

Questions for Reflection

Beth, You're Draining Me ... Introverts v. Extroverts



How do you gain energy?

If you are an introvert, describe what it feels like after spending time in a large group setting. What is it like for you if you're an extrovert?

Have you ever thought it was not okay to be your introverted or extroverted self? Why?

Does your profession match your personality type?