



THE
INTROVERT
ADVANTAGE

Study Guide



OVERTURE & CHAPTER ONE



OVERTURE

1. Before reading the book, how would you describe the difference between an introverted & extroverted personality?
2. Do you resonate with feelings that the author describes in the overture? If so, which one's stand out to you?
3. What are you hoping to gain from reading this book?

CHAPTER 1

1. How does the author describe the main differences between an introverted temperament and an extroverted temperament?
2. What are things in your life that recharge your energy battery?
3. How have you seen the difference between breadth and depth play out in your own life?
4. Taking the assessment is a great way to get insight into your own personality. After taking the assessment reflect on what you learn from it.



CHAPTER TWO



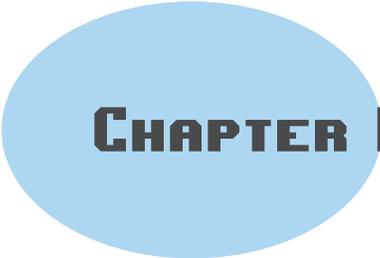
CHAPTER 2:

1. What misconceptions have you had about the introverted temperament?
2. When you hear people talk about introversion how do they usually talk about it?
3. Did anyone on the list of famous introverts surprise you? Why?
4. On pages 43-45 the author gives definitions to commonly used words that people use to describe introversion. Was it helpful to have those words laid out and if so why?
5. What new insights are you gaining in the differences between introversion and extroversion?
6. Have you ever felt blamed, shamed, or pressured to act differently than you would like to act? How does that make you feel? How do you feel Jesus would respond those remarks?

CHAPTER THREE

CHAPTER 3:

1. How does Jung describe the difference between introversion & extroversion?
2. Introversion & extroversion are very much the way we were created to be. Neither are accidents or mistakes but are exactly how God wanted us to be. The journey is not to change but to understand, and live through, how we are created by God.
3. What new information have you learned about the way that introverted & extroverted brains work?
4. What role does dopamine play in an extroverted mind & what part does acetylcholine play in an introverted mind?
5. How do you describe the difference between throttling-up & throttling-down?
6. How can you work towards balance while still being true to yourself and loving to others?
7. Page 83 the author writes about the "Big Picture". How do you react to this short paragraph?
8. What are 2-3 things that stand out to you from the graph on pages 84-85?
9. What is the difference between a right-brained person and a left-brained person?

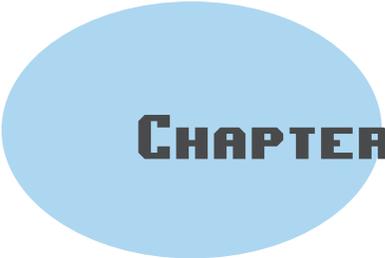


CHAPTER FOUR



CHAPTER 4:

1. On pages 98-102 the author helps introverts with the complex world of dating. Is there anyone in your life that you feel could benefit from these tips & tricks?
2. On pages 104-117 writes about numerous relationship patterns. Which relationship pattern speaks the loudest to you? Why?
3. What does the world look like through your "spectacles" that the author describes?
4. What were a few takeaways for you from this chapter?
5. How were you challenged to grow in your own relationship(s)?

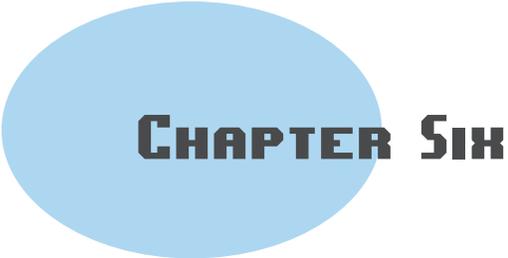


CHAPTER FIVE



CHAPTER 5:

1. Parenting varies between children and between adults. What was the parenting style of your parents or adult figures in your life?
2. What is your parenting style? How does this connect with your children?
3. Private Time/Private Space/Time to Reflect How did these impact you or stand out to you? Why?
4. Pages 143-145 offer great advice for extroverted parents to nurture/parent their introverted child & pages 146-151 offer great advice for introverted parents to nurture/parent their extroverted child. Was there anything helpful that stood out to you? Why?
5. What were some takeaways from this chapter for you?



CHAPTER SIX



CHAPTER 6:

1. What are adjectives you could use to describe how social gatherings have played out in your life?
2. What tips/tricks most stuck out for you from the examples that were given?
3. On page 164 the author writes about Boo & Hurray events...What activities do you find most and least enjoyable?
4. Of all the social tactics that were discussed which one's stood out for you? Why?
5. If you are in a relationship with an introverted person how could you best help them when it comes to social gatherings? Have you asked them?
6. If you are in a relationship with an extroverted person how could you help them in understanding how you view social gatherings?
7. What are your holiday traditions and how could you plan them to work best for each personality in your family? What would it look like to strive for a balanced approach that works for all people?
8. Take some time to process this chapter and the things that stood out to you?

CHAPTER SEVEN

CHAPTER 7:

1. If you are introverted with tips and tricks were most helpful when it comes to meetings and work environment?
2. If you are extroverted how could you be more aware of those who are introverted and conduct a meeting that works for all people?
3. Page 200 offers some great advice on how to best communicate with someone who is more introverted and someone who is more extroverted. How do you react to the lists?
4. There's a lot to be said about how we handle conflict in life. What have you learned about yourself from this talk on conflict management?
5. The author says the introverts work through conflict better than extroverts but extroverts tend to dominate the conflict. Why is this?
6. Pages 211-214...Did you give this a try?

CHAPTER EIGHT

CHAPTER 8

1. Take some time and work through the 4 questions that the author poses on page 224.
2. Much of this is about the power of understanding. Understanding gives us wisdom and wisdom gives us control of our actions. Is your introversion or extroversion in control of you or are you in control of it? Why do you say that?
3. What is a personal situation in your life where you did/or should put into practice the concept of micro steps? Did it help? How?
4. Based on your reading in pages 233-236 how did the process go in looking at goals and plans for the future?
5. Inch by Inch and Yard by Yard: when you think of future goals what emotions come up? Look at the top paragraph on page 237...any of these questions speak more than others?
6. Great book for further growth on setting boundaries is: "Boundaries" by Dr. Henry Cloud & Dr. John Townsend.
7. How do you balance the God-given calling to serve others with the personal need for parameters and boundaries to protect yourself?

CHAPTER NINE

CHAPTER 9:

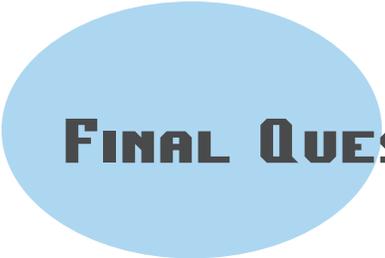
1. How do you define “energy” for yourself? What gives you energy and what takes your energy away?
2. What works best in your life the 15min, 30min, 1 hr, 2 hr breaks? Maybe a mixture of them? What ideas spoke most to you that might be worth trying out in your own life?
3. What new things are you learning about the way the introverted mind and body work?
4. What are things you go to when you feel anxious, stressed, tired or frustrated? What effect do those things have on your body and what domino affect may they cause?

Alcohol	Tobacco	Sweets	Carbs	Exercise	Art
Praying	TV/Movies	Reading	Driving	Shopping	Sports
Talking	Music	Social Media			
5. Exercise, eating healthy, and sleep are linked to so much good in life so why is it so hard for the average person to maintain them?
6. Throughout scripture notice how Christians are taught to read the Word (stay centered), pray (meditation), sing (music), be in community (friendships), serve (focus outside of you)...The goal of Jesus is to lead into being fully & joyfully human.
7. What are your main takeaways from this chapter? How are you challenge? Encourage? Inspired? Motivated?

CHAPTER TEN

CHAPTER 10:

1. What is the difference between having control over your internal reality and desiring to control your external reality?
2. How does the author describe the difference between confidence based on accomplishments and confidence based on inner qualities?
3. Based on your reading, thinking, and analysis so far what is one positive change you are feeling led to train your life?
4. Make a list of five things you've always wanted to do I have not done them yet...
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
5. Have you paid attention to your internal voice lately? What is it saying or fixated on? How does this voice change your attitude and energy throughout the day?
6. How does the section on laughter strike you? Do you feel you have an adequate amount of laughter in your life? Why or why not?
7. Pages 308-309 offer a great exercise on seeing our social connections and networks!
8. What were some takeaways after reading this chapter?



FINAL QUESTIONS



FINAL QUESTIONS:

1. What are a few big takeaways you have gained from reading this book?
2. How did this book challenge you?
3. How did this book encourage you?
4. How can you see this impacting your relationships? (spouse, family, friends, children, colleagues)
5. Who are some people you could share this book & study guide with as you help them on their journey?