

# Are you an introvert and an extrovert?

Ambivert is the term for people who are both introverted and outward. They have a balance between these two characteristics: sometimes very exciting, excited to participate in activities but sometimes just want to be alone to ponder. However, they are not alone.

The Internet is now full of analytical articles about identifiers or personality traits of **introverts (extrovert) and extroverts (extrovert)** .

In 1921, **Carl Jung** - a influential psychologist published a blockbuster book **Psychology Types** , which has since introduced the concept of introvert and extrovert as a core component of humanity. way. According to him, introverts are attracted to the inner world of thoughts and emotions, while the extroverts enjoy the vibrant life outside and engage in them. In addition, being alone is the way in which the introverts reload the living energy but with the outgoing person this habit will cause them to be exhausted, both physically and mentally.

However, for those who cannot find themselves in these two types of people? Don't worry because you may be an **introvert and an outward person (Ambivert)**.



## What is Ambivert?

**Knowing which** world you belong to: **Introvert (introvert), extrovert (extrovert) or ambivert (both introverted and extroverted)** will make it easier for you to improve relationships with others, choose choose the job you want and find the best mate.

1. **Introverts are** basically people who are **discreet, self-contained** , often unwilling to share their joys and sorrows with others, and at the same time can hardly understand their thoughts if only relying on one some

external expressions.

2. **Extroverts** are people who are **open, approachable, enjoy participating in social activities**, events and when they are with them, you feel an extremely large energy source is always ready to be released.
3. **The person who is both introverted and extrovert** is the person **who possesses the characteristics of both types of personality** and seems to have harmony between both worlds. They like social arrangements and are surrounded by people, however, honestly, they also need silence. Being too inclined to "look inward" or "outwardly" makes them tired and don't feel real happiness. **Balance** is the key of "ambivert".

## Understand the people of an "ambivert"



As mentioned above, **people who are introverted and looking outward prefer balance** or at least try to achieve it. They look for social norms, connections with people and they do them quite well. They are not overly happy as a purely extrovert but still know how to enjoy the hours of community integration and doing the things they like. In addition, "ambivert" also likes to be alone, though not to the extent of loneliness as people are intrinsically introspective.

Obviously, with the above characteristics, sometimes "ambivert" can confuse others. Because they possess two personalities, sometimes they will easily be "deviated" from a world, too introverted or outwardly leading to an "imbalance" phenomenon. This happens due to the impact of the situation and if it does not seek to return to its equilibrium, it is easy for them to fall into a state of fatigue and collapse.

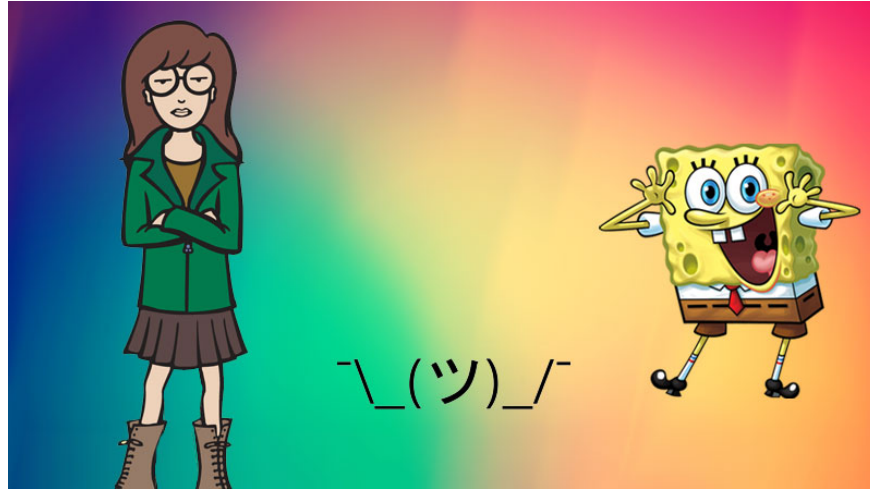
As "intermediaries" "ambivert" possesses many flexible characteristics. They have personal interests but are also very easy to adapt to most situations (as long as they don't force themselves to stay too long in those situations). They can work alone or in groups. They can venture forward or backward to wait for the opportunity. They also set up plans for what might happen or potential problems that are likely to break out. On the negative side, however, this flexibility can make them not really definitive in many things.

An "ambivert", in general, very understand the problem. **Their intuition is good** and can feel the feelings of others while being able to connect with them in many ways. They are not afraid to talk but also to observe and listen. They are able to know when to help and when to step back.

The truth is, both introverted and extrovert personality can go beyond common sense, but having some basic insights about these different personalities can help you understand yourself and others better. , and easily build a good life.

## Advantages of a person who is both introvert and outward

Having a balance between inward and outward personality is an asset.



1. **Flexibility:** "Ambivert" is characterized by its ability to easily adapt to most situations and situations.
2. **Stable:** According to psychologist Hans Eysenck - who proposed the term "ambivert" in 1947, those who possess these two personalities often **have a good balance between introverted sentiment and authoritarianism. of the extrovert.**
3. **Intuition:** Daniel Pink says that "ambivert" knows when they need to speak up and when to be silent, when to probe the enemy and when to give feedback, when to move forward and when to reverse again.

## Signs to identify people who are both introverted and outward

1. You like to attend crowded events or parties but you don't consider it important to start talking to someone or find new friends. However, you will feel happy when someone comes to talk to you and also has the ability to have a long conversation with them.
2. You do not like to be alone for a long time, besides you also feel bored when you have to go out often. You can't guess what you will do on the weekend.
3. You know very well how to reconcile both introverted and extrovert faces and you have close friends both of these personalities. However, your friend will not be able to get along without you there.
4. You excel at doing projects alone or working with groups, moreover, working very well.
5. You and your friends still can't determine whether you are an outgoing or an introvert.
6. You cannot make quick decisions. Because part of you wants things to slow down while another part tries to push them up quickly.
7. For your friends, they like freedom from you. Because you balance both introverted and extroverted perfectly, they will come to you to get some advice because you understand both of these characteristics.



1. Whether you're attending parties or just sipping coffee with a friend, you're happy.
2. You can understand people better than anyone else because you can put yourself in their shoes in every situation.
3. You cannot be assertive and find it difficult to express your true feelings.
4. You know how to take advantage of your time no matter where you are because normal things that are difficult for an introvert or extrovert are harmless to you.
5. Sometimes, you like being the center of attention, but if you get too much attention, you feel anxious.
6. For social media activities, you both love and hate. Part of you wants to get involved but the other part doesn't care.
7. You can easily open up to people but you need a lot of time to trust them.
8. You are a great friend because you are both introverted and funny.
9. There are days when you terrorize your friend's phone with calls, there are days when you completely ignore their calls.
10. Your energy drops very quickly when you are alone for too long and you also feel exhausted if you join too many activities.
11. You are usually satisfied with your weekend plans. Whether you are invited to a big party or decide to eat and watch movies with your best friend, you are comfortable, even very happy.
12. In a conversation, you know when to be silent and when to speak. You switch between these two things very easily.
13. You don't really care about articles about introverts and extroverts, simply because intuition tells you that you don't belong to any personality.
14. You meet a lot of people who are like you.
15. Sometimes you feel embarrassed and embarrassed; sometimes feel very confident. Does this make you mistaken as an introvert or an outsider?

The advantage of someone who is introverted and extroverted is from a tendency to **be enthusiastic and assertive enough to reach out and persuade others**, but at the same time comes from **focusing on listening and avoiding being present with the Thai too confident or excited**. Therefore, knowing how to flexibly use these features will be very beneficial for "ambivert".

There are no right or wrong personality types. The only thing that's right is **living, acting with your true nature**. Exploiting strengths, overcoming weaknesses and always being yourself, you will have a meaningful life.

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