

# THE EXTRA POINT

BY JERRY ROBERTS



## # 798 Are You an Ambivert? If so...

Are you an ambivert? If so, don't rush off to the doctor to seek a cure. It could be a good thing. We'll find out, next on The Extra Point.

If you've never heard the term "ambivert," it's to describe a person who has traits of both an extrovert and an introvert. If you've self-described yourself as one or the other most of your life, that may be due to somebody else saying what they think you are, based on a list of personality qualifiers, or an assessment your employer had you fill out.

Most of those instruments try to indicate either extroversion or introversion, without allowing that a person could be spending time in both camps, and allowing for the fact that it's quite normal to be both. We've all self-identified as introverts or extroverts at least once. However, some of us were probably wrong with that identification.

Dr. Travis Bradberry, author of the book *Emotional Intelligence 2.0*, explains that the vast majority of us are mislabeled, that we really aren't introverts or extroverts. Instead, we fall somewhere in the middle.

Bradberry contends that ambiverts — if they know they fit that category — have distinct advantages over introverts and extroverts. He said, "Since their personality doesn't fall into one of the two extremes, they have an easier time adjusting their approach to people based on each situation."

Could you be an ambivert, and what might that mean for you? Here are some signs that will tell you if you could be straddling both worlds.

1. You can be in the company of other people just as comfortably as being alone. You might feel overwhelmed by being in a group of people one day, particularly if you don't know most of them; while you might actually seek

such a situation another time, if you've been spending a good deal of time alone.

2. More specifically, being around people sometimes gives you energy but other times it seems to drain you.

3. You're able to function equally well in your job, both with teammates around you, and when working on your own.

4. Sometimes you're animated and feel like talking up a storm, while later you have no desire to talk to anyone and would be happy curling up with book or binge-watching a TV show.

5. A sign to consider is that some people describe you as an introvert, and other will say you're an extrovert. Are they just not paying attention? I mean, there's only one you, right? Or, do you sometimes show conflicting sides to the world?

Let's bring this into practical focus. An ambivert balances the energy of both extroverts and introverts. It all comes down to moderation. Extroverts tend to live, think and move in the world, favoring active, outer-directed action. Introverts tend to think more quietly, pondering over problems before acting.

What's the upside to being an ambivert? If this is you, you really do have the best of both worlds. You have the classic introvert's skills of self-reflection, combined with the extrovert's outgoing traits.

Ambiverts can be great communicators because they have a keen understanding of both extremes. They know when to listen, and when to talk. If they're really dialed into this and have both sides ready on demand, it gives them an advantage in both business and social situations.

(Con't.)

If you've never thought about any of this before, that's natural. The world tries to put us in one category or the other. They're not sure what to do when somebody acknowledges, embraces, and leverages both to their advantage.

Is there a potential downside to all this? You might drive someone a bit crazy in a personal relationship, because they never quite know where you're coming from.

On the other hand, that could provide some spice to it, so it may be all in how you see it.

You'll have to think about that, if you now see yourself as an ambivert — and you like what you see.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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