

# BBC LEARNING ENGLISH

## Take Away English 随身英语

### The benefits of being an introvert

#### 性格内向有哪些好处？



#### 词汇: *personality* 个性

From a young age, many of us learn the benefits of being an extrovert – those **gregarious** individuals who always seem to be the **life and soul of the party**, often **outspoken** and able to express their opinions easily. However, not all of us are wired that way – so is being an extrovert really better?

While thinking of extroverts, we imagine a character who is **assertive, approachable, cheerful** and **charming**. We are taught to admire these **traits** early on. Kids are often **encouraged** to **interact**, play and **communicate** with other children. It seems at times as though children are made to embrace a more **outgoing** lifestyle, with some people becoming pseudo-extroverts – introverts who **mimic** extrovert behaviour. While externally they seem to enjoy the company of others, or being in the limelight, they can still become **over-extended** in intense social situations.

So, while the positive aspects of being an extrovert are plain to see, what are the benefits of introversion? While extroverts thrive on social interaction, introverts are more comfortable with levels of isolation. According to Dr Berit Brogaard, a professor of philosophy, extreme **solitude**, such as times like the recent lockdown, does not affect introverts as much as extroverts. Lack of social contact, something extroverts thrive on, can lead to depression, loneliness, and even premature death.

But it's not just in an extreme situation that the pros of being an introvert shine through. These people seem to have more time for **contemplation** and **introspection** and thus can become more balanced. They also tend to be good listeners and think before they speak, meaning they could become great friends. Finally, introverts are often fantastic observers, as sitting out of the focus can give you more time to watch the behaviour of others.

So, whatever your personality, either introvert or extrovert, there are clear advantages to being either, and if you meet an introvert, you might just end up with an amazing friend.

## 词汇表

<b>gregarious</b>	爱交际的
<b>life and soul of the party</b>	社交场合的灵魂人物
<b>outspoken</b>	坦率的，直率的
<b>assertive</b>	坚定自信的
<b>approachable</b>	平易近人的
<b>cheerful</b>	乐观开朗的
<b>charming</b>	迷人的
<b>trait</b>	(性格)特点
<b>encourage</b>	鼓励
<b>interact</b>	互动，相互交流
<b>communicate</b>	沟通
<b>outgoing</b>	开朗外向的
<b>mimic</b>	模仿
<b>over-extended</b>	吃不消，压力过大
<b>solitude</b>	孤独
<b>contemplation</b>	沉思
<b>introspection</b>	反思

## 测验与练习

### 1. 阅读课文并回答问题。

1. In what ways are children encouraged to be more extroverted?
2. What are pseudo-extroverts?
3. What are the potential risks of being alone for an extrovert?
4. Why can introverts become more balanced?
5. Why can introverts be good friends?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. He's so warm and friendly – and he's \_\_\_\_\_ all the time.

cheerful	introspection	solitude	mimic
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2. Sharon's so easy to talk with – she's really \_\_\_\_\_.

contemplation	approachable	life and soul	encourage
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3. Our boss always \_\_\_\_\_ us to take a holiday when we need one.

outgoing	introspection	encourages	mimic
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4. The child is \_\_\_\_\_ his father's speech patterns.

interact	cheerful	approachable	mimicking
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5. I learnt Spanish so I could \_\_\_\_\_ better with my husband's family.

mimic	over-extend	communicate	cheerful
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## 答案

### 1. 阅读课文并回答问题。

1. In what ways are children encouraged to be more extroverted?

**Kids are often encouraged to interact, play and communicate with other children.**

2. What are pseudo-extroverts?

**Pseudo-extroverts are introverts who mimic extroverts' behaviour.**

3. What are the potential risks of being alone for an extrovert?

**Lack of social contact, something extroverts thrive on, can lead to depression, loneliness, and even premature death.**

4. Why can introverts become more balanced?

**Introverts seem to have more time for contemplation and introspection and thus can become more balanced.**

5. Why can introverts be good friends?

**Introverts tend to be good listeners and think before they speak, meaning they could become great friends.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. He's so warm and friendly – and he's **cheerful** all the time.

2. Sharon's so easy to talk with – she's really **approachable**.

3. Our boss always **encourages** us to take a holiday when we need one.

4. The child is **mimicking** his father's speech patterns.

5. I learnt Spanish so I could **communicate** better with my husband's family.