Introverts can be empathic and Empaths can be introverted. As an Empath we

pick up on aura signature left behind from people, objects, animals, and even food. These energy signatures may alter our behavior and emotional status simply by us being around them.

As Empaths, our moods may shift drastically due to the feeling of others that we encounter. We have no choice in the matter as we cannot handle some emotional states of others that we take on as our own. This receiving of spiritual energy may even make an Empath physically ill if we are not prepared or in shape to handle it. Because an Empath can be physically affected by your energy, it is best for them to remain around positive minded people

who have good intentions for themselves and others.

The ability to take on the energy of others actually has a practical function used for healing. When we take on the feelings of others, the person who originally experienced the emotions may be cured of the feeling they experienced and not even know why. This transfer of emotion from its host to the Empath, however, will leave the Empath to deal with the feelings of the host, often causing them to figure out why they feel the way they do all of a sudden.

There are many ways for Empaths to deal with the feelings of others including listening to

positive or meditative music, sitting in meditation, sun gazing, and grounding. If you are an Empath, it is wise to research these methods to see which one will best benefit you. The first step to healing is to get out of denial of your ability and start taking the steps you need to become better.

“Empaths just know stuff, without being told. It’s a knowing that goes way beyond intuition or gut feelings.”

Empaths receive gut feelings or thoughts spontaneously that give us insight into past,

present, and future occurrences. These spur of the moment feelings should not be taken lightly as they are more than likely warnings that action needs to be taken for the greater good. This ability of knowing stretches way past just intuition and into the realm of psychic ability; in fact, all real psychics possesses this ability.

Yes, if you're an Empath you don't just feel the emotions of others, which is called empathy; there is a difference between being empathetic and being an Empath. Empaths take on the feelings of others in a psychic manner and others feel empathy according to their feeling about a person or situation. The ten levels of the Psychic Empath are as follows:

1. **Psychometry** – Ability to receive energy, information, and impressions from objects, photographs, places and much more.
2. **Telepathy** – An Empath’s ability to read thoughts
3. **Mediumship** – Ability to feel the presence and energy of spirits
4. **Physical Healing** – An Empath’s ability to feel others physical symptoms in order to heal, transform, or transmute them.
5. **Emotional Healing** – Ability to feel and heal another’s emotions
6. **Animal Communication** – Ability to hear, feel, and communicate with animals
7. **Nature** – Ability to read, feel, and communicate with nature, plants, and trees

8. **Geometry** – The ability to read the energy of places and of land while feeling the energy of the Earth.
9. **Precognition** – The ability to feel when something important is about to happen
10. **Claircognizance** – The ability to receive psychic knowledge without knowing how or why you knew it

If you experience any of these symptoms you are not just empathetic, you are a Psychic Empath.

*“I enjoy the time I have to myself.
For an Introvert, there is a
difference in being alone and being
lonely.”*

Introverts are not lonely people, we actually enjoy being to ourselves or with the people we genuinely like. We can spend hours, days, and weeks, and in some cases, months and years, alone without feeling the pressure to socialize with others. It's hard for the families and friends of most Introverts to understand this and we are seen as hermits who are wasting our lives away in seclusion, when actually seclusion is not such a bad thing, especially to an Introvert.

“Introverts love the deepest, but we do not announce it to the world. Instead, we keep it inside and close to the heart where it is supposed to be.”

Introverts may not wear our emotions on our sleeve all the time but we love deep. We love so deep, that it rules over our thoughts and actions most of the time. Love is one of the only things we will deny our introversion for and go out to be extroverted, just to be around or obtain the love we seek.

If an Introvert loves you, then you have a real love on your hands (a point that will be

made throughout this book). We become empathetic to our love's wants, need, likes, dislikes, family, friends and much more just so we can understand what we need to do to remain a healthy part of your life experience.

“As an Introvert, be careful when choosing your job. Most jobs are for Extroverts and you may find yourself wanting to quit shortly after starting.”

In today's crazy world, the 'Land of the Extrovert' as I like to call it, is the structure of most companies. Introverts are not often

considered in most work places when it comes to structure and productivity. Most employers prefer an outgoing candidate that will go that extra mile to connect with customers or staff in an ‘in your face’ type of manner. Because of this, Introverts may pretend to be extroverted to get a job then soon want to leave when their energy levels begin to deplete. There is only so long you can keep up this extroverted persona before your time runs out and you shut down back into an introverted state.

It’s best for Introverts to go for what we like to do when it comes to work. Most introverts have hobbies that we think will never make it as great jobs but this is not true. An

Introvert's dream job is to do what we love to do and get paid for it, such as writing, painting, computer work, music engineering and anything that we can do on our own schedule or from home.

Introverts love being their own boss, so that big idea that you have been skeptical about starting may be the job that you have been seeking your whole life. We as Introverts can find ourselves becoming depressed like we are in cycle of work, bills, and unsatisfying interaction if we choose not to chase our dreams... so go for it.

“Introvert lovers share companionable silence. It’s when two people are so comfortable with each other, that no words need to be spoken.”

Companionable is defined as possessing the qualities of a good companion; pleasant to be with; congenial. A companionable silence is when two people in a relationship can just sit around each other without having to express the love they share for one another with words, and being ok with that. When two Introverts fall in love, they share companionable silence, more often than not, as they sit reading, working on

crafts together, or just holding each other in loving bliss. If heaven had a tone it would be companionable silence since it is a great feeling and understanding that no matter what, even in silence, we get each other.

“Introverts like silence. During quiet times we create billion-dollar ideas, relax our minds, and recharge our bodies to face another day.”

Introverts like when the sound of our own thoughts, it's peaceful and reassuring to us. We can sit in silence with ourselves or in

companionable silence with a loved one and not get bored, unlike most extroverts. During these times of silence, we may also receive epiphanies about things we need to create or accomplish for the greater good of self and the world. The richest people in the world are known to be Introverts who use alone time to formulate and execute the most intricate plans.

J.K Rowling, the author of *Harry Potter*, is one known Introvert who dreamed of being a successful writer to free herself from a world of extroversion. She is even quoted as saying she did not have a pen to write but was too shy to ask for one so she just sat and thought up the story of *Harry Potter*... amazing.

“If you ask an Introvert on a date to a party and they accept, it is specifically to see you...We may hate socializing, but will sacrifice for love.”

It is public knowledge that real Introverts are not party animals, preferring a more personal setting to have fun in, so if you ask one of us out on a date and we accept, it is more than likely because you are going to be there. We as Introverts will jump out of our shell for only a hand full of reasons and love is right at the top of that list. Love makes Introverts do the most un-introverted things that we may pay

for later with exhaustion, so understand and be appreciative if we actually show up to see you.

Introverts choose the people we socialize with very carefully and we know that going out to a party is probably not the best place to meet likeminded people, but if someone we wish to date is attendance, we will wade through the waters of small talk just to have a word with you. We are thereby sacrificing everything we know about ourselves for the opportunity of getting to know you better. if we get you to bite, then mission accomplished.

“We prefer to text than to speak on the phone. Having a phone conversation is like pulling teeth so if we do answer or call it is a sign we like you.”

Introverts not only attend parties for love, but we also break other rules of introversion for affection, like answering a phone call on purpose. An Introvert will watch a phone ring while deciding if we want to be bothered by whoever is disrespectful enough (just sarcasm) to break our peaceful alone time and only answer for the people we really want to converse with. If you are lucky enough to get an

answer on the first try with an introvert than you are gaining our trust and we want to express that with you through words, a rare occurrence so feel honored.

“We live in our thoughts and feelings. So we like those who share our curiosity, artistic passions, and our search for deeper things in life.”

Introverts are passionate people, a fact that doesn't come off as obvious from the outside looking in, but it's true. Most of the time, we are deep within our own minds—a

place that we love to be—being creative or contemplating life and our favorite subjects. Introverts love people we can share all the thoughts that are swirling around our minds with. You don't necessarily have to like what we like to be a part of our life, but we are drawn to people who share our unique interests for life and who understand the things that we do.

If you are looking to get in good with an Introvert, it's best to find out what we like and do a little research on the subject. We will be intrigued when we start talking about the things we love and you can actually converse with us on an intellectual level about it. The hard part will be finding out what we are really interested

in, since we do not wear that type of information right on our sleeves.

“As an Empath, people will tell you their problem and secrets without you even knowing them. Their aura senses that you will keep their secrets.”

Empaths have magnetic auras; we attract people with problems like a dog attracts fleas. It's almost our universal job to expel bad energy, so people who need good advice or life help will open up to us without even knowing who we are. Their spirit will guide them to us

and it may seem random, but in this vast universe of what seems to be random happenings, there is actually nothing random about any of it. The soul knows exactly what we are and understands that if it gets close enough to an Empath, it will find relief.

Until an Empath understands his or her empathic nature, they have no control to stop troubled souls from seeking them out. It's wise for an Empath to understand exactly how serious this is so they do not get caught in a cycle of taking on the bad natures of others without even know it.

“Empaths often get drained of energy, either from energy vampires or just taking on too much from others, which even sleep will not cure.”

Empaths who do not take the time to learn about themselves are easy targets for energy vampires and troubled souls. So what can an Empath do to stop this mad cycle of taking on the energy of others that constantly drains them of their own energy? Well, there are a few steps listed below that may help.

First, identify whether you are an Empath or not – Are you overwhelmed by negativity? Do

you feel physically sick when around negative people for too long? Do you feel compelled to help even if it is not in your best interest? If you answered “yes” to any of these question than you are more than likely an Empath.

1. **Seek the source of the emotions** – Ask yourself if the feeling you are feeling are your own, the feelings of another, or if it’s both.
2. **Distance yourself from the energy source** – Try moving at least 20 feet away from what may be source of the energy you are absorbing and see if this helps. The idea is to get your auric field away from the object or person’s auric field that is intermingling with your own.

3. **Center yourself** – close your eyes then breathe in and out for few minutes. This helps to balance and ground you while purifying you of fear, sadness, and other negative emotions. This practice is also the main concept of meditation itself; the art of breathing.
4. **Flush out your chakras** – Negative feelings will congregate in your solar plexus and heart chakras. Place your hand over your heart and send good vibes to it in order to flush out the negative energy that may be gathering up there. For long lasting emotional effects, use this method daily.
5. **Visualize** - Close your eyes and visualize yourself being enveloped by white light and any color light that brings up good feelings for you. Focus on it as it covers your whole body, starting from the top of your head, going all the way down to your

feet. This is now your shield from any incoming negative energy. It may sound supernatural but that's because it is...and it works.

6. **Manage the emotions** - Being an Empath is actually a gift that needs to be managed. You cannot avoid negative people forever, so it's wise to learn how to manage your emotions by recognizing the traits of people with negative energy, eating well, exercising, and adding meditation or yoga to your daily routine.
7. **Positive reinforcement** - Surround yourself with things and people that make you happy. Do things and put yourself in situations that make you happy in order to reinforce positive energy in your life.
8. **Practice Introversion** - Not all Empaths are Introverts, but it is actually healthy for Empaths to practice introversion. Create a

safe haven for yourself and your emotions that you can get away to when you need.

“Extroverts outnumber introverts 3 to 1, but Introverts outnumber Extroverts in intelligence. 75% of gifted people in society are Introverts.”

More than 75% of people with an IQ above 160 are introverted. This is proof that there is a direct correlation between introversion and intelligence. It’s just a fact that people who spend more time alone think more. I mean, what else you are going to do when you’re alone. All this reflective thinking and mental

exercise will undoubtedly make you much smarter over time.

As kids, introverted children are often placed in accelerated classes because of their fast learning ability. These same kids are often cited as being outcasts and keep to themselves to the point that teachers and parents may become worrisome. This is only because the school system of today is not set up to tend to introverted children, but instead pushes a more extroverted way of learning that is not natural to Introverts.

As adults, Introverts may begin to find themselves much more and embrace the abilities they possess. This is why the most

famous inventors and innovators of all time have been Introverts. They are just naturally smarter, therefore they create and innovate better than others who do not embrace their introverted sides.

“The best leaders are introverts...We allow the people we lead to be leaders and make decisions, instead of taking complete control.”

There are a plethora of wildly famous Introvert leaders, from Barack Obama to Warren Buffett to Bill Gates. Introvert leaders often take leadership to another level, as they

tend to closely analyze the inner working of their teams, companies, families, and others, then strategize the best way to go about being successful. This strategy often circles around the teammates, employees, or any people already involved in the day to day workings of the plan. Introverts will allow others to exercise their strengths, instead of trying to do it all on our own. This is partly because we like to exert the least amount of energy ourselves, while still getting the maximum results.

Everything Introverts do, we subconsciously divide our energy so we do not completely exhaust ourselves before the results we wish for are attained. An Introvert treats

energy like a savings account: we only use what is needed and save the rest for a rainy day when it is most needed. So, when we lead we do the same, identifying the problem then deploying the best strategy to save time and energy.

“As an Empath, we are natural healers...We love to help others. It's in our nature to do so.”

Empaths are natural universal healers. We are tasked with expelling the ills of the world by taking them on and disposing of them. You would think this would be a great burden that we would avoid at all costs, but we tend to go toward the burning house to save the kids inside

instead of running from it to avoid getting burned. An Empath's aura makes us do a lot of things we probably should not do and help a lot of people we probably should not even be around in the first place. This is why it's also important to create healthy boundaries for ourselves.

As an Empath, when my friends would ask me to help them move, I would always say “Yep, be there in a second” but when I needed help, there would be no help and I would have to pay someone to move my belongings. Even though I understand that I am being used by these people, my nature won't allow me to say no since I now know the pain of not being helped,

and this is the plight of the empath. Many Empaths I have spoken with on this subject express the same feelings of being used for their empathetic traits and never seeing a return on the investment. My only advice is that there is nothing you can do to change others, just realize you have been chosen for a reason to carry this burden and it's on you to execute it...or not.

“In society we listen mostly to loud Extrovert ideas, advice, and suggestions when really it's the quiet Introvert that has the best ideas.”

Introverts do not like to let the cat out of the bag, especially when everyone else is already walking up with their bag untied, ready and willing to shower you in cats. Introvert ideas are intricate and well thought out, but the best element to any Introvert's idea is always the surprise; so if we just tell everyone, then there is no surprise to be had. Extroverts, on the other hand, can't wait to be heard and will say the first idea that pops in their mind. This extroverted idea is usually the idea everyone runs with, since an Introvert usually doesn't speak up to overrule it with the more logical, stream-lined concept that they are more than

likely thinking but not telling anyone. Introverts are fans of being valued or liked, so if you want an Introvert to tell you their idea, then you'll have ask for it directly. We don't mind sharing, but we just want assurance that you will take it seriously enough to execute it.

“Be honest around an Empath. Empaths can see right through lies and recognize the motivations and intentions of other people.”

Empaths work off energy readings that we use like one of the other senses (sight, hearing, smell, etc.) to read the world around us. Due to this sixth sense of extra sensory perception, we

have an ability called “knowing,” which we already discussed a little bit in this book, so we won’t dwell on it too long here. “Knowing” is an ability that tells us what we don’t see. Most brush this off as quackery and don’t really believe it to be true, but from experience this is all too true. The only problem with this ability is that we jump to conclusions in situations before they have a chance to develop, instead of letting the natural progression take place.

The ability of knowing for an Empath is like having a time machine, going forward every now and then to see what happens but in reality the time machine only shows you one way the situation may play out. Instead of coming back

to the present and waiting for the future to take place, we take it upon ourselves to reshape the outcome, a reaction that may end up having dire consequences. What we never take into account is the human factor, that people have free will and cannot be easily predicted. For example, if we feel like you plan to steal from us, we will call you out instead of letting you decide if that's right or wrong. Maybe you were to have a change of heart and realize that it was wrong, but that's a chance we are not usually willing to take. We would prefer it if everyone had a conscience and did the right thing, but that's not always the case so we often take matters into our own hands.

If you know you are around an Empath, then understand that this is no myth and that certain people can read you like an open book. Once more people realize this, then I believe the world will drastically change and people will think more before they do things to others that before would have had no consequence or that have a low chance of getting caught. Empaths are readers and can tell if you are lying, not by choice, but by knowing.

“Good vibes only. When others feel happy and positive, this boosts the empath’s own feelings of joy and happiness.”

Now, when you hear “Good Vibes” you probably instantly think of a fogged out room with multicolor posters on the wall and hipsters in the corner saying things like “Irie Man” and “Chill,” a vague stereotype, but not the case unless that’s the good vibes you seek. Really, when we say good vibes we mean happiness and joy—whatever that means to you; One man’s good vibes may be another man’s bad ones. To an Empath, whatever makes you feel good is what we should seek to be around the most, whether it be a loved one or a TV show.

If you wish to not mess up the flow of an Empath’s good vibes, you will first need to know what that means to the individual Empath. Once

you figure that out, then you will realize why certain things bring about bad mojo onto the Empath and their emotional state. Empaths are directly influenced by your vibes; you may be the deciding factor if we have a good day, week, or month just by the energy you are carrying. So, if you are having a bad day then please look within yourself to fix it so you do not give that negativity to others around you.

“Just because you know me does not mean that you know me. Most Introverts have a public self and a private self.”

Introverts are more private about their

personality than most people. We as Introverts reserve the quirks of our personality for people we feel we really have a bond with, so even though you may know us by name, you may never actually see who we really are. The main secret an Introvert keeps is ourselves and if you want to really know who we are, you will need to show that you can be trusted with that information.

In my personal experience, the worst thing I have ever done was to trust someone with my loving and open heart who did not deserve it. In this case, what you probably expect to have happened is what happened: I became victim to dishonesty and disloyalty on

the behalf of another simply for exposing too much to them. Introverts learn pretty fast, so I have been more conscious to not make that same mistake again, instead choosing to be more reserved about my outward expressions to people.

The people that we really trust and love are the only people that we will really be open with when it comes to just letting it all hang out. Introverts may have ten real friends, eight of which don't really know anything about us but are just cool enough for us to hang with; the other two are the ones we share the secrets of our heart with, so to us, we really only have two friends. Knowing someone's name or where

they were born does not mean you *know* them, so remember that the next time you are around your Introvert friends.

“You'll rarely hear an Introvert say "I'm bored" because we would actually rather do nothing and relax.”

Introverts experience a different type of boredom; it's more mental than anything. We do not get physically bored, since we would rather not do anything anyways, but mental stimulation is very important to us. Due to this need for mental stimulation, we can get bored even in crowds or in situations where there are

too many thoughts and opinions spiraling around. Our minds cannot grasp the relevance in these types of situations and therefore decide to clock out for a second to escape what is being perceived. We would rather be doing things that others around us may perceive as boring but to us are far more gratifying. To someone else, being in a large group may be exciting, while to an Introvert, even being in a large group may be boring if there is no one we truly connect with on an intellectual or deeper level.

Introverts are happier in situations that we can just be ourselves without having to put on a personality for others. You will find us in coffee shops or sitting under trees at a park, just taking it

all in. To your average Extrovert, this type of behavior is considered “boring” due to perception. Everyone has their own perception of things and what they like so there is no way of really telling what is boring and what is not, especially not in the case of the Introvert.

“Introverts are often insomniacs who choose late nights as a time to catch up on artistic projects, reading, writing, and reflection.”

Introverts’ minds like to get things done, and what better time to do this than when there is no one to bother us: the middle of the night. Most Introverts who work or go to school during

the day don't really have time to finish that book they have been writing when they get home due to other family and personal chores that may be waiting, so we decided to stay up later so we can really focus on what we love most—our crafts. Crafts can be anything from writing, reading, painting, making music to anything else an Introvert loves to do in their spare time. If we had the chance, we would spend all day working on our crafts instead of working for others and making their dreams come true while we put ours on the back burner. Since this is not usually the case, and we must work to live, we often become dwellers of the night who work till the wee hours of the morning on things

that may only have significance to us.

After staying up so many nights, whether it is to do crafts or just watch TV, the body will eventually get use to this, making it harder and harder to go to sleep and stay asleep for long periods of time. For this reason, most Introverts become prone to staying up late even when there is nothing to do, making a high percentage of us insomniacs.

“Sun Gazing is the practice of watching the sun rise and set while barefoot, in order to be energized by the sun’s life force...This is a must for Empaths.”

Sun gazing is the act of looking into the sun. It is commonly done in religious practices as a way to absorb Prana (Life Force Energy) from the sun directly as a means of nourishment. When you sun gaze barefoot, you are combining it with a practice called “grounding” or “earthing” in which you allow your bare feet to meet with earth below in order to stimulate the electrical flow between you and the earth.

So why is all of this relevant to being an Empath, you ask? Well it’s simple: Empaths take on energy that is not ours. Most of the time, this energy is of a heavy or negative nature and

therefore needs to be expelled out of the body. When an Empath uses earthing techniques, we are cycling out old energy and taking on the fresh energy of the Earth in the process. It's like drinking a cold glass of water when we are thirsty; it nourishes and replenishes at the same time. If we do this while sun gazing, it amplifies the replenishment of natural energy or Prana we receive, and gives us a revitalizing feeling.

Now this is all up to you to do your own research. I am not going to try to convince you that this is true and will put it completely into your hands to do the research, just like most of the things in this book, but if you're wondering or if you're skeptical, just know this is a true

method Empaths should seek if they need relief. As Empaths, we are already aware that most of the things we experience are supernatural in form and most people would not understand it, but if you have done your research about this already, then you know that earthing and sun gazing are proven methods that extend your lifespan, make you healthier, and get your chakras flowing with positive energy; so read up on it and try it for yourself.

“If you’re an Introvert and you do not practice meditation...then you’re doing it wrong. Take meditation seriously and incorporate it in your daily life.”

Another ancient practice that people often don’t take seriously enough is meditation. Meditation is the art of quieting the mind in order to gain inner peace, strength, and wisdom. Most countries openly practice meditation and even teach their children this practice at young ages because they know the positive effects it has on the human mind and body. It’s mostly western countries, like

America, that do not promote meditation as a realistic form of exercise that should be practiced, instead, encouraging its citizens to eat more and think less, or numb out with certain substances. This is why most Introverts do not meditate; it's because we are not introduced to it early enough in life to have felt its benefits, while at the same time we have been told that it is “mumbo jumbo” and not in accordance with certain religions. Whatever the case may be, if you are an Introvert and you do not practice meditation, you may want to reconsider your stances on this subject.

Introverts experience a plethora of thoughts at any given time of the day. We take

time out to organize these thoughts for deeper meaning, while simultaneously being bombarded with thoughts on different subjects; both relevant subjects and random subjects that we cannot seem to avoid while trying to focus. This whole process can be energy draining and redundant, and after a while, we will just want to lie down, listen to music, or watch videos until our mind unloads itself from all the extra credit work it's been doing. With this constant inundation of thoughts followed by such a massive drain in energy, it is smart and wise for Introverts to take time to meditate in order to learn how to properly deal with over-thinking and over-analyzing.

Meditation helps to calm and reset the mind; like holding the button the computer down for too long, it completely seizes all functions of the brain and restarts it fresh, while saving the memory needed to continue clear and concise thinking functions. For an Introvert, the ability to shut the mind off for a while is a God send, as we can get easily overwhelmed by over-thinking and often want to unwind not just the body, but the mind as well.

So how do you meditate? Here is a quick list of steps to get you started. After that, it's up to you to find the various meditation styles that work best for you:

1. Find a comfortable spot clear of background noise and distraction.
2. Sit in a comfortable position. You don't have to cross your legs like you see everyone doing, but if that helps, you should try it.
3. Close your eyes and begin to breathe in and out. Make your first inhales and exhales very deep until your breath naturally falls into a slower rhythm.
4. After breathing in and out for a few counts, your mind will begin to shut down, like the computer analogy.
5. Focus on what you see: Try to envision a light that moves with your breath, or a walkway with a door at the end of the path, or a rope that you can climb. What you envision will guide you into the meditative state that you are experiencing, but do research on this

because you may open a mental door that you don't want opened.

6. Just be. Yes, the last thing to do while meditating is to allow the experience to happen and flow over you as you embrace your inner peace and become one with the energy you possess. Allow it to be an eye opening experience.

“Introverts fall in love with you more when you are not around. We use quiet reflection to understand why you mean so much to us.”

Introverts love love, to be loved, and to give love, even though our stern demeanors don't always show it. Introverts also need time

away from love, and everything else in general, to estimate what life means to us while recharging our inner battery. During this time, we go over our recent encounters and determine what love really is to us and if we are headed in the right direction before proceeding. This means that even if you are not around, if we love you, you might as well be standing right beside us because to us, there is no difference. We hear your voice and see your face when we are taking a moment to self, an action that helps you out in the long run if you wish to reciprocate the feelings that we are conjuring up in these moments.

The opposite is usually true for our

partners; While we Introverts are taking time to ourselves, our partners, not fully understanding introversion, may internalize our behavior or take our absence as a sign that we do not wish to be bothered. I personally have experienced this from both sides of the proverbial fence. Even though I am an Introvert, I would still treat my mate like she did not love me enough because she needed time to herself. You see, the problem with being an Introvert is that we want attention when we want it and then immediately want to be left alone when we don't, no matter what anyone else is feeling—a paradox that even we can't really handle at times. This is also a problem that almost

everyone will experience in their lifetime, especially if you date an Introvert, but you do not have to have the same experience if you understand the mind of the Introvert.

When we are not around our love, we may over-think about them until they return. This trait can make Introverts come off as possessive and clingy at times because we create these scenarios in our heads of future bliss, plans, and sometimes even possible downfalls. This process is natural for Introverts and should not be tampered with. You will need to allow us time to do this so we can get all the extra feelings we have pent up organized and out of the way. This process is also a good thing for an

Introvert because it reminds us why we are in love in the first place, so we can continue to be productive in the relationship.

“If during a conversation with me, you begin to feel like you’re talking to yourself, don’t worry, I’m just taking an inner moment to process what you’re saying.”

Introverts need a second between hearing what you said, processing the information, turning it into audible speech, and then responding back to you in an intelligent manner that you will understand. This process may make the listener feel that we are not paying

attention, but in reality we are simply processing the information we've received. This is why Introverts make the best listeners because we actually listen instead of just waiting for our chance to speak. We hear every little detail and even read in between the lines all at the same time. While doing this, Introverts are described as having a "deer stuck in headlights" look, or even a mean expression on our faces because we are fully in our own minds at this moment. Once we process what we are being told, we will respond with a great advice or with something eye opening to the listener, but that's if we are not caught up in the processing process which can easily turn into a day dream.

Introverts are avid daydreamers who will escape into our own minds at the drop of hat. It's not that we don't care about what you are saying, it just may not be in alignment with what we have going on in our lives at the time, which takes precedence above everything else to us in that moment. Call us selfish if you will, but it's a defense mechanism that we possess to keep us shielded from others taking advantage. We just like to make sure that what we have going on is numero uno.

“Money does not equal success to an Introvert. Being connected to the higher self is the greatest success an Introvert can achieve.”

Some of the richest people in the world are Introverts due to their genius and business savvy. Once an Introvert sets their mind on something, it will be hard to deter them from being successful at it; that’s why the most financially stable people in the world are Introverts. However, this financial success does not always mean happiness for Introverts, since we see value a little different than most people. To us, value is what we attain on the inside; so

we can make a million dollars today and not really be happy about it until someone says “Hey, congrats on making that million dollars. That was amazing! You can really help a lot of people with that.” It’s the value that *we* bring to the world that brings *us* value, so frivolous things with no meaning really hold no weight to us as individuals.

Don’t misconstrue Introverts not valuing money over self as Introverts not valuing money at all, because that’s also not true. We value what money can do, but not necessarily the normal process in which it takes to make it or the praise that comes along with that. To us, money is what is needed to survive or to thrive,

but if we could live in a world where money was not an issue, we would quickly take that option and have no worries at all. In reality, money is the only string that forces everyone to get up and go places when and where they don't want to, just to pay for being alive, which they are already doing for free. This leads a lot of Introverts to become super successful and attain so much that this is no longer a problem and they can be free to do what they love; or they can become super lackadaisical and just not care at all, choosing a reclusive life where that is not a big deal.

The greatest Introvert of all time had to be the Buddha who realized that earthly

possessions meant nothing in the grand scheme of things and detaching from them would bring the only true happiness anyone could attain. This way of thinking is subconsciously embedded in all people, but especially Introverts who see a happy life as being one with ourselves and the people we truly love. For this reason, Introverts are not bound by material wants, but by security and peace, so we may seek money for things of need, but not to validate ourselves in any way.

“Empaths are more interested in learning about your higher principals than your wavering social beliefs.”

It’s hard to fool an Introvert because we read energy more and listen less to your words, so when we are confronted with your beliefs we will know if you are sincere or not. If you are sincere about your beliefs, we still look for why you feel that way so we are not duped into just following anyone blindly. Empaths are all about the aura; if your aura is pure, then we can discern that you are on your path for righteous reasoning and not just for self-promotion or

favoritism. The worst thing to an Introvert is a fraudulent person who uses the beliefs of others to gain favor. Empaths are bound to the Universal Law of love and truth in which we feel physically and emotionally of a higher level than others, so we do not care for your ideals but more so about the feeling and intent behind the decisions of others.

All the decisions Empaths make are usually done subconsciously, so we do not ask ourselves how you feel; our inner mechanics do this without us even activating it. We want to know where an interaction with you will be headed in the long run; if it will end up negative or positive, and your motives are a leading

factor in which way that will go.

*“Sex with an Empath can be a
spiritual experience.”*

Sex is a very spiritual practice, but most do not use it in that manner. Nowadays, sex has become just a means of instant gratification where two people pleasure each other then move on to live their separate lives. In actuality, when you have sex with someone, you are taking on a piece of them spiritually and leaving a piece of you behind for them to deal with. This is why most religions think sex is evil or should be between a two people. If this does

not sound right to you, then perhaps you have never had relations with an Empath. Our auras are already sensitive to others and can interact with other auras without us even being in the same vicinity, so imagine what it's like to share that energy in full contact.

Sex with an empath can be described as being a holy experience, in which your soul feels it as well. If done right, the two souls can literally have an exchange that both partners will feel, that can only be described as an explosion. Not to say that people other than Empaths cannot give you this feeling, but with an Empath, it is almost guaranteed to happen, especially if you're practicing tantric sex or

meditative practices during intercourse.

Empaths should choose sexual partners very carefully, as we tend to fall in love easier than most. Our soul is much more sensitive to a spiritual exchange with another person and we do not take it lightly. We instantly take on all of the behavior and emotions of the person we are intimate with, almost like an incubator for their energy. Unfortunately, this means we can also take on the negative aspects and traits of that person, such as addictions, depression, or other negative behaviors; almost like a spiritual STD, if you will, that cannot be stopped by a condom.

“Many Empaths who do not take being an Empath seriously can turn to drugs and alcohol as a means to cope with emotions they don't understand.”

Empaths who do not understand what they are may see all the constant mood swings and energy changes that they experience as a sign that something is wrong with them or their life. There are many walking around with no clue what is really going on with them and therefore have no real outlet for it. This is why Empaths are much more prone to addictions such as alcoholism and drug use as a means to cope with the drastic changes their body may

endure. Many Empaths are marijuana users but can also become hopelessly dependent on the substance to calm their nerves and get them back to a balanced state.

To all Empaths battling an addiction, or to anyone who may have a substance problem but are in denial, I issue you a challenge; go 7 full days without using any substance at all, if you cannot, then you have become addicted to whatever substances you crave throughout that week. Substance abuse is never a good thing, no matter what the substance is or who is using it, especially not Empaths.

The use of drugs do not eliminate the other abilities that an Empath may have. The

only way to decrease the emotional and physical strain of being an Empath is to eat right, exercise, sun gaze, meditate, practice earthing, drink lots of fluids, and stay in tune with your own spirit. Drugs do not bring you closer to achieving anything positive in life, they just give you a temporary escape, and most of the time, they make you not even want to get up in order to pursue your destiny or dream, whatever that may be. For an Empath, life is all about destiny, but first you have to avoid the pitfalls that await you on your journey towards aligning with it.

“Introverts possess creative talents that can make them famous if promoted to the world, but prefer to stay out of the spotlight.”

For every super genius or super talented and creative superstar in the spotlight, there are at least ten that will never be known by the world. Introverts are often intellectual masterminds who create the most stunning works known to the world, but due to their temperament, they do not seek out the public attention that others seek. What eventually occurs is that their talent is perfected over time, becoming so good that in order for it to grow

beyond a certain capacity, they must present it to the world. That is often the case since most of their talents circle around something that the world wants or loves.

Introverts are made to do creative works like painting, music, poetry or any other aesthetic you can think of; and if we feel that an aesthetic does not reflect us, we will invent a new one. We as Introverts need an outlet, other than talking, to express the deep thoughts that we experience and therefore take to aesthetics like a fish to water. The only problem with this, for us, is that most of us don't like to have our face put out for all to enjoy, so our aesthetics may never gain recognition and we stay as

underground legends of our chosen field. In order to achieve success in most aesthetics, a certain amount of networking is needed to bring the works into fruition on a career based level. For an Introvert to do what we love for a living is usually the main goal for us but it is rarely achieved due to our temperament.

For an Introvert to become fully successful, it's usually a good idea for us to get the help of a publicist who will do the ground work and bring their work to the masses. This allows them time to focus on what they love to do without having to go out of our way to do what we don't—become public figures. Not all Introverts are opposed to the spotlight, but for

those who are, we need an outlet to allow our talents to grow into their full potential and blossom. Once our talent is public knowledge, then it's hard to maintain both fame and an introverted lifestyle—a problem that many celebrities face today.

“I'm not shy, that's just a misconception about Introverts. I just prefer people of substance and minimally stimulating environments and situations.”

There is a huge misconception being pushed that Introverts are extremely shy, but

this is simply not true. Even if you look at the definition of “Introvert”, you may find that being shy is the first definition given. There is a difference between being shy and just not wanting to be bothered most of the time. Being shy is an affliction that causes anxiety when around other people. Although many Introverts do experience this, many of us simply don’t like to be involved in the crowds and choose to be reserved as a means to keeping to ourselves; not because being around people gives us anxiety, but because it can often become mentally, emotionally, or physically draining.

There is just something about being around a bunch of people who do not match

their views on life that Introverts really don't like, so we prefer to be around people who we relate to instead of people we don't. We as Introverts have no intention of following or becoming followers of what is popular to everyone at the time, so when we encounter people who do fall for this, this instantly raises red flags for us, causing us to just not want to be bothered by the entire charade. This is only one reason why we as Introverts come off as shy, but we are truly just independent thinkers who would prefer not to interact if we feel the connection holds no true substance.

“We may be quiet, but only because we are taking it all in...reading between the lines, catching the expressions that even you don’t realize you’re making.”

Introverts are the world best observers; we can spot details you were not even aware of. You may see us in a crowd just watching; not for anything particular, but just scanning our surroundings for anything that may stand out. We also do this during conversations with others. We will look at the way you look when you pronounce words or focus on your body language, which often tells a different story. It’s

entertaining for us to be observant and we may even laugh while you are talking then respond with “Nothing” when you ask “What is it?”

Introverts are like poker players of life, focusing on tells that give you away so that we can know exactly what’s on your mind. This is why we hate to be lied to, because it’s easy for us to spot the raised eyebrows or fake smile that you give when lying. These observations are not anything taught to us, they are a natural reflection of our in depth minds at work and if we could cut it off we probably would.

Every time I receive a wet handshake I instantly begin to think “Why is this person nervous? Is it because they are meeting me or

do they have something to hide?” This way of thinking does not really allow for much error on the part of others, as we instantly make decision about who will stay in our lives and who will not based on this quick assessment. Since Introverts are so observant, we can also become too quick to place a judgement on others due to their visceral reactions, which may not necessarily mean anything sinister. Sometimes our observant nature can make us read too deeply into certain situations.

“Small talk feels like a waste of time to Introverts because we only have so much social energy to spend, so we want to use it the best way possible.”

If you don't learn anything else about Introverts from reading this book, please make sure you learn that we do not like small talk. Small talk is the number one pet peeve for Introverts and we avoid it at all costs. Saying things like “The weather is nice” or “What are you reading?” are instant alerts to an Introvert that you may be small minded and therefore are only capable of small talk. Introverts may not

live big, but we do think big, so we try to avoid small minded individuals whenever possible.

In the case of people we are familiar with or that we are getting to know, small talk feels like huge barrier that we need to get over in order to understand who you are. We like to know the people around us and we can't know that by talking about what was on TV last night. We want to know what makes you tick, what views you have on major topics, and what your real intentions are. If we deem your conversation skills as unworthy, then we may just lose interest and not bother with answering any of those questions, as we can see you will be a drain to us.

Small talk is a leading energy drainer when it comes to us Introverts. We only have so much to dish out, so we do not wish to waste it talking about topics we are not interested in. If you talk to an Introvert about something of interest to us, we will open up like door with no hinges on it. We love to have deep conversations with deep people, preferably in a quiet place. Intriguing conversations are actually energizing to us and leave us with a good feeling afterwards that we may have found someone who we can connect with. If you intend to speak to an introvert, break the ice with something you feel strongly about and we will reciprocate.

“Introverts sleep more because it’s one of the best ways to restore our nervous systems. We’re not lazy, we are being wise about our resources.”

To an Introvert, a nap is perfect at any time of the day, especially since we often have wacky sleep schedules that keep us up at night. When I was young, I didn’t like to take naps, and I still don’t, but at least now I will find time for them since I understand my temperament a lot better. Introverts can stay up for long periods of time with no rest as we go over goals, crafts, and thoughts, but when we do finally

find time to rest, our bodies can shut down. Once we get into a healthy sleep pattern, we allow our bodies a better chance at recharging. If we as introverts do not have a healthy sleep pattern, we will sleep whenever and wherever we get the chance, often times in places where we need to be up and alert.

Introverts have a more sensitive sympathetic nervous system than most others, which means we are more easily affected by external stimuli to our body's nervous system. We literally feel more than the average person, so we experience more, take in more, and burn more energy as a result. Going out to a party is the equivalent of working out at the gym for two

hours, so don't be surprised if we just pass out at the first sight of a bed or comfortable spot. This crazy sleep pattern is normal for an Introvert and after a while is something we begin to embrace.

“Love me for who I am...Introverts do not try to fit in...Fitting in is exhausting, so we'd rather just be ourselves, even if it is not accepted.”

Being genuine is at the top of the list for Introverts when it comes to love and relationships with others. We need someone who knows who they are so we can do exactly

the same on our, end without bumping heads in between. If our partner is a crowd follower who changes up every time the wind blows, then Introverts will become elusive to that person as to not get involved. Introverts love a well planted person who knows themselves and therefore, can provide the level of attention to another person that is needed to have a successful relationship. We just want to be ourselves and have someone who can accept that for what it is.

For an Introvert to fit in with people who have nothing in common with us, we must become someone we are not, which takes way too much energy and deception than we're

willing to give. If we have to go out of our way to fit in with your friends or family, eventually we will grow tired of the plight and just move along. Love, to us, should be natural and not forced so that we can focus on other things in life. Once an Introvert becomes unbalanced, we become a ball of consistent thoughts that will stream in our heads, worrying us to death. The only way to avoid worry and depression is to not be involved with people who are not very clear in their actions, or treat us like we are not worthy of the way they live life.

Love us for who we are. Introverts already have a million things to think about and we don't want to add to those worries with

misplaced love. We choose our love very carefully, so we become disappointed when it turns out to be something that we did not expect: falling in love with someone who turns out to be someone else altogether.

“Introverts choose friends carefully. If you are lucky enough for an Introvert to consider you a friend, you probably have a loyal ally for life.”

Like love, Introverts choose our friends very carefully; usually people who share our likes and dislikes and that can be trusted with

our secrets. To an Introvert, a small circle is always the best policy for socializing. Once we decide who our true friends are, we will have that person's back through thick and thin, good and bad, right and wrong. The only thing that can break an Introvert's bond is clear cut dishonesty. Introverts do not like to be lied to, no matter where it is coming from. We are honest with our friends and ask for the same in return; genuine reciprocity.

If you are sincere about your love for an Introvert, we will know eventually after much time and observation. If you prove to be sincere, we will add you to the small list of people we actually care about and nothing can

break that bond. An Introvert is also a really good friend to have because we can be trusted with your secrets and to have your back when you need a shoulder to lean on.

“Introverts don't always like to be alone; we like to have someone to share our discoveries with, but you have to be authentic and sincere.”

Another misconception going around is that Introverts are lonely hermits who prefer to be alone in order to be happy, when in actuality, Introverts like close relationships with good people. We don't *always* want to be alone,

we just like to use our solitude and downtime to recharge, collect our thoughts, and learn.

During our learning process, we like to update ourselves on topics of religion, life, the world, history, health, love, and our crafts. For an Introvert, having someone to talk to after this period of time alone is perfect since we get to bounce our ideas off of someone. Introverts also pick friends who are good listeners so that when we are ready to talk, there is someone there who is as good at listening as we are. Once an Introvert opens up and becomes ready to speak, we are very talkative individuals; a fact that most won't know unless they know us closely.

A conversation with an Introvert is going

to be thought provoking, to say the least, so we like speaking with people who can understand what we are talking about. This is where the Introvert's small circle of friends comes into play, as we will contact one of them to unload our pent up thoughts and allow them to do the same. A sincere ear is all that an Introvert needs to speak our mind without worry of all our thoughts or feelings being given being shared with the rest of the world.

“If there is too much talking or noise going on, an Introvert will shut down. Introverts don't see a need to add our two cents to every conversation.”

Introverts will open up to our close friends and loved ones, but we do not jump into every conversation that is had. If we don't know you, then your conversation will have to strike a chord with us for us to want to give an opinion on it; if not, we are just fine listening and taking it in. We may say a few words here and there, but we will hold back from full engagement if we don't think you are ready to go there with

us.

An Introvert can become so drawn back from a conversation saturated by small talk, that we will just shut off mentally. I have been in many situations where, without warning, I was just somewhere else; nowhere in particular but unable to actually comprehend the words that were being told to me. I would have to ask the person to repeat themselves every time they asked for my opinion due to me not actually taking in any of the information that was given to me. We as Introverts do not mean any disrespect by this, we are just not built to handle information that is not stimulating to the creative centers of our brain. It's a scientific fact

that Introverts process information through a longer route in the brain and therefore need more time to process information. When information travels through our brain, it passes and hits the creative receptors, memory receptors and emotional receptors before actually being comprehended in a way that we understand, so if the information is not formatted to stimulate those areas of the brain, then we just won't be engaged in the conversation.

Once an Introvert has determined that a conversation is not stimulating, our brain sends signals to the rest of our body that we are being drained and it's either time to leave or go into

an idle mode to preserve ourselves. Our brain is basically saying “you are losing the battle but rest up for the war ahead.” This is usually when you see us lose interest and our facial expression looks indifferent. Every Introvert has an idling face that we put on; usually a smirk with watery eyes that don’t look at anything particular.

“Don't judge a book by its cover. My face may read ‘disinterested’ when I am really very interested. I'm just internalizing the information.”

Introverts are the reason the term “Can’t

judge a book by its cover” was created; we are never predictable with our facial expressions. Only another, very observant Introvert can decipher the code of our facial expressions since we never really look like how we feel. When an Introvert is sad, we look indifferent, unless we are grieving about the reason for our sadness. When an Introvert is happy or amused, we give a slight smirk. If we look disinterested, we are probably actually interested; that’s usually the face we get when our mind’s creative centers are being activated. It’s similar to a deer in headlights because the deer is frozen as a natural defense mechanism in their brain that makes them freeze when the warning signals in

its brain are touched. This is same concept for Introverts; once certain areas in our brain light up, we freeze like that deer in headlights, as we understand the information we are about to receive is worth processing.

Due to our facial expressions, many people can mistake our mood with aggression, which is simply not true. Not to say all Introverts are not angry people, since we are humans and it is inevitable that some of us can actually be mean individuals, just saying that not all of us are; so just because someone has a stern look does not mean they're mad, angry, or mean. Some people's stern look is a sign of being in a constant state of observation, with a

layer of indifferent thinking, as to not judge. So the next time you see someone with a blank expression, don't take it as aggression take it as that person not judging you, or anyone, or anything which is actually a good quality to have.

“Introverts prefer to text than to talk on the phone. Phone conversations create awkward pauses when we are thinking of what to say next.”

When speaking with an Introvert, you will always have to take into account the pause

factor of our thinking process. We can easily slip off into our thoughts about something unrelated to the conversation, especially if the conversation begins to come to closing that we can foresee. This is why it is probably a good idea that you try to text us before you try to call us if you want to have a flowing conversation. We are not spur of the moment entertainers; we are pre planners who need a little time to get our thoughts in order before we tell you how we feel or what we think. In every conversation an Introvert has on the phone, we go through a period of thinking “OK what are we going to talk about next after this?” This thought alone will take us out of the conversation in the hopes that

you will pick up where we left off and keep the conversation moving forward.

It's true that even when texting we may take our time responding to you as we formulate the proper response, but to us it's better since we get to actually say what we really mean. The invention of email, then text messaging, then social networks really revolutionized the way Introverts interact with other people. With the advent of these social mediums, Introverts can now do what we do best—think—giving us an advantage when it comes to interacting with the people we wish to connect with. In the past, an Introvert would have to come out of our shell to break the ice

with another individual or to accept the challenge of verbalization with a random person, but now we set the stage for home court advantage.

“While it may seem Introverts are always zoned out, we're actually analyzing and thinking of creative ideas to one day share with you.”

Introverts can easily slip into the depths of our own mind and lose ourselves in thought as our bodies subconsciously listen and take in more information while in a conversation. During this process, we are analyzing the

information we are receiving and cross referencing it with other information that we already have stored on our memory banks. This is actually a good thing and allows for deeper, more intimate conversation and reflection. Others may just see it as disrespectful for us to zone out mid conversation, but if we do this, it actually means you are saying something of significance and we are intrigued by it.

Once an Introvert becomes intrigued, the creative centers of our brain are activated and we go through a state of euphoria as information travels across and stimulates those areas. When this happens, we really can't help but to pause and not just think about what

you've said, but enjoy it on a subconscious level. Information is like a drug to us and we can't get enough new information to keep us stimulated until that next fix of information.

As we enjoy the flow of information through our brains, we begin to break down the information in a process that allows us to really understand what we are taking in. With all of this going on, in what seems like the blink of an eye, most people should just be happy we do not take much longer to respond while in a conversation. Our brains function in a very intricate way that makes thinking a literal task, which can drain us of our essential energy. Introverts have no choice but to actually listen

to you and to comprehend what you are saying, but in a society where people want instant gratification, our conversational skills are not a popular trait due to our idling mode in which we can take a few seconds to get back to normal.

“You will have the best conversations with an Introvert because we actually listen to you and think before we speak.”

Introvert comprehension skills are the best in the world since we actually take in information on a longer route through our

brain. This has gained us the title of the best listeners as we actually take in what you are saying and break it down. Never say anything to an Introvert that you do not think is important and expect us to feel the same way about it; we see the importance in every word spoken. We process your information, so we tend to have conversations that are much more in-depth than normal. An Introvert's listening and our ability to make any conversation worth having is a strong point that people really like.

Introverts have the best conversations, but we do reserve our words for times when we actually want to interact. There are times when an Introvert will listen, but not respond; it really

depends on the person we are speaking with and the topic of the conversation. Most Introverts don't like to be pulled out of their boundaries for the sake of conversation and will become rather sarcastic in certain situations if we find the conversation taking a weird or unexpected turn. For this reason, having a wonderful, stimulating conversation with an Introvert will not always be the case; so don't instantly think that this statement is false because of a personal experience you may have had in the past. We have a need for stimulation when speaking, and if you are not prepared for this, then you fall in the category of small talker and we shut down during small talk.

Introverts can actually speak for hours on subjects that peak our interests, but we instantly shut down during small talk.

Conversations about the mundane or routine are not our cup of tea and you will begin to understand that about us if you attempt to break the ice with us unsuccessfully. Many see us as reserved, and this is true, but it's really a defense mechanism to save our energy, since conversation is a stimulus that can either be draining or rejuvenating. Introverts are very well versed and actually become invigorated when we have great conversation with interesting people.

“Most Introverts are quiet and reserved, making us mysterious and intriguing to others; qualities that many find very attractive.”

There is just something about a quiet person that makes people want to figure us out. Introverts can be seen as mysterious—a trait that many find attractive—when really we are just reserved in most cases. This aura of mystery is one of our best traits for attracting the opposite sex, since we rarely push the issue. This, however, works much better with Extroverts, as we tend to stick out to them like sour thumb. We are much more attractive in a room full of

Extroverts than in a room full of Introverts where everybody is quiet and reserved. Putting an Introvert in a room full of Extroverts is like issuing a challenge to everyone in the room to make us come out of our shell.

Extroverts are not the only people who find Introverts attractive, Introverts actually see other Introverts as attractive and view their quiet and reserved demeanor as someone who will understand and relate to them. This thought process is actually true and when two Introverts are in a relationship, it allows them to really get to know each other and grow a closer bond. The only dilemma an Introvert has when attracted to another Introvert is breaking the

ice, which can be awkward for two Introverts to do. However, once two Introverts get past the initial meeting, they will share a much deeper connection than can be attained between an Extrovert and an Introvert.

To the suitors of an Introvert, we may come across as “playing hard to get” when really, we may not even be paying attention to the person pursuing us. To those who like the chase of love, there is a likely chance that they will fall for an Introvert since we won’t make it easy on them to get close. This way of treating potential relationship makes some see us as something special that must be explored more.

It’s actually amazing to Introverts that

others find our reserved nature as an aphrodisiac, since we also experience time when being quiet and reserved hinder us from human contact. Beauty is in the eye of the beholder in the case of the Introvert, but this is a good thing since we attract people who actually want to get to know us as a person, and not just as a fling. Introverts like real relationships and our demeanor helps us to attract that into our lives.

“Empaths are attracted to good vibes and radiant auras. You can be a good looking person, but if you’re negative, an empath will pick up on that.”

Empaths have a power called “knowing.” We just know when something is not right about a situation or a person. We pick up on energy signatures of people, which works similar to the “spidey sense” of comic book character Spider Man. If you are not familiar with Spider Man, then just imagine having an alarm system in you that goes off in case of negative vibes. Empaths feel more than we listen, so even if we want to

believe you, if you are lying, we will get a gut feeling telling us the truth. This sense of feeling vibes and auras helps us to navigate through the world and avoid mischief.

We as Empaths receive a warm feeling of comfort when we're around good vibes that tells us we are in the right place. For this reason, Empaths are attracted to people with good spirits and good intentions; we take on the energy of the people around us so this is a good thing. Good vibes are uplifting and as Empaths, we need as much uplifting as we can get since we also take on the bad vibes of others, which can be physically detrimental to our well-being. We are healers with a magnetic aura, and

because of this, we prefer to be around good vibes so that we feel good at much as possible.

If you are a worry wart, then we as Empaths may try to avoid you because that instantly turns us into worry warts also. We may not even know when we take on the emotional state of another, so one second we can be happy and the next second we will be annoyed. If we see that we are constantly in a state of happiness when around a certain someone, then we will seek the company of that person especially after we have taken on too much negative energy and we a boost of positivity.

“Empaths take on the feelings of others and the symptoms of those feelings—from happiness to anger and so on. This can be very draining.”

Empaths seek positive people because we take on the emotions of others, but we also take on their negative attributes as well. The ability to transfer energy from another person into ourselves is a very depleting one and can leave us feeling nauseous and drained. It is the task of the Empath to heal the flow of life around us so that energy flows freely, as if we were filters of the spirit world. Imagine the water pouring

from the tap on your sink; it is not really a good idea to drink that water, since it contains additives and particles that may have accumulated in the pipes it flowed from, but if you add a water filter to the sink, the water is siphoned through the filter to make water that is safe for consumption. Empaths are like that filter, but we filter the auras of the people around us. Just like the filter on the sink that cleans the water, there are only so many times we can successfully accomplish this process before the filter must be cleaned and emptied of so it can continue doing its job efficiently. If the water filter could speak, it would probably tell you that holding the filth of the water for too

long does not feel too good, and this is the problem Empaths have with taking on the auras of others.

After attracting the aura of another person and starting the process of filtration via our own aura, we grow weary and may have to take time to ourselves to deal with the newfound feelings. The process of healing the other person is complete and now the process of self-healing begins, as we try to regain our full composure and normal energy levels back. If you notice us become quiet and withdrawn all of a sudden, this is a sign that it's time to begin a personal healing. We can only take so much before we feel sick and therefore need to retreat and live

to fight another day.

“If you find a topic an Introvert is interested in, then we will become extroverted while discussing it because we have been keeping it in.”

Introverts love deep conversations about the things we are truly interested in or that we are currently learning. We spend a large amount of time researching and learning new things that we bottle up within ourselves for further reflection and observation. If you ever open the top on that bottle of information, we will spill

our souls out to you in a display of extroversion that may surprise you. You will be amazed at how fast we go from quiet Introvert to animated Extrovert as we lay our views and facts on the line for you to dissect. If we see that you are truly interested in the subject as well, we will get excited and increase the levels of extroversion during the conversation. This behavior is us simply showing our true selves with no shame. Most Introverts are bottle Extroverts that simply need the right can opener to trigger our hidden personality.

Introverts don't often get opportunities to fully express ourselves on the topics that matter the most to us, so when we do, we do not waste

time rambling about everything that we have been holding back for so long. We as Introverts are really just using you as someone to bounce our own thoughts off of to see how they sound out loud. Everything sounds organized and makes sense to us when it is in our minds, but it doesn't always sound so perfected when we try to explain to other people. As a result of this disorganized confusion, we will come off as loud and outspoken at times as a means to organize our thoughts on the outside of our body. Afterwards, we may even feel embarrassed that we let so much information out at once, causing us to retreat back inward again for a while.

“As Introverts, sometimes we will have conversations with ourselves in our head and start laughing out loud at jokes that no one else can hear.”

You may see an Introvert walking down the street or at a café by our self as a tune pops into our head, causing us to dance, or as funny observation pops into our head and causes us to giggle out loud. Don't assume we are crazy when you notice us doing this, we are actually just very connected with ourselves. Our inner thoughts are like a second person who talks out of turn. After a life of internalizing, it is normal

for us to ask ourselves questions first before we ask others, or to tell ourselves jokes before we try them on other people. We may also tell ourselves jokes that we will never tell other people, since we are 100% honest with ourselves to the point that we think some thoughts are not meant for the outside world.

There have been times when, out of nowhere, a random thought about something completely unrelated to my current situation would push its way into my mind and I would just laugh out loud as if everyone heard it.

When asked what was so funny I would respond with “Oh, nothing I was just thinking” as I am completely aware of how my mind works and

therefore not ashamed of looking or feeling crazy anymore. To an Introvert, our lives are like the TV shows where the main character is always narrating his own life. When things occur, Introverts discuss them or make fun of them or even debate ourselves for a second, all within our minds.

“Introverts are drained from outer stimuli including sound, light, and movement. Not so much from people, but more from what people do.”

Introverts are actually rather good people

persons if we are energized, but we are drained in situation that cause our senses to do too much work. So, if a person's personality is over the top, then we can only handle being around them for so long. We may even like you as a person, but your loud tone when you speak or you constant need for attention and validation may be what pushes us to our limit and causes us to fall back into seclusion. It doesn't take much for some Introverts to need seclusion, so an intensely stimulating situation, like a party or family gathering, can be too much for us and cause us to want to recharge.

When an Introvert is overloaded, we become tired as if we need a nap, but really we

just need to relax our receptors from taking on any more information being delivered to us.

This is why we can feel like we want to sleep, but when we get alone in our own homes or our own rooms, we instantly feel better. It's not a need for sleep, but a need for solitude that brings about the effect of sleep on our nervous system.

For every action, the Introvert's eyes scan for detail; for every sound, the Introvert's ears zoom in for clarity; for every conversation, the Introvert's brain over-analyzes for depth. This extreme way of interacting with the world takes energy to maintain, and we can only keep it up for so long before exhaustion hits us. Next time

you think an Introvert just does not want to be around you, remember that it may have nothing to do with you and more to do with what you do.

“Before you start a conversation with me, please remember, Introverts hate small talk but love to express ourselves on subjects that matter.”

This may be the number one thing about Introverts that you need to know: Introverts don't do the small talk, at all. If you never want to see an Introvert again, then drown us in a

lack of depth by displaying your lack of conversational skills. Introverts like deep conversation with intriguing individuals, and anything less than that is considered blasphemy to us.

As Introverts, we will actually listen to your small talk and take it, since we are great listeners and it seems we don't have a choice but to be tuned in when someone wants to communicate. However, our brains are sensitive to stimulus like speech, so our hearing and comprehension may overload if we have to process information that is not stimulating. Introverts need the proper stimuli that recharges us instead of drains us, and

conversations can work both ways for us because of this.

Introverts are not always drained by conversation; if the conversation is stimulating then we actually recharge and become invigorated by it. We like to talk about the things we are interested in and anything else is just filler until we get to switch the subject. To have a proper conversation with an Introvert, pick our brains about the things we are interested in. Once you stumble upon the right subject, you will know because we will open up to you in a very extroverted manner. These intriguing conversations push all the right buttons for us mentally and physically, allowing

a proper flow of dopamine and creating a boost of energy.

“Give me a good enough reason and I will show up. If it's not important, I won't. Introverts don't interact just for the sake of interacting.”

Introverts like solitude more than anything else in the world, so you have to improve upon that in order to entice us to want to leave it. If we have a choice to wrap ourselves in a blanket, eat a snack, drink some tea, read a book, or watch TV as opposed to going out to a

random function, then we will choose the relaxing option every time. Introverts may even accept your invitation and wait till the last second to give you an excuse of why we can't make it, just so we can do nothing at all. Peace of mind to an Introvert is priceless, and we feel like we are dodging a bullet by avoiding unnecessary interactions.

Introverts will attend functions that cater to our interests. If an Introvert is into video games, you may see us at a video game convention with a smile on, enjoying the festivities, being extroverted. The same Introvert that likes the video game convention may be invited to wine tasting later that day

and completely flake on the opportunity because he or she feels they don't need to try to be someone they are not to fit in. If the Introvert does decide to attend the wine tasting, they may either realize they love wine tasting, or feel they need to escape as soon as possible to get back to being themselves. Introverts do not leave our shells for no reason; like a turtle, if an Introvert leaves its shell for too long it ceases to exist.

“Introverts are good friends because although we may never be around when you want us to be, we will be around when you need us to be.”

The Introvert is the friend that won't stick around to hang out at your home, but will help you move into it. When you need a helping hand or someone to talk to, an Introvert is usually right there, asking what can we do to help. Your other friends may be good for going out with and getting into shenanigans, but we are more reserved and don't really like to be a part of anything that is not reflective of ourselves. For this reason, you can count on us to not show up to all of your parties but if the party gets busted, we may provide bail for you to get out of jail. This saint like quality that Introverts possess is both a gift and a curse, like all of our abilities. We tend to become the

crutch for people in need who on other occasions, may not take the time to check up on us in return.

As Introverts, we may not want to be involved in everything you have going on, but we do want to be acknowledged. Introverts don't want to go to the party, but we do want to be invited. It's a petty way of thinking, I know, but it's written into our DNA and we can't help it. We just want friends who understand us and don't make us try too hard to gain attention, and in return we are extremely loyal and loving.

I have personally disappeared from the "scene" more than a few times, leaving my friends to ask if I even cared at all. It's not that I

don't care, it's just I care when caring is needed, not just when it's wanted. Everyone wants to be supported, but may ask for support far too often in situations that are only important personally. We as introverts are responsible beings who may not actually support what you are doing but will be there once you reap the consequences to show you that we do actually care.

“I'm not lazy, but as an Empath, if my spirit does not tell me to do something or thinks it's bad timing, then my body will refuse to do it.”

Empaths are moved by the flow of the universal frequency that naturally pulses through the universe around us. Empaths use this universal pulse to guide us, like a timer that tells us when and where to be and what to do. Because Empaths are bound to this universal timing, it is almost impossible for us to function outside of this timer. We may want to complete a painting we are working on, and even pick up the paint brush to do it, but then put the brush down if an overwhelming lack of inspiration hits us and forces us to wait. This overwhelming feeling an Empath experiences is universal timing dictating our action so that we complete the task in the proper time frame or with the

correct mind state.

Many Empath writers can experience a form of writers block due to our tether that attaches us to universal timing. It's like God literally blocks the flow of information from entering and existing our minds, and paralyzes our thoughts until a specific time. Once the time is right, we may experience a period of perfect clarity that will allow us to finish writing or completing that masterpiece. If you experience this, you will notice that once you are ready, you will have gained some sort of insight or information that allowed you to complete the task at hand, that you did not have before and would not have had unless you waited for the

correct timing.

Everything happens when it is supposed to. This concept of perfect timing is related in movies when you see a character travel through time; he or she is told not to touch or move anything because it may disrupt the future timeline and change everything. The reason we as Empaths cannot always move when we want to is the same premise of universal timing and alignment. We are not allowed to disrupt the universe with our actions, so we must wait to right time, especially if it has an effect on future generations. Things like painting and literature are definitely things that affect the future, as someone in the future will see the painting at a

specific time or read the book and grow opinion at a specific time that is destined.

“I can sometimes overload myself with information. As an Introvert, if I am compelled to know something, I will research it to exhaustion.”

Introverts are research junkies; once we catch the scent of something that peaks our interests, we must know as much about it as possible. For many Introverts, this topic is usually of a spiritual or religious element and the question “What does it all mean?” lingers in our mind as we dig through archives of facts

and videos. Whatever the subject that is being researched, it will lead us on a goose chase that we are happy to follow until we gain some sort of clarity. The clarity we receive from excessive research, though, may not be the clarity we started out seeking, since we tend to jump from one thing to the next in our research sessions.

As Introverts, we move with the natural flow of things most of the time, so as we begin to unearth the dirt on one subject we are looking into, some smaller or greater variables may appear that entice us to change the entire subject we originally started researching. This is not a case of attention deficit, it's a natural way of learning that makes it easier to understand

how things are connected to one another.

Instead of learning in a linear line from point A to point B, we learn in a way that resembles life as it really is, with twists and turns. This is why we become good at connecting the dots in normal conversations, since our minds naturally do this. We are the type to say “Wait a minute” when learning and cross referencing our information with information that we learned in the past, just to get to the point where we can say “Ohhh so that’s why that is like that, now I get it”.

“Empaths cannot focus in dirty homes. If we are inspired to write, paint, or read, we will clean up the entire house first just to gain focus.”

Empath’s auras are intricate pieces of equipment that need to be tuned up as much as possible just to run accurately. A part of this fine tuning includes making sure our area is organized, as it is a reflection of how we feel on the inside. If you want to know if an Empath is doing well emotionally, you can check our home to see how organized it is; the less organized or the more dirty the home, the less

stable we may feel internally. Some people who don't realize they are Empaths may become depressed from living in homes that are dirty and not know why. A quick cure for an Empath's depression can be as simple as a broom and a day of laundry.

Once an Empath realizes this phenomenon, we innerstand that we cannot think because our energy is being tied into knots by the very place that we call home. Because of this gift and curse, we will clean the area we are using in order to gain an inner clarity. Once we begin cleaning, we will continue until our whole home is spotless, since this is the only way for us to completely assure

that our aura is spotless as well.

The act of deep cleaning is actually a good trait, and we as Empaths wish that everyone would do this so that when we entered the homes of others we could feel much more comfortable. Empaths will feel uncomfortable in spaces that are not organized, even if it's not our own home, giving us the feeling that we need to escape. If you have Empath friends, my advice is before you invite us over, be courteous and clean up, thanks.

“If you’re an Empath like me, you may want to avoid thrift store clothes and antiques. Pre-owned items carry the energy of their previous owners.”

Empaths pick up and take on the energy of people, places, and things. Due to this ability, it is wise to understand that everything has an energy signature that lingers on it from past events, so it’s best to avoid wearing hand me down clothes and buying too many antiques. Clothes hold on to emotional signatures of their past owners and can be contagious to an Empath’s abilities to magnetically pull in others’

energy. If you wear a sweater worn by a man who was highly depressed, then as an Empath, you may experience depression all of a sudden and not know why.

For Empaths, it's best to own your own things and start fresh with new items. By holding onto trinkets from the past you allow the past to follow you wherever you go. This is good if you have someone you miss and you want to one day reconnect with that person; you can hold on to an item that they owned or made. The residual energy from the item may one day re-attract them back into your life since it holds the electromagnetic signature of that person. Owning old materials are like giving a

dog a scent and telling him or her to fetch; an Empath's aura's will now hold the magnetic scent of the object and fetch things that are very similar, or things that are exactly like it, into existence.

“It is wise for Empaths to listen to music with no words. Music can drastically alter the way you feel, especially if it relates to real life.”

It's no secret that music is a driving force in the emotional state of an individual. We as humans listen to music in almost every situation, whether it be to uplift us or to

coincide with our broken hearts. For Empaths this statement is no different, it's just more amplified due to our sensitivity to emotional feelings. Empaths can use music to clear out an emotional state or drown in it. The best thing for Empaths to do is to clear our auras of negativity before re-interacting with the world, and music can help this process. Music with no vocal arrangements are best for an Empath to heal, since there is no pre thought opinion being displayed on the music selection.

Musicians who rap or sing on tracks give you a clear depiction of how they want you to feel in their music. If you as an Empath are trying to heal from sorrow, it's not wise to listen

to an artist that sings about heart ache and directs you to embrace those feelings. It's also not wise to listen to the opposite that tells you to uplift yourself by dismissing the feeling of others since this is also not a healthy route to take. A beat with no words or a band of instruments with no singers leaves you to emotionally drain in an honest way and allows you to connect with your own thoughts and feelings. Most of the time, Empaths don't actually know exactly what we are experiencing or where our feelings have sprouted from, so it's good for us to figure them out before we display any outward form of emotion towards the people in our lives— especially if the feeling we

have may not even be our own.

Classical symphony music vibrates at a perfect frequency to settle an Empath's emotional state. In today's world, many would rather listen to violent and rowdy music to uplift them, as we have been desensitized to violent acts through media, but there is nothing like a classical music that stimulates the mind to a state of calm and relaxation. The melody of classical music, like Beethoven and Bach are actually known to increase brain function and intelligence, so no wonder they have such a positive effect on us Empaths.

“Friday night...While most are thinking ‘The week is over, time to party!’ Introverts are thinking ‘The week is over, time to recharge.’”

Introverts prefer to relax on weekends to collect our thoughts and get ready for the next work or school week. Our friends often view us as hermits due to this choice to enjoy time alone rather than to be out in strangers’ faces trying to make small talk. After full weeks of work, going out feels like additional work that as Introverts, we do not want to participate in. We interact with people we most likely don’t really want to be around all week, so we become super

introverted on Friday nights when we actually have a chance to do nothing or be around the people we really love.

Introverts don't stay in every weekend and can sometimes have an urge to go out and enjoy ourselves like anyone else, we just can't do it as often as the normal person who has been brainwashed to believe that going out every weekend is somehow normal. Even at young ages, Introverts will force ourselves to go out because it is seen as normal to our friends, and therefore we do not want to be left out of the circle. After an Introvert goes against our nature to recharge inside, and instead goes out for a night on the town, we will instantly see the

effects of our decisions. Introversion is not really a personality type or a choice that we make, it's a physical temperament of the body that controls our nervous system and there is little we do to go against the natural way our body reacts to our decisions. If we decide to go out even when our body tells us it's time to rest, we run the risk of physical sickness and exhaustion.

It's amazing to me as an Introvert, how when I want to go out, there is nothing to do, but when I don't want to go out, I am invited to every function under the sun. Most functions I am invited to by close friends, I do not want to turn down, especially because I rarely attend

events that I am invited to and I do not want to offend them. At this point in my life, however, I am more in tune with myself and I do not go against the natural progression of my body or what it is telling me, so I can cancel with confidence if I need to. Most Introverts do not possess such confidence and will show up to events anyway with a lack of enthusiasm and energy. You will notice these Introverts in the corner staring into space and observing other people as they pass. Not only is this uncomfortable for Introverts, it can be borderline embarrassing that we can't seem to exit our shell to talk to others. There have been times when I would literally stand there and not

say anything until it's time to leave, leaving others to ask "Is he ok?"

It's best if you are open about your introversion with your friends, and let them know you prefer less crowded areas that you can hear yourself talk, or that you rather go out on a day that you have the energy to—maybe sometime during the week. Too often, we as Introverts will keep our temperament a secret and pay the price for it behind closed doors, when there is actually nothing wrong with not wanting to conform to the "normal" way everyone else interacts with one another.

“As Introverts, we love to plan and be organized in terms of life, but when it comes to social events, the best plans are canceled plans.”

Introverts will tell you we will make it to a party and actually intend to, but will regret the decision as the scheduled time approaches. When we receive a call letting us know the party has been canceled, Introverts may respond politely with “Oh, sorry to hear that” but, on the inside, we are doing cartwheels and planning what movies we are going to watch or what books we are going to read with our new found free time. The only thing better than

finally having plans when we want to go out is to have canceled plans when we don't. There is such a sense of relief that we don't have to put on our party personalities for one more night. Introverts are reserved by nature, so we have to be a completely different person when we are forced to interact. With practice, an Introvert can become so good at faking an outgoing personality that no one will even notice that we would rather not be having a conversation with them at all.

Don't read this book and start thinking "What's the point? Why invite introverts to a party if they don't intend to show up?"

Introverts actually like to be invited to parties

and may show up just to show love to the person who invited them, or if there is someone else at the event that we like and know will be there. We as Introverts may not want to go to the party per-say, but we don't want to feel like we weren't in the running to be a guest either. This may cause others to look at us as if we are wishy washy when it comes to invitations, and the answer is "yes, we are." We just prefer to do things that are more personal to us.

“Introverts don't do happy hour. The happiest hour we get is one at home reading a book or working on our crafts.”

Introverts are not hermits, we actually like to go out every now and then and enjoy ourselves with people we are close too, just not all the time. We would always rather to do things we truly love to do if given the option, so bar hopping is something we only do on very rare occasions, if at all. If you have Introvert friends and you enjoy happy hour or functions that are dark and loud, it is only so long before an Introvert will see you are not someone that we really enjoy being around. Introverts choose our friends according to our personal likes in life so that we do not have to go out of our way to be someone we are not. So unless we enjoy going out to happy hour (when we feel

extroverted), it's best that you figure out what we really like doing in life and find balance in doing those things also so that we do not flee from a friendship with you.

Interacting with people who do not really match our mindsets is not something we look forward to as Introverts; we prefer to be ourselves. Most Introverts have a specific craft that we enjoy and would rather do instead of going out, so never expect us to put anything frivolous before that if the choice is given. The thought of cuddling in a blanket with some tea will always trump the idea of a stuffy bar for an Introvert.

“Introverts love long showers because it gives them time to formulate and organize their ideas in a peaceful setting.”

Long showers are like free and easy mental vacations to an Introvert. Although we already spend plenty of time to ourselves, a warm or hot shower makes it even more rewarding.

When we've had a tiresome day and need to rid our minds and bodies of the stresses we've accumulated, showering is our best way to decompress. As Introverts, we look forward to a shower when we get home because it allows us

to tap into our deep imaginative, creative, and intellectual energies while our bodies relax, simultaneously releasing any tensions we've experienced throughout the day.

Being away and unbothered in the shower gives Introverts the necessary space to be completely unto themselves and lost in their thoughts. Introverts truly appreciate all the necessary get away time they can receive, and if we can be completely at peace and allowed to analyze our thoughts during this time, we are all for it.

As Introverts, we function much better in peaceful situations and really flourish like we need to with no distractions. The bathroom and

the shower is a perfect enough getaway for any Introvert.

We enjoy bouncing ideas from every corner of our brains, and the idea of time and space seems to completely dissipate as we think away in the shower. This leaves just us and our many thoughts to intertwine and unwind. People say some of their best ideas come from sitting on the toilet but for Introverts, ours are created and formed sometimes in the shower.

“For an Introvert, the bathroom is a vacation spot that we go to just to get away.”

If you happen to lose an Introvert during a family gathering or a birthday party, the first place you may want to check is the bathroom. As Introverts, we use the bathroom as a fortress to gain space, solitude, and peace of mind in situations that we don't wish to interact in. An Introvert may sit on the toilet and scroll through our phones until the event is over, unless someone notices and retrieves us from our hiding place.

During holidays growing up, in an attempt to avoid in-laws and family that I was not really accustomed to being around from asking me personal questions that I felt they were not yet eligible to ask, I would always disappear into my

room or into the bathroom in order to escape the onslaught of small talk headed my way. This tactic would only work for so long, as my mother would eventually force me to come regale the audience with stories of my current school year or more embarrassing stories of girls that I was interested in at school; never a comfortable conversation for a young kid. I learned at this early age that the bathroom was the perfect place to vanish when in need of an introverted moment.

As adults, Introverts may use this same tactic of going into the bathroom when in need of a moment. A lot of Introverts may also use this tactic at work, as a way to get an extra break

when the stresses of the work life become too much. If you are introverted and do not use the bathroom as your personal escape pod, then the next time you're in a high social pressured situation, politely excuse yourself and disappear for about 10 to 20 minutes to see how it works for you.

“On off days, I sleep in as long as I can. For an Introvert, sleep is not the cousin of death, it is the mother of happiness.”

The famous saying that “sleep is the cousin of death” is really a metaphor that you

can't get much done if you are sleeping all the time, so if you're going to sleep you may as well just be dead. The alternate saying to this phrase is "you can sleep when you're dead." Both of these saying are very morbid, and for an Introvert, are simply not true. Introverts use sleep to recharge and need good sleep habits if we are to maintain a balanced life. As well as recharge during rest, Introverts organize and plan for the future when we are idle, which is another reason why sleep is not actually as negative as these mantras will have you believe. To an Introvert, sleep is the mother of happiness; it is something we look forward to and enjoy. Sleep is something we need, as it

helps us to rejuvenate.

Introverts do not mind spending our extra time sleeping. To the outside world we are wasting time when we should be working on things others find more important, but if you know anything about Introverts, you would know we do 90 percent of our work within our minds, so when you think we are doing nothing, we are actually accomplishing a whole lot.

Introverts need rest to organize ideas and reflect so we can foreshadow where our future is headed. This reflection is a crucial part of an Introvert's life and gives us great joy when we have time to do it.

“Before you post your daily selfie on Instagram, remember, Empaths can detect your emotional status by looking at your selfies.”

We as Empaths can sense your true emotional state and we do not even have to be around you. Once we are connected to you, we can sense your changing emotions from a distance, as if they were our own. If you are posting pictures online with huge smiles, but you are actually feeling down about something, then Empaths can pick up on this. Your Empath friends are the ones who are asking you “What’s wrong?” even though you seem to be fine to

everyone else. We have a knowing that goes past our personal feelings and allows us to see the truth behind the facade of others.

There are many people who hide their emotions for the sake of the camera and there is nothing wrong with this. Not everyone should have access to your inner feelings, as your feelings are personal and should only be shared with the people that you truly have love for. If you wish to keep your emotions private, I would suggest that you do not post pictures while you are experiencing turmoil since Introverts easily pick up on this frequency. Often times, people post more pictures when they are experiencing hard times or heart ache as a means to uplift

themselves, get some likes, and feel better about themselves; if this is the case by all means post those selfies, but just know there are people watching who understand what is really going on.

“Introverts are long term planners because we view time differently, so even though we take longer on ideas, they are usually very good.”

Introverts take our time with everything, unless we are rushed. The best plans are not conceived overnight and Introverts know this. We often do not purposely take forever to plan, but our

mind needs time to put all the pieces of a plan into place to limit the chance of failure. Introverts may not show it, but we don't like to fail at anything. We see our plans as fool proof before they are even launched, and therefore hate it when they do not work out. Introverts plans can also take a while because we are also the best at waiting till the right moment to hatch a plan.

An Introvert's plans may appear to pop up overnight, but we actually spend considerable time formulating our ideas; we just keep them under wraps most of the time, unless telling others is a necessary part of the plan. A well-formed plan can appear to burst out of nowhere and be right on time, since we use the art of foreshadowing when we brainstorm. Most of the things we do are

conceived during a personal inner brainstorming session that we can take a few days to complete. We will walk around with all the pieces of the puzzle in our heads and drown out the outside world as we put them together. During this process, we may appear extra aloof and only respond to others with a sound, a head nod, or a slight smile. Not that we are trying to be rude, but we are trying to formulate and this keeps our minds pretty busy during the process.

There are a few parameters Introverts consider when planning: the date of execution, the variables, the order of operations, the actual possibility of it working, the people involved, and a myriad of other things depending on the goal of the plan itself. Since Introverts are such introverted and analytical

thinkers, many of them may become scientists or are contracted by governments in time of war for strategy. Introverts view the world as a chess board most of the time without even realizing it, so Introverts can be extreme strategist.

“An Empath’s words can be predictions and foretelling of things that have not happened yet. We are like antennas for the flow of life’s vibes.”

Have you ever had a conversation with someone about nothing in particular but later on have parts of that conversation come into fruition? If the answer is yes, then you may be

an Empath. Empaths have an incredible ability of for telling future events without even realizing it. This prediction ability that Empaths possess may be due to our oneness with nature and its ever flowing aura. We pick up on things that have yet to happen and express them in many ways; one way is by saying what will happen out loud at random times.

Personally, I have experienced this unique ability with close friends and loved ones, asking them questions like “Have you ever had chicken pox?” only for them to get chicken pox the following week. If you have an Empath in your life that does this, do not be alarmed or blame them for what is happening. You will experience

these things regardless, we are just picking up on something that is already in the great works of life itself. We as Empaths do not make your future, as it would seem everything that is to happen, has already happened and we are living in a story that is being read by the Creator of all things. This may sound fictitious until you experience it for yourself and realize that what you said two weeks ago is exactly what is happening in the present.

It is known that being an Empath is a precursor to psychic ability, and it is believed that an Empath that hones his or her skills can clearly predict future events with some accuracy. This is not an ability that Empaths ask

for; the power of prediction, along with all of our other quirky abilities, are naturally within us and we are simply living out our purpose.

“When at restaurants, an Introvert would rather sit facing the other diners than to have our back's facing the crowd so we can observe others.”

As an Introvert, observation is crucial. We want to be able to anticipate all possibilities of anything, in whatever environment we are in. So usually, if we are in a public place, we will position ourselves so that we can accurately

observe others and be aware of just about anyone and anything that goes on. We are more comfortable if we have an idea of our surroundings as this allows us to easily mesh into what's going on.

For this reason, Introverts tend to be experts at what's known as a "people watching," which is simply being in a public place and observing people and their interactions. The value in this is that an Introvert can learn a lot in a little bit of time about their environment and the people that are in it. It's also a great way to pass time, especially if we're waiting for someone to arrive!

This seating arrangement also makes us feel like no one else's eyes (that we can't see) are on

us, and we aren't missing anything that's going on. Introverts like to feel secure in their environment, and being able to understand it by sitting in an ideal place where we can scan anything at any point, allows us to feel that way

“Introverts may let your calls go to voicemail and return them later when we have the proper energy and attention to dedicate to the conversation.”

Introverts will look at the phone ring, check the caller ID to see if its someone of importance, and then let it go to voicemail whether it's someone of importance or not.

Introverts do not see anything wrong with screening calls and we can only hope the person ringing us does not either. It's not that we are trying to disrespect you when we do not answer, we are sincerely just trying to gather the mental energy to respond to your calls. For an Introvert, a conversation can go two ways—it can either be invigorating to us or draining, and in order to assure that we are not victims of being drained, we will charge up before we initiate a phone conversation.

We as Introverts like to set the stage for our conversations so that we are not ambushed and drained with small talk. We subconsciously understand that if we already have enough

energy to disperse, then we can engage in a conversation that is draining without worry of exhaustion. There are also times where Introverts just don't want to be bothered. We need alone time in quiet to recharge our battery, and any interruption is seen as an attack on our personal time. If we are enjoying solitude, then it is wise to just text us, especially if it's an emergency so that we already know what we are getting into. Introverts are not monsters and we will respond to calls that are important, but there is no way of telling this from a call.

Introverts may also turn off our ringers when we are relaxing to keep the outside world out. Our personal time is healing for us and

technology is not made to respect that, so we will do what is needed to assure peace and relaxation. It's best not to worry too much if you are trying to contact an Introvert and we are not responding; don't jump to any crazy conclusions, more than likely we are just connecting with ourselves and this is natural.

“Introverts are constantly being told we have an old soul. We are just wise beings who choose to walk alone instead of following the crowd.”

Introverts are considerably more mature

than our peers, even at a young age; we tend to be moral and wise than normal. Due to our introversion, we think before we speak, making us appear to have an old person's wisdom and thought process. This trait is usually described as having an old soul. Introverts are always being told that we have been here before because of this trait.

It is actually normal for young Introverts to see the flaws in today's world, since there are many obvious ones, even for a child to notice. Introvert children therefore make a conscious decision to be responsible in their decision making, and often help their friends and family to make better decisions that to them, just seem

to be common sense. Not everyone has common sense, as its name would cause you to believe, so the decision to make wiser choices is looked at as abnormal to some people. If a teen turns down an alcoholic beverage from his or her friends and states many insightful reasons why they made the decision, the friends may look at the Introvert as if they know something that the rest of the crowd does not. In reality, most common sense decision are known by the masses, it's just the ability to abide by these decision that is the hard part for most people and is looked at as some sort of amazing quality that is missing from a large portion of society.

It is detrimental, especially for adults, not

to use common sense in their daily decision making, but this seems to not be the case more and more as time goes along. The majority of people in today's society seek instant gratification and therefore make decisions according to this way of thinking. For Introverts, we have a longer planning process for thought that leaves little room for human error.

Introverts are not perfect and we do make mistakes and bad decisions like others, but we try to comprehend the consequences of our actions before we take steps to make them happen. It's really our sense of responsibility that is looked upon as being a classic sign of an old soul.

The elderly have experienced life and therefore have a better inner standing of what is right and what is what is wrong. When in need of advice, people ask their elders since they have experience in almost everything that you have yet to experience. People also reach out to their introverted friend when in need of advice, since we see the world similar to an elder; even if an Introvert lacks the experience, we are pretty good with vivid foreshadowing, and therefore experience within ourselves so that we do not have to in the outside world. There is nothing like hands on experience, but the best thing is always insight, and Introverts are born with a natural ability of accurate insight.

“Introverts are timeless thinkers who are disinterested in the pursuits and interests of the people in our own age groups.”

Because Introverts are old souls who prefer our morals over accolades, we often become outcasts in our own age groups and shy away from interacting in situations that we don't feel are on our level. Introverts think ahead and are usually ahead of our time with most things, before we even have a chance at experiencing them. While the crowd may think it's cool to dye their hair with colors, we look forward to times when everyone will look back at those

times and say “what were we thinking?” We do not like to go outside of our character for the sake of a crowd, and will opt out of being involved and anything we deem as foolish.

This moral scope of the world is not easy for young adults who seek acceptance around new friends. Introverts may feel like the world is just not made to suit us because of the incredibly dumb things that may be going on around us. Introverts have a hard time understanding why anyone would follow such ignorant ways of living life, when we should all just know better. In a perfect world, the Introverts would be the ones setting the trends and leading the pack; instead, we are all forced

to follow the loudest, most outspoken points of view while the Introvert's well processed thoughts are pushed to side, often getting used at a later date when the rest of the world finally catches up to unique way we see things. While most people are thinking about the way things are, Introverts are thinking about the way things should be, and will live life according to those parameters, instead of the parameters that are followed by the crowd.

No matter your age, it is always wise to understand the thought process of the Introverts around you so that you have a better understanding of our outlook on life. Introverts speak in valid points and live in balance with

the world around us. This is not the case for most groups who usually have a leader and a flock of followers. Introverts may fit in with many groups, but choose to follow none of them, since we understand the dynamic of cliques and their many negative aspects. In most cliques of people, there is a lack of free thinking and the majority of the decisions made for the entire group are dished out by the leader, who is usually the loudest and most charismatic of the group. Introverts are not followers and may only join a clique to feel accepted for a while, but then leave the group once they realize that they are just not made for certain group dynamics.

“Knowledge is power, wisdom is happiness and truth is freedom, so why not seek after those things? Introverts seek to over-stand these truths.”

Introverts are always searching for the meaning of life, whether we acknowledge it or not. Every action and decision we make is geared toward a larger cause of completion that we may not even notice until later in life. We subconsciously don't like liars and cheats, and with introversion, we grow a sense of morality that guides us in everyday life. This insight leads us on path of learning ourselves and the world

around us; a path that does not end until we are dead and gone. There is always something new to learn and something new to experience, and as humans, we just don't have enough time to learn or experience it all, so we cram as much as possible into the short period of time we have on this earth. To an Introvert, this is one of the main reasons we exist and therefore, we love to learn and add to the ocean of knowledge that is life itself.

It's no secret that Introverts love to read and research, spending most of our time cramming our minds with new and enticing information, as the desire for personal and mental growth is in our nature. A side effect of

information cramming is: epiphanies that can lead us down a path of enlightenment. There is some information in the world that once you know, you can't un-know it, so wisdom comes with the responsibility to seek it more and more. The more information we digest, the more knowledgeable we become but, there is a difference between being knowledgeable and being wise. Knowledge is what you know, wisdom is how you use it; Introverts don't stop at being knowledgeable, we want to incorporate the knowledge we have into our lives to be wise. This is one of the reasons we are considered old souls; we have an urge to understand and implement our knowing into reality.

Once an Introvert gets a hold of new information, it becomes an infatuation to fully comprehend this new material and incorporate it into the grand scheme of what we already understand as intellectual beings. We already comprehend that everything is connected and we just want to fit this new piece of information into the puzzle of life that we are always working on within ourselves. This search for knowledge can become our life's work, as we will incorporate it in every aspect of our lives—from our art to the way we raise our families.

“Introverts are butterflies; going within until we overcome the confines of the ego, then reemerging to foster love and peace in our lives.”

The metaphor of an Introvert as a butterfly is as accurate as the metaphor of an Introvert being a turtle. Turtles cannot leave their shells, or they will die, and caterpillars go within until they blossom into beautiful butterflies. Both of these metaphors are simply stating that Introverts need alone time, and once we have recharged, we come out of our hibernations ten times better than when we

went into it. As Introverts hibernate, we learn more about life than we do when we are out and about. Our introspection gives us more clarity on life and brings us closer and closer to being the best person we can be.

Introverts are not very egotistical people. We do not seek acknowledgement or praise for our accomplishments. Everything we do is to better ourselves or help others to be better. Introverts would prefer it if nobody even knew who we were, but to instead love the works that we do in place of us. This is hard in this current generation, since one of the main ways to have your art or your passion acknowledged is to have a thousand strangers know you personally,

something that we don't really look forward to. Everyone wants to see you on Instagram, Facebook, and other social medias, posting pictures and personal information before they trust you enough to even listen to your music or buy your canvas art, and introverts do not like to do this.

“Introverts find things such as long school lives, job promotions, chasing careers, and bigger TVs to be superficial. They have the tendency to see the bigger picture.”

Introverts often have a more sensible

approach to life when it comes to excess. The Introvert is one of those people who you see make a million dollars, then wear Chuck Taylor's everyday instead of three hundred dollar shoes and expensive suits. We as Introverts just want to be comfortable and not have to worry about too much; it's really simple to make us happy. If we can do it without giving away too much energy, then we are happy.

Society pushes a way of life that is not really realistic to an Introvert; promoting long school lives, followed by long work lives, followed by a short retirement, then death. This life plan is just not in the plans for Introverts, so we choose to follow our own paths to success in

order to free ourselves from the tyranny of oppression that we are taught to follow. Job promotions don't impress us because we would rather not be working; graduating is a great accomplishment, but we would rather make it on our own; huge televisions are nice, but we would rather read a book, so it's not that impressive to us. Introverts are moderate people with simple tastes and huge appetites for learning.

If you want to impress an Introvert, be yourself; if you want to turn an Introvert off, then try too hard to be impressive, we hate that. We like everything around us to be genuine, and that shouldn't be too much to ask for. If it makes

sense it makes sense; if it does not, then you are trying too hard or lying, and we don't have time to act like you are actually fooling us at all.

Introverts are internal and most of our happiness comes from within, so everything on the outside must match the happiness we provide ourselves or really it's just not worth it.

“When confronted with issues, Introverts tend to see them as temporary and merely serve to increase the amount of joy felt in the future.”

Introverts think ahead. We may dwell in

bad memories for a time in regards to love and loss, but on all other subjects, we take them with a grain of salt. If we get a flat tire, we may think “Everything has a reason” and imagine ourselves getting a flat so we could avoid a car accident on the road ahead. We are really quiet optimists; a skill honed from years of being the outcast in situations and told we would not make it alone.

When we are in a good mood, you may not even know it because we won't show it up front, but we are actually in a good mood more often than not, especially when we are alone. We actually look forward to happiness as Introverts; we spend more time with our minds

on future events than we do in the right now moment. This means of future scoping is another way of thinking that is being replaced with a right now form of thinking that tells the thinker tomorrow is not promised. The statement "tomorrow is not promised" is technically true, but it does not mean you should stop thinking ahead to a better time than the now. Most Introverts did not fall for this mental trick of putting your life in a box that is submerged in the moment, and instead, kept the more optimistic way of thinking that you will live to see another day.

Don't let anyone take your joy. As Introverts, we can waiver when it comes to

happiness; one minute we will super happy, then the next super sad because of the actions of another person. We don't take love's pains or love's losses very well either, and we can get lost in our minds remembering the "good times." In these moments, we become a victim to ourselves. Instead of using our ability of reflection for future optimism, we use it for past pessimism. Introverts are rarely in the right now, unless we are learning information from a current situation, book, or person. We as Introverts prefer dwelling in the past or thriving in the future within our psyches. Once we get caught in a past thought, it can take days or even months to shake, sometimes causing

depression or other negative side effects. The best way to avoid this is to be aware of what you are doing with your thoughts and get out of denial. Introverts will actually grow use to the pain we give ourselves and thrive off it using it as motivation. This is why some of the best poems and the best art are made out of pain.

If an Introvert can successfully overcome his or her own dwelling nature, then the future is always bright. The future is a blank canvas for us where we paint our dreams, wants, and needs in a glorious abstract of thoughts and feelings. Anything is possible in the mind of an Introvert, making the same true in the physical life of an Introvert as well.

“Introverts usually only have a few people we will confide in, and only a few we allow ourselves to even think about at one time.”

Introverts keep our circles very small, usually with people we can trust to be around, that won't cause us to have to fake who are. When we need to express ourselves emotionally, we will reach out to one of our closest associates to vent about the ills of the world, but keep it to ourselves when around other individuals. It can be said that Introverts have trust issues since we do not seek just anyone to give our secrets to. The Introvert's

mind understands that information is power and therefore, giving that power away to people we do not trust is not the best course of action for us.

Once you have gained the trust of an Introvert, we will open up to you like a book during the times that we cannot keep our explosive revelations to ourselves. With every bit of information that we give out ,we feel more and more vulnerable to attack from the outside world, so if we trust you with a secret, it's best you keep it, or you will lose the trust that we do have for you. Trust is a big issue with Introverts and losing our trust may lock you out of our inner circle forever. We do not waste time with

people who cannot hold on to our thoughts, especially since most of the time we keep them to ourselves for safe keeping. Showing us that you can be trusted is crucial to our decision on whether or not we will spend time with you in other situations.

“Introverts don't like our space to be invaded because we prefer things a certain way, making us territorial when it comes to home, life, and love.”

If you want to visit an Introvert, please remember to call first so we have time to prepare or to make the decision if we even want

to be around people that day. Pop up guests are instantly classified as pests and we may answer the door for you, or just decide to teach you lesson in humility by not answering at all, even though we are home. We see our personal space as sacred and do not want anyone to defile it with their spontaneous intrusion. We also view everything else in our life the same way, making us territorial with what we consider to be ours and no one else's.

Introverts view our friends and loved ones as personal to us; they are people now associated with us, and we don't like that tampered with by outside forces. If we notice a friend growing closer to someone else in their

life, this may cause us to back out of the friendship so that we do not have to deal with a new person, or because we do not like to share our best friends with others. We are rather childish in this regard, as we view our friends as the toys at school that others are trying to play with, when we just want to play alone. The same is true for the loves of our life; we will give you a crazy look if you are trying to flirt with someone we love.

Introverts have a different way of fighting for space. Instead of engaging in aggression, we would rather just move on to green pastures where the grass is grown specifically for us. Our motto in war is, if anyone can have it then why

fight for it, it's pointless. However if we are in too deep, then we can be the worst enemies to encounter and you may want to think twice about invading our personal life. We as Introverts are extreme thinkers, making us extreme plotters when it's wartime. We love love and peace but will destroy you if that's what it takes to gain love and peace.

“Introverts are one on one type of creatures; we can hold a conversation just fine with one other person, but will listen and let others talk if there are multiple people around.”

Introverts are lovers, not fighters. We don't wish to compete for attention, so when a conversation contains more than just one other person, we prefer to listen or observe than to engage or debate. Introverts will become the observant party in the room when a crowd decides to hash it out with one another about a topic. We as Introverts may even have the most valid, well thought out point, but will keep it to ourselves when others are speaking so that our thoughts do not fall on deaf ears and go to waste.

What usually happens when an Introvert becomes silent in a debate is someone will realize our silence and ask "So what do you

think? Introverts will wait for queues like this so that we know our words will matter when we speak them. We have no intention of speaking for no reason when we can be doing anything else. If you want to hear an Introvert speak, then make sure you're truly interested in listening, or we will refrain from expressing ourselves to you. Another thing Introverts will do in this situation is notice that our views are not being respected, so we will stop listening ourselves to the views of others.

“Introverts spend a lot of time contemplating what we mean to the world and how we will be remembered as individuals when we are gone.”

Introvert minds are long term thinkers, so we actually think about how we will be remembered when we are gone more than we think about how we are being viewed in the present. Our creative sides want to create masterful works that will be remembered by the world for ages. Legacy is very important to us, so we go above and beyond to change the world with the short period of time that we have on the earth to do it. Introverts really just want the respect that we have been deprived of in

our lives due to our introverted nature. The world often overlooks Introverts, and this becomes our motivation to rise above everything and become what no one thought was possible of us. If you tell an Introvert that something is not possible, we will do it just to prove to you that it is and in doing so, may even find a new passion in life.

As a child, all I ever wanted to do was create a comic book so I would draw my own comics daily and keep them to myself, not realizing at that age that being an artist was actually a field that could be pursued. Once I became older, I found myself drug down by many different jobs and realizing I did not want to be a capitalist slave forever; it just wasn't me, so I reverted back to my nature of creating and became a photographer, graphic designer,

magazine creator, poet, painter and author. The point is, I felt like I had wasted so much time putting money in others people's pockets, that I was running out of time in my own life to do the things I really loved, causing me to do everything at once. Of course, everyone in my life thought this decision was childish and shunned the notion of me being successful at anything except for working for others for the rest of my life. As an Introvert, I would rather just die than to live how everyone else prefers to live. I just couldn't conceive how some people were satisfied with living a "normal" and mundane life. It's not something I have ever wanted to do and it's not something I intend on ever doing. Moral of the story is, if you have paid for and are now reading this book, then I have attained my

dreams and anything is possible. Your legacy is what you make it, so do you really want to be remembered for being a good employee?

“Introverts will look and talk to you with an expression or tone that will lead you to think we are judging, when really we are just observing.”

You can never really tell what a true Introvert is thinking. Most of the time, our expressions are blank and unreadable, but others take it upon themselves to jump to conclusions about the way our faces are usually

uninterested looking. It would be a lie to say that all Introverts look like we are depressed or angry. The truth is, many Introverts are quite content and happy individuals. Introverts will revert to a “mean, grumpy” look when we get tangled in thought. This expression is not one of judgment, but instead one of contemplation. We go deep within ourselves and wrestle with thoughts until we are victorious, emerging back into the outside world where we reassume our normal expression.

People often mistake us for being angry when talking to us since we will go into contemplation in the middle of a conversation. This is actually a good sign that what you are

saying is interesting enough for us to contemplate. Since we despise small talk, if a conversation causes us to think, then you are considered a good speaking partner; someone who can deliver a deeper form of interaction, and we like that. The problem lies in the way you react to our reactions, by misjudging us or thinking we are misjudging you. Introverts don't really have any readable expressions, so never be offended by the ones that we give off.

“Never carpool to a party if you’re an Introvert. The worst feeling for an Introvert is wanting to go home and having no control over it.”

Introverts will feel kidnapped if we ride with others to places we really don’t want to be in the first place. Introverts are not known to like parties, but we will go out if invited by the right people or if we know someone will be there that we like. The worst mistake an Introvert can make in this occasion is to ride with friends, especially if the friends are extroverted. When an Introvert is ready to leave, then we want to leave as soon as humanly

possible so we can get back to relaxation and peace in order to recharge. If we are dragged from one place to another, we will feel extremely drained and we are not fun to be around in these situations.

When an Introvert goes out, we want to know every aspect of the night—from who will be there, to what time it starts, to what time it ends. We are not asking these questions to be pests, we just need to mentally prepare ourselves for the event. We pre-plan when we will arrive, then when we arrive we plan where we stand and who we will talk to, then after the event, we plan our escape. If we have no control over this, we can become overloaded with

worry and a timer in our head begins to tick down to self-destruction. The longer an Introvert stays in an uncomfortable environment, the longer it will take for us to rebound from the exhaustion that we will experience. Introverts have the worst hangovers from just going out and do not even need to be drinking to have one.

We also see unexpected stops along the way of a trip we are invited on as disrespectful and inconsiderate. We already put our sensitivities on the line by accepting your invite, so to be lied to about all the exploits of the trip really rubs us the wrong way. We add up all of these factors to determine if we will ever accept

another invitation from you again. All it takes is one really good time of being disrespected before we will take you off the list of people we can hang out with. We already have a very small list of people that we consider close friends and we assume they are to be trusted with our well-being.

The best way to avoid being caught in this type of situation is to just drive yourself or stay home. There is no point in being someone you are not in order to impress others. The point of going out is to have fun, so if you are not having fun then what's the point? Learn to stay true to yourself and decline invites to places or with people that you know do not match you

temperament or do not take it serious. You will avoid a lot of headaches that way.

“An Empath under distress is like a cornered cat sending out distress signals that may cause miraculous things to happen and appear when needed.”

Have you ever felt like there was no way out of a situation and you just knew you were a goner, only for some miraculous occurrence to come along and save the day? You may be an Empath and not even know it. For Empaths, the Universe bends into alignment to help us when we can't help ourselves. When you are in

extreme distress, you send out vibes that are read as an S.O.S to the auras of the world. For Empaths, this aura is a burst of magnetic energy that can be life changing, causing things to happen that really can't be explained. This can only mean that there is a high power looking over Empaths that understands our importance in the world and really wants the best for us.

I have personally experienced this on multiple occasions when I felt like I would not make it. On months where the money in my accounts would run dry and bills would seem to come much faster than normal, I would go into a panic mode that would cause the money I needed to appear out of what felt like thin air,

whether from a kind soul or just a random occurrence. Many Empaths experience this and see these miracles as a sign from God that they are watching.

“Chances are, a close Introvert in your life see's something special in you that you cannot see or detect within yourself.”

Introverts choose our associates very closely so chance is, if we are around you, it's not just because we think you're cool. Introverts notice small details in people that may actually be more important to us than the most obvious things that they may want the world to see. If

you are nice to others, we will notice this before we even notice that you have a nice car or dress nice. We like to know the inner being that you possess, since that's the only person that really matters in the long run. Introverts are attracted to people who are like minded and have qualities that we see in ourselves. The things other people like you for may not be the things that Introverts necessarily look for or care about when it comes to our close friends.

We see past all façades and focus on the person you really are underneath. If the person you really are is not someone we wish to deal with, then all of the money in world couldn't get us to overlook your flawed character traits. We

are not being mean when we do this, but instead, looking out for ourselves so we do not end up in any crazy situations. At the same time, if your character shines through your façade, then we will like you much more and just hope one day you grow into the person we know you can be.

“Introverts have a deep sense of appreciation for the beauty of life, so we are easily drawn to fine art, classical music, nature, and good reading.”

Introverts experience life on a deeper level; everything is subject to dissection and

reflection by our extremely observant minds.

Due to this extremely observant mentality, we are drawn to the beauty in life and we are very appreciative of it. We love to see the intricacies that others put into their work, which allows us to use our minds in a more intricate way. The mundane bores Introverts who use the more creative part of our brains to observe the world; we need the proper stimulation to keep our attention. Music and art that has no quality can only hold our sensitive attention spans for so long before we drift into thought. A good book or a classical musical production takes us out of our minds for long enough to expand our scope on reality and gives us pleasure.

Introverts love nature because it offers a natural scope of intricate details to appreciate. There is no better canvas to admire than that which God has made, and we never get tired of appreciating its creation. We draw inspiration for our own art and crafts through the beauty of Mother Nature and its amazing wonders.

Books are an Introvert's number one source of inspiration; we look to them to take our imaginations to new heights. A good book can stretch our mental boundaries and open our own outlook of life, giving us inspiration and hope when we need it. We find ourselves relating to or detesting the characters in books as we grow a sense of awareness that is quite

amusing to us.

“Introverts don't like schedules and would rather do things when the time is right, instead of by a deadline.”

Introverts don't like being forced to do anything, especially when we need to recharge. Introverts have an internal schedule that we adhere to in our personal lives, so we don't like to be put on schedules that don't coincide with this inner schedule. If our body wants rest, it's up to us to deliver this request no matter the circumstances. We can force ourselves to

disobey our internal clocks, but this will lead to a devastating outcome. There are a few things Introverts can do to avoid being victims of deadlines in the world that demands your time and energy. For instance, working for ourselves helps to get us off schedule completely and allows us to maintain our own internal schedule. Another thing to try is balance your inner schedule of recharging with your work schedule by getting your rest cycle in perfect alignment with your time off. If you have a schedule that is up and down or unpredictable, then finding personal space inside your job is important. Find a good place to just mentally rest and be to yourself so you can get a moment

of introspection to bring you back to balance.

“Introverts are extreme music lovers and hate when you talk over the music playing, or when you try to get our attention while we’re wearing headphones.”

Introverts are extreme music lovers. We enjoy a great tune that brings back memories of a greater time, or just puts us in the mood to do the things we love to do. This can be said about many people, not just Introverts, but to an Introvert, a good song is a mental stimulant. Music gets us through the day and also serves other purposes besides

entertainment. Music actually stimulates our creative centers in the brain and puts us in a type of trance that moves us in the right direction. Every Introvert has her or his own songs that just get us to where we need to be ready on standby in case of an emotional emergency. We have our “downers” to play when we need to relax and our “uppers” to play when we need an energetic boost. Music to an Introvert is like medication that a doctor prescribed to us and we got addicted to.

With the innovations of modern technology, it is becoming easier and easier for Introverts to gain personal space, even in a crowd of people. Our smart phones give us an escape from the world even when the world is sitting next to us on a crowded bus or train. Music playing devices have

allowed us to take mental vacations and tune out our surroundings at the click of a button. It can be said that these technologies are detrimental to the social aspect of society and make people more aloof and distant from each other, but to an Introvert, it's just a reason to be who already are. Before the advent of such technologies, Introverts would be forced into extroverted situations or conversations with no defense system. To say that an Introvert's way of viewing society is detrimental to society is to say the Extrovert's way of viewing society is not detrimental to society and both statements can be flagged as false. There is only the personal perspective of how society should be run and the conclusion is usually achieved by the individual who perceives it. However you see the world, to us,

music is an escape that we need, especially in extroverted situations. So please be kind enough to innerstand this when we are trying to attain peace.

How rude do you have to be to see someone on a phone call or nodding their head to the music playing in their headphones and still walk up to them and engage them in conversation? Very rude is the correct answer to that question. Introverts use our headphones as a barricade from interaction when we are out in the world. We assume that it's widely understood that if a person is wearing headphones, to let them enjoy their personal space inside their mind, but this is not always the case. You will always have people saying "Excuse me would you like to buy this product?" or "Excuse me

don't I know you from somewhere?" but just the fact that they said excuse me acknowledges that they see you listening to music or talking on the phone but think what they have to say is much more important. Introverts already don't like small talk, but we especially don't like it if it's forced upon us while we are trying to avoid it. Can an introvert just listen to music in peace sometimes?

“Many introverts have a dry sense of humor and can say things at the wrong time that others may deem offensive when they don't get the joke.”

Introverts can be the driest comedians to

walk the planet. We find humor in almost everything that annoys us, but our delivery of these observations may be too much for some to handle. Maybe it's the unreadable facial expressions we give or because we don't laugh at our own jokes that makes people think we are being serious and wonder if there is something wrong with us. For Introverts, the funniest part of the joke is watching you get uncomfortable as you try to figure it out. We see it as a mental contest and love the moment when you actually get it, and your eyes burst open with astonishment. Dry humor, for those who don't know, is a means of delivering a joke of substance that you will actually need to think

about in order to understand. The punch line is usually not predictable and may not sound like a punch line at all, but like an actual fact or like the joke teller's own opinion. This can be especially troubling to people when jokes that contain religious figures or topics that may be important to the person the joke is being told to. Many politically correct comedians use this type of humor to connect with their more intellectual audiences, and many of these comedians are also Introverts when the cameras all cut off.

Introvert humor is for thinkers like us—jokes that are simple and to the point, but not easily obvious when you first hear it. We

actually see other forms of joke telling as someone trying too hard. If you have to wear a costume, dance around, and then after all of that, still need to laugh at your own jokes for others to get it, then you are trying too hard and might as well be a clown for children's birthday parties.

“When we begin to internalize, it can be hard to get our attention and we may not answer when you call our names. Introverts can get lost in thought.”

We cannot express how deep the inner

thought process of an Introvert can be. We literally disconnect from the world around us when we internalize. Our minds stop receiving information when we are deep enough into our introspective trance, tuning everything and everyone out. It's the equivalent of having on headphones turned up to their full capacity, then having someone whisper to you; you won't even realize that someone else is speaking. An Introvert's thought process becomes interactive to us and we go into a zone that can be unbreakable by simple gestures or conversation.

Introvert children are often thought to have attention problems, since at a young age it's much easier to slip into thought because of a

larger imagination. There is nothing wrong with the child, however, and this form of thinking is normal to Introverts, allowing us to get closer to our creative side. The imagination of the Introvert is closer to a parallel reality than to a false created world. It's almost as if we are creating a separate Universe more suitable for people like ourselves, while we try to escape this one. In a world where anything is possible, this could be a real possibility, especially since science has recently discovered that we are all tiny Universes, with the heart being the center of the Universe—look it up.

“Introverts are independent, but will reluctantly ask for help if needed, especially when working on a personal project.”

Introverts like to figure things out and execute things by ourselves so that later on we won't have to deal with too many personalities. We are very territorial with our ideas, just like we are with the people in our lives. If we can figure something out on our own, then we will, but if we absolutely have to ask for help, then we give in and do so. We are not too proud to ask, but we just like the feeling of personal accomplishment over group accomplishment.

We already don't like to work in groups, so to have others push their opinion onto a project that we created is like giving away our first born child.

Introverts are known to be the world's greatest minds, and most of our ideas are cultivated in solitude without the opinions and beliefs of others to get us sidetracked. If we need help, it is because we have hit a wall and we cannot move forward without the help or opinion of another, in which case we will enlist someone to help us with our efforts. Even when we are in school, the Introverts would rather do school projects alone for the fear that we will carry most of the weight, while out

counterparts and peers do minimal work and get the same grade. As Introverts, it's wise to learn both ways of completing tasks, but we can't deny that we just work better and think clearer when we are tasked with a personal problem. We really don't mind being single in our projects, and are willing to take the blame if it goes wrong, or take the honor if it goes right.

Introverts rarely seek any kind of acknowledgment for our achievements and instead, do things for a personal feeling of accomplishment. Our thoughts are usually not even accepted by most until they become relevant or practical later down the line, so you can see why we would rather just keep things

under wraps. We are skeptical thinkers who challenge norms, which is hard to do when working with others who may share a more popular view point with the rest of the world. Basically, it's harder to think outside the box if you have to work within the box to think outside of it.

*“Be yourself and love yourself.
Many Introverts pretend to be
Extroverts to fit in with a crowd
they eventually won't want to be a
part of anyways.”*

Many Introverts fake being extroverted to

fit in—blame society. Society teaches us from a young age that the guy with loudest voice and biggest ego gets the most respect, and forces silent Introverts to break out of our personalities to appease others for shots at jobs, or acceptance from friends. This mental abuse of being told we are not good enough for society's norms can have a long lasting effect on Introverts, leading us to grow up thinking that something is wrong with us. Even doctors go too far by diagnosing the quiet children with disorders or diseases that are inaccurate, or prescribing pills that do not work or have adverse effects. Of course, for an Introvert, we will naturally know that this is wrong. We are

observant, and one of the first observations we make as Introverts is that the world does not accept us for who we are.

Only recently have Introverts spoken up for ourselves and began to accept that there is nothing wrong with being introverted.

Introverts actually have some of the best qualities a person could have, and this must lead the way in society—especially western society—when it comes to our views on how the world should be ran. The variables that make up today’s society can be altered to better fit a more intellectual, reserved, private way of life if we all band together and demand it. It’s almost as if there needs to be a revolution just to attain

peace, which is the case with almost revolution there is. Only now that we have the advent of internet can Introverts actually have a shot at making real change in the world so that we all understand there is a better way of living life; a more balanced method.

There is nothing wrong with being reserved. The moment we start to think there is something wrong with this, is the moment we may as well stop existing, because you cannot change your introversion simply to fit in.

Everyone on earth possesses introverted and extroverted qualities, but Introverts are wired differently and must abide the rules that nature has afforded us. If others do not like your

introverted ways, then find people who do—its really that simple. No one should have to change themselves for the sake of others opinions and we Introverts should have no intention of doing so.

“Introverts use our minds and body separately, so when we wake and open our eyes we may need to stay in bed a while until our minds wake up also.”

An Introvert will wake up, look at the alarm clock, notice we have 2 minutes left to sleep, then roll over and go back to sleep.

Introverts don't like waking up, especially when

we are in a cinematic styled dream that trumps the reality we are waking up to. Our minds go into a deeper form of reflection than others when it rests and we can become addicted to it like a drug. When we first wake up, our mind is in loading mode as its tries to put together the information that we learned the prior day, week, month, or even year while simultaneously detaching from the dream world that we were just entangled in. As our mind multitasks, our body, on the other hand, may do its own thing by controlling our actions separately as we get ready for the day. Basically, give us a second when we first wake up so we can get back focused and grounded in reality.

For me, a long hot shower brings my mind and body back onto the same page. As the water hits my neck, my thoughts and my actions become one again as I determine the order of operations for the day. Every Introvert has his or her own morning ritual to get back aligned with body and mind; some need music, some need food, some need to shave and so on. Whatever it is, until we perform this ritual, we will not be 100 percent ready to take on the day.

“If you think you’re an Empath, do not dismiss the feelings you receive; they are real and you will live a more fulfilling life once you accept it.”

Empaths have many supernatural traits that are not accepted as normal by main stream society, making it hard for us to be who we are without the rest of the world thinking we are absolutely insane. Just because the rest of the world does not understand us, does not mean that we should think that our feelings and amazing qualities are not real. It can be confusing to take on the feelings of others and

we ourselves may even believe that our abilities cannot be real, and that there must be some sort of explanation other than the fact that we are experiencing something that is abnormal.

Once an Empath decides to take his or her abilities seriously, then we can start to take control of our abilities instead of letting them take control of us. This may sound very comic book to a lot of people but it's true and should be taken seriously if you are showing signs that you are an Empath. The ability to feel the feelings of others can be very detrimental to you physically and mentally if you do not take the proper action to harness this ability. Like any other physical ailment that humans can

encounter in life, the first step is always to get out of denial. Don't listen to anyone who does not believe that you are truly experiencing the things you are experiencing and instead find like-minded individuals who can help you and your journey.

After you defeat denial in your life, you will begin to see that being an Empath is not so bad. Yes, you will have to deal with the emotions of others—good and bad—but you will at least have the peace of mind to know that it's not actually you who is creating these disturbing feelings. An Empath's emotional state can fluctuate out of control if we do not learn to the proper means to balance out these

feelings.

“Introverts don't just want to know your personality. We want to know what makes you tick and where we fit into all of that.”

Introverts prefer a more in depth, personalized experience when it comes to relationships. This is not just true for our love life, but also for the friendships that we encounter along the way. We choose our counterparts wisely so that we know if we actually fit into your life and if you fit into ours. All of this decisiveness is done subconsciously,

without us actually trying to. We pick up on the most minute details in your words and behaviors that allow us to build a full understanding of your intentions. We can have friends that we do not put into our immediate circle, but for the ones that we do, we need a little extra security to ensure you are supposed to be there.

Whether you know it or not, you are subject to be analyzed by Introverts once we decide you have the potential to be someone we call a friend or a love. It's not to judge you, but rather to see how we can improve upon what you have already established for yourself and how you can improve upon what we have

already established for ourselves. This is another reason that Introverts like to be around like-minded individuals, so we can grow together as one. We do not want to come into your life and disrupt—or vice versa—simply to keep you around, and we will feel guilty if we did, and we ended up being the reason for you to fail or become emotionally unstable.

“Introverts tend to focus on needs over wants, internalizing what really matters to us, making Introverts more faithful partners.”

Introverts are very visceral creatures. Our

instincts are like those of our ancestors who had to hunt and kill for their family. We lean more toward what we really need out of life because of our visceral instincts, instead of toward what we want for amusement. Naturally, human beings would instinctively seek out a mate that we deemed was worthy for mating, and then die if we had to, just to keep the family unite strong and alive. This left very little room for error or for pleasure outside of the family dynamic. This way of thinking has changed over the years as it has been chipped away by modern technologies like television, industry, internet, and other forms of mass media that promote the “buy now” sensors of the mind. In today’s world, everyone wants what they want right now with no consequences attached to it—from

food, to sex, to security. We have evolved, or rather, devolved, into beings that do not see morals as the basis of reality or society anymore. Introverts, due to our inherit ability to deduce the world around us, maintain a more classic sense of morality that we subconsciously understand will bring us peace with as little drama as possible.

We as Introverts enjoy the simple things in life, so to our needs and wants end up becoming one and the same. We want to be fed, we want to be comfortable, we want to be safe, and we want to be loved; the basic components of life broken down into our instinctive nature. Everything after the basics of life for us is extra, and though we don't necessarily seek it, does not mean we will turn it down either.

Introverts are human and like anyone else, we can enjoy extravagance and luxury, so we are not stating that we shun it out of our lives.

Introverts just don't put these frivolous things above anything else in life and don't see them as better, but instead, as extra. If you live right and do what you are supposed to do, then certain things in life will come to you and you won't have to worry about them, so Introverts simply do what is necessary and let the rest fall into place naturally.

For us, going above and beyond is natural, so if you are wondering why the richest people in the world are Introverts, it's because our natural instinct is to follow our dreams and help others. We seek only what is needed, but our natural talents often push

us to the next level in life.

With relationships, this natural instinct to seek what we need makes us great partners to be with because we do not chase a lot of people for gratification. We seek genuine love from others and once we find it, we can be satisfied with it, allowing us to focus on other things. Introverts do not have to have multiple partners because that would be considered extra. We actually cherish the feelings of the partners we choose because if we chose them, then we feel like that person matches us in some way. Introverts like like-minded people who understand us, so if we are fortunate enough to fall in love with someone who meets these standards, then we do not see a reason to jump ship for the next person that comes along.

“Introverts spend a whole lot of time in our own heads thinking, daydreaming, solving, imagining, and reflecting.”

To Introverts, our minds are our own personal vacation; a getaway from the day to day happenings of life. We enjoy just slipping away and letting the current of thought take us away. For an Introvert, this is a means of recharging and pleasure all in one. To have a great idea or a bit of information we can dissect can give us a day’s worth of fuel to use our detail oriented minds. The things we can

imagine are completely real to us and may be even more important to us than the physical world that our flesh made bodies reside in.

It's amazing how adult Introverts will still daydream as much as children. Imagination is the mother of all great creation and Introverts are the most creative of all the people on earth. We find interest in the uninteresting and see new ways to do old things. This is one of the reasons we make great business people, scientist, architects, and even thrive in fields such as health care and media—which all implement the thoughts of great minds to accomplish amazing feats.

If you have children who are introverted,

it's good to tap into their imaginative spirit at a very young age to see what makes them tick. As adults, we tend to revert back to the same concepts and ideas we had as children to solve the queries we have about our present realities. I always thought that the urge to create would dissolve as I grew older, but instead, it enhanced over time and now I wish to complete the goals I had when I was a child even more than ever. It's this child-like enthusiasm for creative thinking that led mankind to fly through the air and create vehicles that went faster than 10 miles per hour. The use of the imagination is an unappreciated skill that, even though has changed the world on almost a daily

basis, has been shunned in order to make people better followers.

You can change an Introverts environment, but you can't take away the ability to think, and this is why Introverts see nothing wrong with escaping every now and then to the world within ourselves. After a life of being introverted, we use our thoughts more than our words and will disappear into them with no regard for how anyone feels about it. The mind is terrible thing to waste, as they say.

“Introverts are masters of the fake smile and head nod when it comes to conversation, while actually thinking of something else altogether.”

Every Introvert has faked interest before as a means of escape from the dread of small talk. It all starts at a young age, when you meet your aunts and uncles who insist on interrupting your quiet moments alone to ask you how you are doing in school or if you have friends. The Introvert in us naturally puts on a smirk and goes along with the conversation, all the while hoping we can just vanish. Fast

forward to your teen years, it's hard enough that you're trying to figure yourself out, so when adults start asking how you're doing in regards to the opposite sex, the Introvert in us puts on that same half smirk as we imagine our heads exploding from embarrassment. Then, we reach adulthood and it seems nothing changes; people are still asking questions they already have the answer to, or questions we don't want them to ask, in an effort to get you out of your shell. We as adult Introverts will simply revert back to our childhood methods of putting on a half-smile and nodding until the person realizes that we are not really listening anymore.

If you have never used this method before, I doubt your validity of being an Introvert but, give it a try because it works to perfection. Simply listen to the first half of the conversation and respond like you normally would with clear and concise answers, and then when the small talker goes into a long explanation, drift off into an idea you have been working on while leaving your body on auto pilot. Repeat the following while giving a slow and steady head nod “Yep, mmm hmm, mmm hmm, yep, oh really, mmm hmm”. If done right, the person will keep talking and be none the wiser.

“When doing anything strenuous, an Introvert can escape into the mind in order to make the experience easier to cope with.”

Introverts who experience serious trauma can use the ability to mentally escape in order to save ourselves from going into shock. This will instinctively happen for most people who break bones or are in other forms of a serious accident. The trauma will instantly send the person inwards to take them as far away from the pain as possible. You will notice that medical authorities know this to work, so they will tell you to focus on them, hold their hand,

and listen to their voice as a means to keep your attention away from the horrible experience that you are encountering. The same method they are using is an instinctive thing that Introverts do by ourselves. As long as we do not look at the broken bone, or burn, or whatever it is, we can reduce the pain we feel by just slipping into one of our daydream like states.

The mind is a powerful organism that sends signals to our limbs through nerves, causing us to take action in the world around us. The Introvert's nervous system is naturally sensitive to most stimuli, especially bodily trauma. This means we actually feel pain much

deeper than most other people, but as a safety mechanism, our minds have an idling switch that will click on when we encounter too much stimulation of any sort. This metaphorical idling switch is the reason we can't be in public for too long before we feel like we need private time to ourselves. The same function we use to recharge our battery after party, is the same function we use to save ourselves from the pains of the world that are too much to handle.

“The education system is not made for Introverts. Public schools are catered for extroverted learning while introverts learn better in seclusion.”

Introverts learn better on our own—through hands-on experience or with a creative element involved, like music or video. The ability to work together is also a good trait to learn that Introverts gain in school, but after years of experiencing this, we realize that today’s school system is not really made for Introverts to be successful. Regardless of this fact, most Introverts still thrive in school because we are

naturally creative learners. We suck up all doubts of failure, and push forward against the tidal wave of extroverted group projects and public speaking in front of classrooms, to achieve our education. If school was just a bit more balanced and a bit less geared toward one type a person, then more Introverts would make it through. Introverts have a high dropout rate in high school and in college—not because they are not smart enough, but because they simply get tired of forcing themselves to be the people they are not: social butterflies.

School has become a programming station for the minds of the young instead of a creative outlet that teaches children the facts of life in

order to lead them in the direction that is best for them as individuals. Children spend twelve years pledging allegiance to a country and being trained to enter a work force that will consume them for another thirty. Introverts are often seen as rebellious because we would rather find our own way in life and do the things that make us happy, instead of the things that are wanted of us by others. Schools actually push student athletes more than student geniuses to higher levels of approval because sports pay the bills for most schools. There is something really suspicious about the whole set up of the way many schools choose to prioritize their curriculums and awards for achievement. In a

world where students vie for popularity in hopes of becoming a prom king or queen, it's no wonder Introverts can't seem to find comfort in the school environment.

“Empaths love to be around love and hate to be around hate; we feel these emotions on a physical level. Hate is discomfort and love is peace.”

Empaths are karmic souls who feel the pain of hatred, jealousy, greed, and dishonesty on a physical level. The negative vibes of hatred can bring stomach aches and headaches to an

Empath as we take on these vibes unto ourselves. It's best for Empaths to stay around people that make them the happiest and away from people that have a pattern of bringing about negative emotions like sadness and grief.

Part II

INTROVERT QUICK FACTS

The following are Introvert facts that we did not get to discuss in part one of this book series. Many of these are self-explanatory, but stay on the lookout for *Introverts Explained: Part Two* for further explanation of some of these facts, as well as a plethora of new information, written especially for all of you empaths and introverts.

Introverts' homes contain mostly art, books and open space, since the Feng-Shui design style fits with their 'less is more' mindset.

Introverts don't follow crowds. Because of this, we are the trendsetters, choosing to dress, act, and live originally. Others laugh and eventually copy.

Introverts will leave and never come back if you make them feel unwelcome. We don't like to waste energy on anyone that's unappreciative.

People love an Empath's presence and look forward to being around them because of the feelings they get from an Empath's aura interacting with their own.

Ask for the number. Single Introverts can end up dating incompatible people because they rarely make the first move on the people they actually want to date.

Empaths' auras are negatively affected by others' negative vibrations, so they are easily compelled to cut contact with these kinds of people.

Don't take an Introvert's strange actions personal, unless they are specifically stated to be directed towards you, with your name and address on it. Our actions are usually about self.

As an Empath, your life is often unconsciously influenced by others' desires, wishes, thoughts, and moods. Once you realize this, you can stop them from affecting you.

Introverts make good teachers because they are independent learners who enjoy discussing matters of education and spirit.

Introverts love art. We appreciate the beauty and meaning of things that allow us to use the parts of our observant and analytical minds.

Define moral boundaries so you can make better social decisions. Introverts are drained faster when doing things that conflict with their moral values.

Don't always judge a book by its cover.

When an Introvert smiles too much, it could mean they are feeling awkward; and when they have a confused look, it might actually be because they are interested.

Introverts lose energy with every meaningless word spoken. If a conversation does not have depth, we would rather talk to ourselves.

Introverts are not usually open to sharing their personal space. If you are an introvert's friend and wish to keep it that way, don't suggest to or try to become their roommate.

Don't force your Introvert girlfriend or boyfriend to be around or get to know your friends. This is like pulling teeth to an Introvert.

In the mind of an Introvert, everything in the world is a sign and has a meaning that adds to the bigger picture of life and its journey.

Rainy days are perfect for Introverts to stay in and read, paint, or rest. The sound of the rain is calming and euphoric.

Because Empaths have the ability to physically feel their emotions, a broken heart can be as excruciatingly painful as a broken bone.

Introverts give the best advice because we are so analytical and observant. Often times, we are able to see what you don't when it comes to your solving your problems.

Introverts are very creative souls, but do not always seek popularity for their talents. However, they do still appreciate being acknowledged for them.

Introverts are loyal friends and mates and therefore, like to be in loyal relationships with a loyal partner.

Introverts are kind, gentle souls and avoid unnecessary drama and dramatic people who tend to drain our energy.

Introverts don't like to leave anything unresolved and will think or worry ourselves to death when in an unresolved situation.

Introverts like to be alone, but love to be wanted by the people they love. Although they might not be in the mood to hang out, they'll still appreciate it when you offer.

Introverts are not just conscious people, they actually have a close personal relationship with their inner conscience and spend time conversing with it.

When Introverts are in a good mood, you may catch them dancing to a tune only they can hear; an involuntary dance they may not even notice that they're doing.

Introverts prefer smaller areas over larger ones, choosing to stay in a home that's warm and cozy, rather than a house that's large and extravagant.

Once in love, an Introvert may go overboard and tell you every emotion they feel since they do not confide their inner most secrets with everyone.

Introverts prefer a book or a craft over television, but will cut on the TV as they read, clean, or do crafts just for background atmosphere.

All Introverts have a bit of extrovert within them, but using it uses up their energy, so it's saved for the people they feel the most comfortable around.

Introverts use their talents, such as painting or poetry, to express their feelings. Usually these feelings are hidden in metaphors, so only the intended audience will receive the message.

Introverts don't have trust issues; they simply reserve their trust for those who are deemed trustworthy through their actions and level of honesty.

Introverts are natural entrepreneurs and view creating a self-owned business as a means to escape from jobs that may keep them bound to a schedule.

The best foods for Introverts are those that increase serotonin levels, which are good for your neurotransmitters. This can include (but is not limited to) pasta, brown rice, sweet potatoes, and carrots.

Introverts tend to shut down when our bodies are inactive, so it's common to see us pacing back and forth when on the phone; it helps us have better, more fluid conversations.

The only person an Introvert thinks about more than our love is a person who broke our heart. We can take a while to get over those memories.

Introverts have a love-hate relationship with the spotlight; while we enjoy being noticed, it is easy for us to feel exposed and uncomfortable when all eyes are on us.

Make happy memories. Introverts can relive a memory as if it was happening in the present moment and their mood can change just by revisiting a certain memory.

Introverts love to watch other people who are in their simple state of being. The little things you do, that you may not even notice, are entertaining to an Introvert.

Introverts only give an opinion on subjects we actually know about, so it's wise to listen when we do choose speak because you are bound to learn something new.

Introverts will keep the secrets of life before telling someone who they feel will (a) not understand, (b) interrupt them while speaking, or (c) tell everyone.

Introverts tend to have one person, or very few people, that they confide in. They are easily disappointed when that person (or people) strays to follow the crowd.

Let Introverts know you miss them when they're gone by text or by contacting them on social networks. Not feeling wanted can be disheartening to Introverts.

Introverts like to observe a situation before we make a decision to participate in it, as we tend to learn from others' mistakes.

Introverts don't have to physically be alone in order to make ourselves feel alone. We have the ability to go inward, even in a room full of people, and create an internal world as if no one else was there.

Introverts know the answers we seek are within us so we spend time listening to our inner voice for guidance when it comes to matters of life and love.

Introverts shut down easily during an argument or debate. Since debating usually involves proving a point, we often refrain when we feel we have nothing to prove, especially if we are very well versed in the topic at hand.

Any time you spend being happy is time well spent. Introverts may seem like we are wasting time by doing nothing, but we are actually enjoying every second of it.

Introverts may forget others can't hear our thoughts so we will say things in our head and wait for a response, forgetting others cannot read our minds.

Introverts aren't shy, they are strategic. We may be outgoing when hosting a party, but reserved if invited to one; it all depends on the situation.

It is easy to share secrets with an Introvert because they are typically trustworthy and non-judgmental, and know when to keep certain information to themselves.

Young Introverts may appear to be much more mature than others, even if they are the same age. They tend to be more level headed, calm, and well mannered.

Introverts like to be left alone with their thoughts most of the time, but their quiet, mysterious auras often attract unwanted attention.

Introverts prefer routine over spontaneous events that we cannot control, especially if it means being forced to interact with random people.

Every interaction and conversation you have with an Introvert is stored in our memory banks for later review and analysis.

Introverts have a few tricks up their sleeves to avoid small talk, which can include pretending to text or putting in their headphones, even if there is no music playing.

Introverts like to move with purpose. We set specific goals, especially when going out, so as to not waste our time and energy.

When riding with friends, Introverts do not like being forced to go to unplanned places or stops that were not previously discussed. To them, it feels like being kidnapped.

If you're bringing your Introvert girl or boyfriend to meet your family, don't force them into conversation, as it is typically an awkward situation for them.

Introverts make great cooks because they usually view the kitchen as place of solitude and reflection, while allowing each meal to be a form of their creative expression.

Introverts need their alone time before a gathering in order to prepare themselves for their energy to be drained. They'll also need time alone after the gathering to recharge.

Empaths have the ability to sense and replicate your mood, emotions, and temperament... Even the ones you don't show on the surface.

Introverts enjoy talking to people they truly love and have a bond with, and can even be recharged by these conversations.

Being an Empath and having empathy are not the same. Having empathy is being able to understand what others are feeling because you have experienced it yourself. Being an empath has to do with the psychic ability to feel, take on, and/or manipulate the aura and emotions of others.

Introverts take their time to build real, genuine relationships, where they can provide an even energy exchange, rather than giving their energy away to someone who only seeks to take it.

Introverts are more comfortable around the people they love, allowing them to be themselves, open up and express their feelings, fears, accomplishments, passions, and much more.

Introverts spend time thinking about who they love and why they love them. They're like incubators for love, as it grows the more they reflect on it.

Introverts usually only have two or three people that we genuinely trust, love, seek, and confide in at a time...one of these people includes ourselves.

Contrary to popular belief, Introverts do not have ADHD; which has, in fact, been admitted to be a fictitious disease according to its creator, Dr. Leon Eisenberg.

Introversion is not a disease. However, it may be a symptom of pure genius, creativity, empathy, and psychic ability.

It's wise for Introverts to do their household chores before going out so that they have a calm and relaxing space to come home to and recharge.

Introverts are responsible for some of humanity's greatest achievements—from Steve Wozniak's Apple computer to J.K. Rowling's Harry Potter.

Introverts often get the best, most innovative ideas out of nowhere and these ideas tend to be the ones that change the world.

Introverts are deep thinkers, but can also be over thinkers who allow worry to take over their minds as they analyze situations.

Empaths pick up on your good and bad vibes and are compelled to make you feel better, even if it means making ourselves feel worse.

An Introvert's mind has a mind of its own that is able to plan and decode, even while sleeping. This is why we end up staying up late and waking up early.

An Introvert's mind is able to work separately from the body, allowing us to multitask quite easily. We can be physically present at work, while mentally focusing on writing a bestselling novel or designing the world's next great invention.

Introverts search for the deeper meaning of relationships, ideas, and events in order to better understand ourselves.

Introverts often leave gaps and can go days, weeks, or months without speaking to someone they care about, but when they do speak, it's almost as if no time has passed at all.

Introverts use their imagination to formulate life plans, so much so, that when discussing their goals with others, these goals may be seen as impossible or improbable.

Introverts make the most insightful observations because they are able to put things together that others feel have no connection at all. This quality makes them great philosophers.

Even though Introverts have large imaginations, they are still very rational thinkers and don't like to do things unless they are absolutely sure about them.

When Introverts get excited about a topic, their thoughts can come off as incoherent as they try to explain the chain of conclusions that helped form their ideas.

Introverts are usually honest and very trustworthy, which are traits that many people take advantage of. This is one of many reasons they prefer to be alone rather than in the presence of bad company.

Introverts can easily become socially frustrated. They may feel the urge to tweet every five minutes, and the next second, they'll find themselves going to delete their entire account.

Introverts are natural writers because it's the easiest way for them to express their complex thoughts. Therefore, they tend to be great authors and storytellers.

Taking a walk or going for a jog is a great way for Introverts to organize their thoughts. Being active is a great way for them to gain mental clarity.

The quiet nature of Introverts should never be underestimated, nor is it wise to bully an Introvert. Their creative minds are capable of forming dangerous revenge plots.

A common misconception is that Introverts are only interested in their own feelings, when in actuality, they can spend a great deal of time pondering what others are thinking or feeling.

In today's society, it's popular to live for just for the "now" moment. Introverts, on the other hand, like to use the present time to plan for the future, while reflecting on the past.

Introverts can often come off as emotionless because expressing their deep emotions is not something that always comes so easily.

Introverts literally relive experiences in our heads and draw upon history to form goals and expectations about what will happen in the future.

Introverts use left brain, logical, analytical, and systematic thinking to perceive, break down, and process everything that they take in.

Introverts need time to prepare for social interactions and would prefer if you called first, rather than just popping up on us out of the blue.

An Introvert's body is sensitive to outer stimuli, whether it is people, sounds, light, or even taste. They experience everything in the world at a higher frequency.

Introverts can be masters of many arts, but will usually choose to focus on one when the little voice in our head tells us it's time, because to an Introvert, timing is everything.

Introverts don't go out of their way to be popular, but due to their creativity, elusiveness, and views on life, people find them intriguing.

Introverts are great listeners and are very understanding, but often have difficulty finding someone who is able to reciprocate.

Introverts are extremely diplomatic. They aren't ones to instigate and tend to stay neutral in the midst of an argument, listening to both sides in order to logically diffuse the situation.

Introverts are natural daydreamers whose daydreams often turn into life changing epiphanies.

Introverts love learning and can spend hours following leads from one topic to another, ending on a completely different topic than the one they started with.

Not all Introverts are quiet. Surprisingly, it can be difficult to shut us up once we get started on a topic we're passionate about. Because of this, we are very careful about what we talk about and who we talk about it with.

If an Introvert is sitting alone in a lunchroom or at a coffee shop, it's not your queue that we need company, we are enjoying our space.

Empaths attract conversation from strangers very easily. Their inviting auras cause people to open up to them, even if they don't know them that well.

Trust your gut... Empaths are able to sense disturbances in the atmosphere around us that warn us of impending danger.

Empaths can pick up on and carry other's negative energy. But, they can easily dispose of this energy by learning grounding and flushing techniques.

Performing yoga, walking barefoot, sun gazing, and reconnecting with nature are great ways to dispose of the negative energy Empaths pick up from other people.

Asking an Introvert "What's going on?" is not an ice breaker. To us, this is an annoying queue that we're about to have to engage in small talk.

Introversion is not just a personality trait, it literally affects the nervous system causing us to expel energy when over stimulated.

Introverts are not prone to violence, but tend to explode after letting negative thoughts and energy build up over a long period of time.

Empaths live life with a "go with the flow" mentality, using their feelings and intuition to determine their paths.

Every Introvert needs a theme song. We often use music to amp ourselves up before going out to social events.

Introverts don't need to talk much when we're around the person we love. Just to be in their company while reading quietly or watching Netflix is priceless to us.

Love is risky to introverts because it involves a great deal of trust. So, if we decide to make you the one, it's because we have determined that you're worth the risk.

Words mean a lot to an Introvert, so we take our time when communicating, heavily considering our message before speaking.

As Introverts, we don't always give ourselves enough credit. We could find the cure to cancer and still wouldn't feel accomplished until someone else acknowledges or shows us appreciation.

Introverts usually have great personalities, but most never get a chance to see it because they are so guarded most of the time.

Introverts are often ahead of their time. We are able to foreshadow certain events and make decisions based on this. Some people find these decisions to be crazy and don't understand until later.

A trusting friend is good for an Introvert to release. Without an understanding ear, we're forced to deal with an overload of thoughts on our own.

The three main parts of your brain are the stem, cerebellum, and cerebrum. The cerebrum is the center that controls learning, memory, and reason. Introverts live in their cerebrum.

Introverts' parasympathetic nervous systems cause us to think before reacting, so we usually pause before deciding...by nature.

It has been scientifically and biologically proven that Introverts receive more amounts of dopamine in their system during times of solitude.

As Introverts, we talk ourselves into going out when we feel we've been spending too much time inside, only to quickly remember why it is that we stay inside, and then we find ourselves rushing to get back home.

Once Introverts are intrigued, we become like moths to a flame. For example, we may watch every episode of a show on Netflix, nonstop, if we are interested.

To an Introvert, the door closing behind us as we enter our home, free from people, their noise, their opinions, and their demands, is a heavenly feeling.

Making a living off of your talents and not having to work a 9 to 5 job is every Introvert's dream because it gives a complete feeling of independence.

When Introverts are over stimulated, their bodies can pump too much dopamine, as well as other chemicals, causing them to shut down from being overwhelmed.

Introverts can go longer periods of time alone before becoming lonely. However, their humanly instincts eventually force them to crave the presence of friendly faces.

Introverts are actually very thoughtful, but sometimes our truthful responses mixed with our unreadable facial expressions can come off to others as judgmental.

Indulging in an interesting book, an intriguing movie, or even a creative recipe are all ways that an Introvert would rather spend their time as opposed to going out to a party.

People often wonder how it is that Introverts are able to keep a calm demeanor in chaotic situations. It's usually because we're analyzing our options and a contingency plan, and spend less of that time worrying.

Introverts prefer to take their time, but are also capable of quick thinking when it's absolutely necessary. Our minds are able to work like Neo, dodging bullets in the Matrix.

Introverts often overthink and overanalyze the opinions of those closest to us, sometimes to a point where they hinder our relationship with that person.

Living with others is not wise for Introverts, especially if those people are loud and messy. If you do, find a place to get away when needed.

It's best that Empaths stay away from shows that promote negativity, such as the news, because they are able to pick up on these energies and may become more negative themselves.

Empaths should surround themselves with as much loving energy as possible in order to function positively throughout the day.

Introverts aren't always comfortable during interviews and may easily get passed over, even if we are overqualified for the job, because their first impression can come off wrong to others.

Introverts often use intellectual humor, also known as dry humor, that others may take the wrong way or not understand, but to us it's hilarious.

Introverts have trouble expressing enthusiasm if we are not 100% interested and can easily deflate others' egos when they express good news and we respond with a simple "That's nice..."

If an Introvert gets silent, it's not because you did or said something to upset us, we are simply processing the conversation or atmosphere.

After work, Introverts do not like to make any stops unless we have to. We usually rush home to enjoy every second of peace and relaxation.

Although Introverts are extremely intellectual, we prefer to educate ourselves. Many of us find that we are not fit for public schooling institutions, or rather, they are not fit for us. We'd rather to spend time researching the things that are personally interesting to us.

Introverts often see a piece of ourselves in others, choosing to emulate the good qualities, while discarding the ones we don't like. This is especially true when it comes to our parents.

Introverts may drop their guard to share our interests with others, but we quickly regret it if we realize you are not genuinely sincere about getting to know us.

Introverts are animal lovers, often having a pet that we may treat better and show more attention to than the actual humans in our lives.

Introverts are passionate about their interests and prefer to be around those who genuinely share those passions in order to exchange energy in a natural and creative way.

Introverts don't care much for things that are a spur of the moment. We like to plan, prepare, and then execute for a higher success rate.

Introverts are only 100% themselves when they are alone. Therefore, it might be possible that you'll never truly know everything that you want to know when it comes to the Introvert in your life.

Introverts prefer to get to know people on a deeper level, and we are usually able to find out, within the first 10 minutes of meeting you, if you're worth that time.

Introverts take pauses between words, choosing carefully which words fit the best and have the most impact, sometimes causing the listener to become impatient or lose interest.

Introverts don't like to be the very center of attention, but our creative aspirations may become so adored that we have no choice.

Introverts are usually very humble and have abilities that would make you drop your jaw, but you may never know, since we do not like to talk about ourselves or self-promote.

Introverts work better alone, but if we must work with others, we prefer small groups of like-minded individuals.

The demeanor of an Introvert may fool you, but they are typically great leaders. In fact, some of the world's greatest leaders and political figures have been Introverts.

Empaths have the ability to see the world from all points of view, allowing them to be more comforting in situations that others may not know how to handle.

Slow Down! Don't rush Introverts into a serious relationship. Introverts prefer ebb and flow type of relationships, allowing us to become more comfortable before taking that first step.

Introverts remember virtually everything, storing away memories in our mental databanks that we revisit and surf through almost daily.

Unlike most people of this generation, who spend the majority of their weekends in bars or clubs, Introverts find this to be very cliché and prefer to spend their weekends at home, relaxing.

Introverts are natural listeners, therefore we can get distracted by background conversations when we are trying to focus and work on our crafts.

Introverts cherish the person we fall in love with. That person instantly becomes the only person we want to be around and share everything with.

Introverts are very cautious when meeting new people, so don't be offended. It's not that we don't trust you, it just takes us a while to put our trust into someone new.

An Introvert's thoughts are able to take physical hold of them and can stop them from talking or moving when stuck in a deep thought, almost like a deer in headlights.

Introverts are excellent at deduction, so when asking for advice, we may have the answers you seek before you even finish talking.

Most Introverts don't realize they are Introverts until adulthood, but once they do, it sheds light on past situations that didn't make any sense at the time.

Introverts prefer listening over speaking, reading over socializing, watching over participating, and working on our own over collaborating in teams.

If an Introvert agrees with you but uses "mmm hmmm, mmm hmm" to respond, we are really hoping you will eventually just stop talking and disappear.

Introverts are territorial by nature. We think everyone we allow in our life is now our personal property...so get your own!

Introverts need a partner who is comfortable with what others may deem as “awkward silence” and need them to understand that we still love them, even if we ask for our time alone.

Introverts don't like liars but we will make up a story in order to not go out. We don't see this as lying, we see it as being true to ourselves.

The best job for an Introvert is one where we can work for ourselves. We despise working for others and start to feel as if we're being forced into social interactions just for money.

Introverts do not cater to the opinions or views of others, or idolize what anyone else is doing. We only look up to those who relate to us.

Empaths are spiritual beings whose auras interact with the world in a physical manner, making its own connections separate from its host.

Introverts don't just learn how to do things, we strive to master the art of whatever it is that we are learning, going the extra mile to be the best that we can when it comes to a particular subject.

Introverts' imaginations are extremely vivid which is why we enjoy reading so much. To us, reading a novel is equivalent to watching a High Definition cinematic movie.

Introverts will test you by giving you a secret to see how well you keep it. This is our way of determining whether or not we can confide and place our trust in you.

Empaths are natural experts in matters of the mind, body, and soul and therefore, give some of the best and most honest advice on the subjects.

An Empath's intuition is closer to a psychic ability than just a gut feeling. We have the power of knowing things without them being obvious.

Introverts instinctively avert our eyes to avoid having too much eye contact with other people because we know that this could lead us into conversations that we really don't want to have.

An Introvert can lie in bed from sun up till sunset with a book, a laptop, or a notepad and not get bored.

Introverts are research minded, so we take our time to find out how things work before we use them and how things will turn out before we do them.

Introverts don't mind you judging our awkward behavior because you will not exist anymore in a few minutes once we retreat to our hideout.

Introverts like things the way we like things—our homes, our workspace, and even our relationships reflect this form of thinking. Everything has to be in its rightful place.

Introverts can be quite the perfectionist; we don't spend so much of our time on one thing for no reason. We are quick to delete a post if the wording wasn't right or if we misspelled something.

Introverts remember everything about the people in our lives. We're the ones asking how that one thing went that you may have completely forgotten about.

Introverts are great public speakers because we are able to separate ourselves from the crowd, allowing our minds and words to flow fluidly.

Introverts are old souls who tend to be incredibly wise, even at a young age.

Introverts like working alone, but a team is not a team unless we are on it. We are good at determining each person's strengths and weaknesses, allowing for better execution of the project.

An Introvert is able to find beauty in even the most simplest of things, whether it's observing a spider web, watching the sun rise, or even witnessing a flower bloom.

Introverts are day dreamers, escaping into our minds in order to design our next creation, plan our next trip, or contemplate the future lives we seek to live.

Introverts tend to sacrifice for love, doing things we really don't want to do and going places we really don't want to go, just to win your heart. This can be good or bad, depending on how far we're willing to go.

It may seem like your introverted lover is holding out on some big secret from you, which is usually not the case. As Introverts, we tend to contemplate and examine life at such deep levels, that we cannot always convey in words what it is that we're thinking.

Introverts don't just pay attention to you, we give energy to you. Therefore, whoever and whatever we choose to engage in has to be well worth it.

An Introvert's idea of enjoyment may be very different from those around us. We prefer activities that allow us to learn and form deeper bonds with those who are close to us such as traveling, having sleepovers, or going camping.

For an Introvert, love is not just time spent with each other. It means being with someone who understands and appreciates us for whom and what we are.

When an Introvert does not have enough time alone, every minor annoyance is amplified by ten, and even the smallest situations can become greatly overwhelming.

The biggest secret an Introvert holds onto is their outgoing personality, which is kept under lock and key until they find someone worth sharing it with.

Today's world can make Introverts feel as if something is wrong with them, when in actuality it's the rest of the world that's all out of whack.

For Introverts, social interactions are almost like exercise. Although it is necessary, it's also quite exhausting and sometimes we have to take a quick break just to recuperate.

Introverts have realistic imaginations and can feel a closer connection to characters in books than to the people in our actual lives.

Introverts are fully aware that we were put here for a reason and spend most of our time finding out what that reason is, rather than wasting their time on random, meaningless fun.

Introverts love deep, intimate conversations about life, spirit, religion, art, and the future—especially with the person we love.

Introverts do not respond well to those who rant and rave to get their point across. We'll end up just watching you go on and on in complete silence.

Introverts are territorial and don't like competing for love. We would much rather be alone until something more genuine presents itself.

Introverts are patient creatures and can wait as long as it takes to get the desired results, while everyone else rushes perfection.

Introverts are nature lovers who enjoy going for a hike or sitting under a tree with a good book to read. We turn these simple activities into a grand getaway from the stresses of everyday life.

Introverts are viewed as strange for liking their solitude, which is ok because we view everyone else as strange for wanting to be around people all the time.

Introverts don't like to be interrupted. It knocks us off of our train of thought as we attempt to put our words together.

Most spiritual gurus are Introverts or pro Introvert, recommending a steady diet of looking within, which is something Introverts naturally do anyways.

Don't rush the thoughts of an Introvert, give us time to think about what you asking us so we can give you an answer that we are comfortable with.

Introverts can be extremely sarcastic at times, to the point that you may not even know if we are being serious or not.

Introverts are on a constant quest to find inner peace and understanding of self, paying close attention to even the smallest things and regarding them as signs to help us on this quest.

Introverts can get annoyed easily, but don't always express it. If we do, it usually comes off as us being passive aggressive.

Introverts are very sentimental, holding on to memorabilia that remind us of past events or people, that we can look at to spark a memory.

Introverts will fake like we agree with you until you stop talking, especially when we feel that we know more about a certain subject than you do.

Introverts don't have anything to hide, but we also don't feel the need to explain ourselves or share all of our personal business with you.

Introverts love deeply but may have a hard time verbally expressing it. Instead, we try to show it through our actions and artistic outlets.

Empaths tend to find spiritual practices such as meditation, prayer, yoga, mantras, and reflection very comforting, allowing them to hone in on their spiritual abilities.

Peace is the name of the game for Introverts. We need it to function and to recharge our constantly diminishing battery, so be cool or be gone.

Introverts and Empaths are usually very understanding of others and their feelings, which is why it makes us feel bad that we must ignore you sometimes for the sake of our own well-being.

It usually seems like it takes an Introvert longer to process certain information, not because we don't understand, but because we're pondering the deeper meaning of what's being said.

For Introverts, it is overwhelming to keep up with a lot of friends because catering to all of them can use up a large amount of our energy.

An Introvert that you hang out with once a week will undoubtedly know you better than an Extrovert you hang out with every day. This is because we pay close attention to details and what you reveal to us about yourself.

Once an Introvert gets focused on accomplishing a goal, we can experience extreme tunnel vision and time will seem to fly as we work on it. We may even end up working all throughout the night without realizing it.

Empaths are natural mediums to the spirit world. Therefore, spirits often use Empaths to accomplish goals in the physical world.

Introverts pay close attention to the actions and deeds of others, making honest judgment calls about the people they choose to have around them.

Due to their unwavering morals, Introverts seem to lose more 'friends' as time goes on. However, the people that we gain in our lives are often more genuine than the ones we lost in the first place.

An Introvert's love does not diminish. Once we love you, you will always have a place in our hearts, minds, and memories, even if we are no longer together.

Introverts are not boring like most people assume. We just have different ways of having fun and enjoying ourselves.

At every moment of the day, an Introvert is either being entertained, enlightened, reminded, taught, or tormented by our own thoughts.

Introverts love to read. Some read novels, some read articles, some read magazines, some read tweets, and some read minds.

Introverts who spend more time conserving their energy, maintaining good health, and perfecting themselves mentally, physically and spiritually, often appear younger and tend to live longer than others.

Don't feel bad if you have to cancel plans with your introverted friend. It's more than likely that we are relieved about not having to go out to the club with you.

Don't invite new people over and expect your introverted family member to host for you while you tend to other business. This is awkward for us, especially since we'll have to engage in small talk until you get back.

Introverts will rehearse a conversation over and over in our heads, but when the time comes to actually say those words to another person, they do not flow out as smoothly as we hoped they would.

Introverts save money easier than Extroverts because we do not feel the need to always be out and about and in situations that require us to spend.

Introverts tend to lead happier lives than most people because we seek less and are fulfilled by more.

Some Introverts prefer texting over actual phone conversations, but would rather see you in person instead of texting you...only when we're in the mood of course.

Introverts have great personalities, but would rather be recognized for our minds.

Introverts get excited over purchasing a new book and will even plan ahead for free time just to read it.

Introverts have a tendency to be quite confusing to others. As much as we enjoy our air of mystery, part of us still longs to be understood by others.

Introverts naturally meditate, falling into a state of euphoric reflection at random moments, even if we're in public.

Introverts need trusting partners who won't accuse and question us every time we need to take a moment (or two...or three) for ourselves.

Introverts are full of random information that we pick up as we research topics, which usually comes in handy later.

Introverts may be quiet on the outside, but on the inside, there is an ongoing conversation that we have with ourselves, reflecting many different points of views.

Introverts process information for days, months, and years, connecting new information with things we may have learned a long time ago in order to complete the big picture.

Introverts take our time to get things right because we tend to focus more on the legacy we'll leave behind, rather than instant gratification.

As Empaths and Introverts, we hate to see other people hurting, especially at our expense; but focusing on and doing for self is the most important thing to us, as it directly affects our personal wellbeing.

Introverts will show up to an event late in order to minimize the time we have to be there, and will leave a little early once the main parts are done.

Many well-known celebrities with 'larger than life' personas are actually Introverts behind closed doors, who secretly dislike the life of fame.

Music is one of the only things that can stop an Introvert's mind from speaking with its self, so we stay with headphones in our ears.

Introverts are inspired in times of solitude. Artist Michelangelo even stated that he stayed to himself because it was the only time he heard the voice of God.

Introverts are not their happiest when alone, they're happiest when with the person they love. Being alone is something they have to do in order to recharge.

It may seem as if Introverts accomplish their goals overnight, but in reality, there was much time spent planning and preparing that no one ever sees.

When an Empath picks up on someone else's vibes, their intuition about that person is usually very accurate.

Empaths are able to pick up energy from people, objects, and even food. This is why refraining from a meat based diet is important, because taking in the negative vibrations of a slaughtered animal directly affects our health.

Introverts may read and study religious texts, but don't spend much time going to churches or temples. We prefer to practice and develop an individual spiritual connection.

Introverts tend to only follow like-minded individuals on social media websites. Being inundated by a million different people and their opinions makes us not want to participate in social media at all.

Introverts are willing to change for the people we love, but are unwavering when it comes to our moral values. Therefore, we expect you to love us for who we are.

The dream life for an Introvert would be to quit our job, write a book, sleep in late, and travel the world with someone we live while learning new things.

Well-known Introvert, Pablo Picasso, once stated that "Without great solitude, no great work is possible."

Introverts are easily bored by mundane conversations and will eventually retreat into conversations we have within our own minds.

When speaking about topics of interest, an Introvert's enthusiasm will make you intrigued about whatever it is that we're talking about.

Introverts have the ability to be the life of the party if we choose to, but we will need a few days of alone time afterwards in order to recuperate.

Introverts often surprise and impress ourselves with the things we are able to accomplish during our alone time.

Many standup comedians are Introverts, who take the time to breakdown life's many quirky ways, adding in their natural humor to make it relatable to an audience.

Introverts are great friends to have because we honor and respect our friendships. The only thing we require is the same love and respect in return.

Introverts are fast thinkers who can come up with a quick contingency plan just in case plan a falls apart.

Introverts reserve the energy we give away to others, so if you are not important to us we will not worry too much about what you think.

We hope this book has helped you open your eyes and mind to the reality of Introverts and the way we really are. Introverts are misunderstood creatures of habit and we made this book to correct a lot of the misconceptions floating around about us and our personalities. This is only part one of a full book series on Introverts and Empaths, Indigo, Crystal and Rainbow Children, and much more.

If you do not already follow us on Twitter, please take a second to do so @EmpathIntrovert and share your opinions about this book with us and the rest of the world. If you have any questions, contact us on Twitter or by email at Introvertempath@gmail.com. We will answer your questions as soon as possible. Thank you for reading.