

Quick Chat 23: Are you an introvert or an extrovert?

In this episode, Kevin, Jack, and Xochitl talk about being an introvert, an extrovert, or as Jack and Kevin learned for the first time, an ambivert. What about you? In what situations are you introverted or extroverted?

Share your answers to the discussion questions in our WhatsApp group chat!

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We would love to hear your feedback and suggestions for future episodes.

Intro/Outro Music by Eaters: <https://freemusicarchive.org/music/eaters/the-astronomers-office/agents-in-coffee-shops/>

Discussion Questions:

1. Are you an introvert, an extrovert, or an ambivert? And why do you think so?
2. Do you know any introverts or extroverts?
3. Why do you think most people are ambiverts?

Full Transcript:

00:00:02 Jack

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You are listening to the A-Z English podcast.

00:00:10 Kevin

Welcome to an A-Z English quick chat. We're going to surprise each other with a topic for the day and see where the conversation goes.

00:00:17 Kevin

Remember, you can check our website for study guide with vocabulary, notes, discussion, questions and more, as well as links to our WhatsApp, Facebook and other social media. So you 2.

00:00:27 Kevin

Can join in the conversation.

00:00:29 Kevin

So Jack, how you doing today?

00:00:31 Jack

I'm pretty good.

00:00:31 Kevin

What do you want to talk about?

00:00:33 Jack

You know what I want to talk about?

00:00:35 Jack

Whether you think the three of us, do you think you are an extrovert or an introvert?

00:00:41 Jack

And so that might be some, we might have to explain the vocabulary there first before we yeah.

00:00:46 Kevin

I think we should.

00:00:48 Jack

So how would you describe an introvert?

00:00:48 Kevin

I think we should.

00:00:51 Jack

What does that mean?

00:00:53 Kevin

Introverts, no go ahead.

00:00:53 발표자 1

I think.

00:00:54 Kevin

So, So what do you think?

00:00:55 Xochitl

Oh, there's an introvert is someone who feels recharged by spending time alone.

00:00:59 Xochitl

That's the basic and an extroverted so many feels recharged by spending time with others.

00:01:04 Xochitl

People so.

00:01:05 Kevin

I like that definition.

00:01:06 Jack

I do too.

00:01:07 Kevin

Being recharged by by that, yeah, someone who's better alone or better with people.

00:01:12 Kevin

But yeah, you get energy from from that.

00:01:15 Kevin

And the opposite is takes your energy away, right?

00:01:18 Kevin

Like if you're an introvert and you're with a lot of people, that's very difficult.

00:01:22 Kevin

It it's draining your batteries and if you're an extrovert in your home.

00:01:25 Kevin

Alone, you're just bored and and wasting time.

00:01:28 Kevin

Nice. That's a cool definition.

00:01:29 Jack

So let's let's let's start with social first.

00:01:32 Jack

How would you define yourself?

00:01:34 Jack

Would you say you're an extrovert or an intro?

00:01:36 Xochitl

So I'm actually an ambivert and this is like why I thought of this as well.

00:01:42 Xochitl

I was like, everyone is like, oh, there's like a meme that goes around.

00:01:45 Xochitl

It's like, oh, I'm an extroverted introvert.

00:01:47 Xochitl

Or I'm an introvert, extrovert.

00:01:48 Xochitl

And like, the word you're looking for is anywhere.

00:01:50 발표자 5

Please could someone just understand?

00:01:52 Xochitl

Because when I I remember when I took psych caught like 18 psych in high school, our teacher literally was like, yeah, most people like 99% of people are actually Angry Birds is.

00:02:02 Xochitl

Really rare for people to be a true introvert or true extrovert and I really.

00:02:06 Kevin

This is actually the first time I've heard that term of ambivert as well.

00:02:09 발표자 1

Yeah, is this?

00:02:10 Kevin

And of course, right.

00:02:10 Jack

Am by like that and be.

00:02:13 Xochitl

Yeah, and I and.

00:02:14 Kevin

Well, OK, think about think about it, Jack.

00:02:16 Kevin

Like, ambidextrous, right?

00:02:17 Kevin

If you use both hands and I am B.

00:02:18 Jack

Yeah, right, right. Yeah.

00:02:20 Kevin

So yeah, ambidextrous, both hands.

00:02:23 Kevin

That's interesting.

00:02:23 Kevin

Yeah, so an ambivert someone who in some situations is introverted in some situations is is extroverted.

00:02:31 Xochitl

Yeah, and I really, I think the biggest thing for me is like I I can't like, I used to spend a lot of.

00:02:38 Xochitl

Time alone, but I think.

00:02:40 Xochitl

It's I feel better when I go out and spend time with friends and like do.

00:02:44 Xochitl

Things but when I come home, I.

00:02:46 Xochitl

Need like a solid amount of?

00:02:47 Xochitl

Time to myself too.

00:02:48 Xochitl

I can't just like a lot of my sister is a true extrovert and she'll just, like go out with people.

00:02:53 Xochitl

Spend the whole day with people.

00:02:55 Xochitl

Do everything people.

00:02:55 Xochitl

Come home to like.

00:02:57 Xochitl

Her two dogs, 3 cats and whatever like.

00:03:00 Xochitl

And then go.

00:03:00 발표자 1

Yeah, right.

00:03:00 Xochitl

And then just like blow this week and I'm like, no, no, no, if I go out with people, I needed a solid hour or two to myself.

00:03:06 Xochitl

So will wind down 1st and.

00:03:08 Xochitl

Then go to.

00:03:08 Kevin

Right, exactly.

00:03:08 발표자 1

Sleep, but if I.

00:03:10 Xochitl

Spend too much time alone, I also.

00:03:12 Xochitl

Don't feel well, so I'm definitely just.

00:03:13 Xochitl

Like a true and.

00:03:17 Kevin

I think, I think we're going to, we'll probably all say now that we've learned this new word from you.

00:03:21 Kevin

So that's why I think I also am an ambivert.

00:03:24 Kevin

But but we can define these a little bit more.

00:03:26 Kevin

I think for me, my case is also kind of interesting, I mean.

00:03:32 Kevin

I think all of us here, we have to be at least somewhat extroverted because we're recording ourselves and.

00:03:38 Kevin

Putting it on the Internet for people to see.

00:03:40 Kevin

A true introvert would not be willing to do this right.

00:03:44 Kevin

This would be scary for treasure, right?

00:03:44 Jack

No, this would be health and yeah, be terrible, yeah.

00:03:49 Kevin

And then like the.

00:03:50 Kevin

Three of us.

00:03:50 Kevin

Also, we've all lived in other countries.

00:03:52 Kevin

We all came to Korea like, that's something that, for a true introvert, would be very difficult to do so overall.

00:03:58 Kevin

I'm pretty extroverted in many ways, though, I'm the same like when I come home after a long day of school.

00:04:04 Kevin

I'm talking to students all day.

00:04:06 Kevin

I kind of do want just 30 minutes or an hour.

00:04:08 Kevin

Just to not talk.

00:04:10 Kevin

And just calm down.

00:04:12 Kevin

But my case is kind of interesting because when I was a kid I was crazy shy.

00:04:17 Kevin

Like crazy shy, I was the kid who would hide behind my mom's leg and be like, don't talk to me.

00:04:24 Kevin

Don't look at me.

00:04:24 Kevin

Oh my God.

00:04:26 Kevin

And and so I was super introverted, super shy when I was very young and then sometime between high school and university I kind of came out of my shell and and found the extrovert Kevin that that I am now.

00:04:46 Xochitl

I would say I really relate to that because.

00:04:48 Xochitl

I remember when I was a kid, my parents.

00:04:50 Xochitl

And I do.

00:04:50 Xochitl

Remember, doing this people would come up.

00:04:51 Xochitl

Talking and I say.

00:04:52 Xochitl

Don't talk to me, I'm shy.

00:04:55 Jack

That's an extroverted, that's a that's a power.

00:04:58 Jack

Move right there.

00:04:59 발표자 5

Yeah, my dad was like, you're not shy, you're reserving.

00:05:03 발표자 5

You just don't want to bother with these people.

00:05:05 발표자 5

Like, really weird a little kid to be that way.

00:05:08 발표자 1

Right.

00:05:08 Xochitl

So yeah, and my sister was a true extrovert.

00:05:11 Xochitl

My mom said it's fine 'cause.

00:05:12Xochitl

She's my older sister, and when she would talk to strangers, I'd be like.

00:05:15Xochitl

Don't talk to strangers like let's go.

00:05:18 발표자 5

Young like a six year.

00:05:20Xochitl

Old being like don't hug strangers.

00:05:22Kevin

Stranger danger?

00:05:24Kevin

And what about you, Jack?

00:05:25Jack

I'm definitely an ambivert and I just learned that term right now, but.

00:05:31 발표자 1

Give me for.

00:05:31Kevin

Smith and more give you some details.

00:05:32Jack

Top yeah, so yeah, so I'm trying to think.

00:05:34Jack

Like for me.

00:05:36Jack

Going out with people is a little bit stressful.

00:05:39Jack

It gives me anxiety.

00:05:41Jack

So I'm OK with not doing that.

00:05:45Jack

Where, you know, like an extrovert really wants to meet up with friends and go out.

00:05:49Jack

For me it's like it feels like effort and work and then once I'm out and I'm, I'm with my friends and doing something.

00:05:57Jack

I feel great.

00:05:58Jack

I'm like I'm so.

00:05:59Jack

Glad I did this.

00:06:00 Jack

I'm so glad I decided to, you know, come out of my.

00:06:05 Jack

Little apartment, my little house, and to, you know, actually interact with other people, humans.

00:06:11 Jack

But I do tend to kind of go back to being alone and I think it has something to do with just the nature of.

00:06:21 Jack

Of living in another country and not really understanding the language and the customs and stuff that.

00:06:27 Jack

Uh, and so I would often spend a lot of time by myself and just kind of put my headphones in and just I really.

00:06:36 Jack

Be kind of introverted, but I don't I think naturally I'm, I'm, you know, kind of in the middle, you know, just a just a regular, you know person, a little bit of both.

00:06:46 Kevin

Yeah, yeah.

00:06:48 Kevin

I think travel.

00:06:49 Kevin

Is where this really can come out in people in one way or the other.

00:06:52 Kevin

Is depending on your travel styles and and this might be something interesting as well to talk about in a future episode is how do you like?

00:07:00 Kevin

To travel but.

00:07:02 Kevin

Like when you guys have.

00:07:03 Kevin

You ever done much solo traveling just to another country for, you know, a week or two just completely on your own, or do you prefer to travel with?

00:07:11 Xochitl

I mean I.

00:07:12 Xochitl

Went to Korea solo, right?

00:07:13 Xochitl

And I'm here in Mexico, so so I guess, yeah, I'm mad.

00:07:17 Kevin

I'm gonna say though, that that's a little bit different from traveling because that's going to move and to live there.

00:07:24 Kevin

I'm saying like you go to Thailand or.

00:07:28 Kevin

Canada or Russia, pick a country for just you know like 2 weeks just to travel and.

00:07:33 Kevin

Just to do.

00:07:34 Kevin

Sightseeing and and just be a tourist.

00:07:35 Kevin

Are you going to do that alone or with friends?

00:07:39 발표자 5

I think I preferred to travel like when I.

00:07:42 Xochitl

Was in Korea and.

00:07:43 Xochitl

I would travel to different places within Korea.

00:07:45 Kevin

Right. OK.

00:07:45 Xochitl

You commit with my friends and.

00:07:47 Xochitl

The funny thing is, they are definitely moments where I was like it probably better if I was alone.

00:07:51 Xochitl

But I could do everything that I.

00:07:53 Xochitl

Wanted to.

00:07:53 Xochitl

Do and not have to worry about it everyone else wants to do.

00:07:56 Xochitl

But I do think there's something comforting about having a group of.

00:08:01 Xochitl

People well as a woman too, like that's another.

00:08:03 Xochitl

Thing having the people that.

00:08:05 Xochitl

You know, and not having.

00:08:06 Kevin

Of course.

00:08:06 Xochitl

To travel like solo because.

00:08:09 Xochitl

Yeah, Korea is pretty safe.

00:08:10 Xochitl

But like here in Mexico, I would never.

00:08:12 Xochitl

And it's sad 'cause.

00:08:13 Xochitl

I wanna be able to travel to more places in Mexico, but I just would never do that as a woman here, because it's not that safe, not you know.

00:08:20 Xochitl

To change the topic or anything but.

00:08:22 Xochitl

I think that.

00:08:22 Kevin

It's a it's a fair, yeah.

00:08:24 Kevin

I mean, so like, I mean me talking about traveling alone versus you talking about traveling on is, is is a different thing unfortunately.

00:08:32 Jack

But I mean, it's funny because I've never done that before.

00:08:35 Jack

I've never traveled alone like I I didn't.

00:08:38 Jack

I moved to another country alone.

00:08:40 Jack

But as far as jet going travelling, like if I were to just go on, buy a eurail pass and just go see like a bunch of European countries, I would never do that by myself.

00:08:51 Jack

I'm too scared. I'm, I'm still, I'm 45, but I'm like, I'm gonna get lost in the Czech Republic. No one will. They'll find my body in the forest or something, because I.

00:09:01 Jack

You know, got lost.

00:09:02 Jack

I mean, I just, I just think it's a bit extreme, but.

00:09:04 Kevin

It's a bit extreme, Jack, but.

00:09:06 Jack

I'm just like I just.

00:09:07 Jack

I need, like, the companionship to feel safe, like there's two of us.

00:09:12 Jack

We can figure this out alone.

00:09:14 Jack

I feel like I I don't know.

00:09:16 Jack

I just.

00:09:17 Jack

I probably would be fine, but.

00:09:18 Jack

I just feel like I lack.

00:09:19 Jack

The skills or they know how to just kind of navigate that situation.

00:09:24 Jack

So I like someone with me to make me feel comfortable, even though I probably don't need.

00:09:29 Jack

That person, if that makes sense.

00:09:31 Kevin

Nice for me and I think we can maybe wrap up with us and we should come back and talk about this again.

00:09:37 Kevin

'cause we can do get much more into depth, although now I almost never travel alone.

00:09:43 Kevin

That's because I'm married.

00:09:45 Jack

Anyway, I'm saying for me too, yeah.

00:09:45 Kevin

Also, I have a permanent amazing travel companion, but before I got married, almost every trip I did.

00:09:56 Kevin

Actually, not almost every trip that I did, at least after university, once I moved to to Korea was so low I was just like, I'm just going to go to some country for, you know, a month.

00:10:06 Kevin

I went to Bali for a month.

00:10:07 Kevin

I went on that island for a month.

00:10:08 Kevin

There's just boom, boom, boom.

00:10:10 Kevin

Just go to to travel alone and.

00:10:13 Kevin

And I loved it because.

00:10:18 Kevin

In order to not be bored, I had to push myself to be an extrovert.

00:10:23 Kevin

So some days I don't want to be extroverted.

00:10:25 Kevin

I was like, I just want to stay at home and and and be introverted today.

00:10:29 Kevin

But then I'd sit in my room and I'm like, I'm bored.

00:10:33 Kevin

I want to meet some people and like all, but I'm feeling lazy, I'm feeling introverted.

00:10:36 Kevin

I'm like, but I'm bored and I don't want to be bored, so I would go out.

00:10:39 Kevin

And I would force myself to meet.

00:10:40 Kevin

People, and that's hard.

00:10:41 Kevin

To do, but I met some amazing people while traveling around like that, and so I love traveling solo actually, even though I no longer do.

00:10:51 Xochitl

Yeah, I don't know if you guys have ever.

00:10:54 Xochitl

There's like a meme out.

00:10:56 Xochitl

There, where it's like introverts getting adopted by extroverts.

00:11:00 발표자 1

Ah, OK, that's interesting.

00:11:00 Kevin

I haven't seen this one.

00:11:01Xochitl

Like, can you get adopted by an extrovert?

00:11:04Xochitl

And this does happen to me, even though I'm an ambivert.

00:11:07Xochitl

But extroverts tend to adopt me and.

00:11:10Xochitl

Literally just start.

00:11:10Xochitl

Taking me everywhere and I think.

00:11:12Xochitl

This is some kind of dynamic that.

00:11:15Xochitl

That I've had since I was a.

00:11:16Xochitl

Kid 'cause, my sister, is a true extrovert.

00:11:18Xochitl

So she would take me everywhere and like.

00:11:19Xochitl

Jack said.

00:11:21Xochitl

He he would.

00:11:22Xochitl

Feel happy when he.

00:11:23Xochitl

Was out, but he didn't want to go out when.

00:11:25Xochitl

I was younger.

00:11:25Xochitl

I was definitely like, oh, I just want.

00:11:27Xochitl

To stay at home, I should be like, no?

00:11:28Xochitl

Let's go and.

00:11:28Xochitl

She just like drag.

00:11:29Xochitl

Me around.

00:11:29Xochitl

Everywhere she went and I feel happy that I was out.

00:11:33Xochitl

But yeah, I feel like.

00:11:34Xochitl

Getting adopted just haven't been created.

00:11:36Xochitl

As well, anytime I just go someplace, I.

00:11:39Xochitl

Just end up getting adopted.

00:11:40Xochitl

By a group of extra braids or a friend group or something and they just start showing.

00:11:44 발표자 5

Me, around everywhere.

00:11:45Xochitl

So that is, that is a + 2, maybe having a slightly introverted exterior.

00:11:51 발표자 5

When people first meet.

00:11:52Xochitl

I don't know.

00:11:53Xochitl

I don't see that necessarily in all situations, but perhaps in some situations.

00:11:58Kevin

Nice I had to do.

00:11:59Jack

Yeah, I have like, sorry, go ahead.

00:12:00Kevin

That I'll go ahead drive.

00:12:01Jack

No, I was going to say.

00:12:02Jack

I think I have like, uh, resting angry face or something.

00:12:06Jack

So, like people, when I'm just my, I don't have any emotion and my face is just resting, I look like I'm like a little bit angry or a little scary or something so.

00:12:17Jack

Like a house party.

00:12:18Jack

You know, those were terrifying situations where you don't know anybody and you're in a house party.

00:12:23 Jack

I tend to just kind of go towards the corner and then start observing.

00:12:28 Jack

And if I'm not adopted by an extrovert, I might.

00:12:31 Jack

Just leave, because I just don't have that, whatever.

00:12:35 Jack

That thing is that you know forces you to walk up to a group of strangers and say, hey, my name is Jack.

00:12:41 Jack

Nice to meet you.

00:12:42 Jack

It's it's really hard for.

00:12:44 Jack

Me to do that, so I don't know if that sheds light on it.

00:12:47 Jack

Little bit, but yeah.

00:12:50 Kevin

Well, for everybody listening out there, I mean, what about you?

00:12:53 Kevin

Are you an introvert and extrovert and ambivert?

00:12:57 Kevin

Or when are you introverted?

00:12:59 Kevin

When are you extroverted, right?

00:13:01 Kevin

If you're an ambivert, tell us some stories about when you were introverted or or when you were extroverted or.

00:13:08 Kevin

How either of those work for you, so.

00:13:10 발표자

There you go.

00:13:12 Kevin

So thanks for listening.

00:13:13 Kevin

Everybody remembered.

00:13:14 Kevin

You can check our WhatsApp group to join and tell us what you think.

00:13:17 Kevin

Or leave comments on the web page or a Facebook group, of course, and give us all of your comments there.

00:13:22Kevin

Of course, if you're listening on Apple Podcasts and you can give us a 5 star review, that would be super helpful and leave a comment there and hopefully we'll see you all next time here with.

00:13:32Kevin

A-Z English.

00:13:33Jack

Alright, bye. Bye.