

Laurie Helgoe

Quotes

*Introvert, Extroverts, Solitude, May, Quiet, Thinking, Feelings, Ideas,
Information, Hate, Worst Enemy, Needs, Watches, Player, Reading, Nice, Light,
People, Input, Sight*

Introverts are collectors of thoughts, and solitude is where the collection is curated and rearranged to make sense of the present and future.

~Laurie Helgoe

Reading is like travel, allowing you to exit your own life for a bit, and to come back with a renewed, even inspired, perspective.

~Laurie Helgoe

I am rarely bored alone; I am often bored in groups and crowds.

~Laurie Helgoe

Let's clear one thing up: Introverts do not hate small talk because we dislike people. We hate small talk because we hate the barrier it creates between people.

~Laurie Helgoe

Your nature is not the problem. The problem is that you have become alienated from your nature -- from your power source.

~Laurie Helgoe

Quiet is might. Solitude is strength. Introversion is power.

~Laurie Helgoe

Whatever kind of introvert you are, some people will find you 'too much' in some ways and 'not enough' in others.

~Laurie Helgoe

Introverts paradoxically pull away from culture and create culture.

~Laurie Helgoe

Though introverts are drained by interaction, we can take immense pleasure in watching the scene around us.

~Laurie Helgoe

Introvert conversations are like jazz. Each player gets to solo for a nice stretch before the other player comes in and does his solo.

~Laurie Helgoe

Introverts often assume what's inside is visible on the outside. We don't have to invent or fake the emotion; we just need to allow it to be seen!

~Laurie Helgoe

With public speaking, practicing congruence is very helpful - allowing the words to be expressed with the face and body. It helps to think of simply "turning up the nonverbal volume."

~Laurie Helgoe

A shy kid might look longingly at other kids playing in the schoolyard, afraid and unsure about how to approach them, but an introvert is perfectly content on her own.

~Laurie Helgoe

If you ask an introvert a question, wait until she thinks about it. Introverts think before speaking, not through speaking. If you want to get to the good stuff, you need to slow down.

~Laurie Helgoe

Introverts are generally more sensitive to low-intensity stimuli - they are mentally alerted to inputs that extroverts may miss.

~Laurie Helgoe

Asking others for input puts you in the driver's seat, and may feel less awkward than having to watch yourself on video.

~Laurie Helgoe

If the extrovert is trying to "cheer up" the introvert - extroverts are programmed to seek social rewards! - he or she may feel like a failure if the introvert remains unmoved.

~Laurie Helgoe

If the extrovert watches and listens a bit more, the introvert's true mood will become more evident.

~Laurie Helgoe

This is why it is sometimes hard for introverts to find words: we really hate to compromise, and words are always a compromise.

~Laurie Helgoe

Introvert, her brain responds with a high level of activity, it is as if several lights start flashing on a control panel.

~Laurie Helgoe

When an introvert is quiet, don't assume he is depressed, snobbish or socially deficient.

~Laurie Helgoe

Introverts are more effective leaders of proactive employees. When you have a creative, energetic work force, an introvert is going to draw out that energy better.

~Laurie Helgoe

An extrovert is more likely to share immediate reactions and process information through conversation.

~Laurie Helgoe

When a quiet introvert talks, heads turn, and that's power.

~Laurie Helgoe

Introverts process information internally, and we don't like to express our thoughts until they are fully formed.

~Laurie Helgoe

Introverts like being introverts. We are drawn to ideas, we are passionate observers, and for us, solitude is rich and generative.

~Laurie Helgoe

A good rule of thumb is that any environment that consistently leaves you feeling bad about who you are is the wrong environment.

~Laurie Helgoe

Extroverts are more responsive to high-intensity and "happy" stimuli, which may be why an extrovert gets frustrated at the less "readable" face of the introvert.

~Laurie Helgoe

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