

Getting Energy and Thinking Process



TALK IT OUT (E)*	THINK IT THROUGH (I)*
<p>Speaks before thinks</p> <ul style="list-style-type: none"> Rapid speech Appears to “think out loud” Interrupts Reads handouts at meetings Enjoys large meetings and speak often Learns by trying Breadth of interests Unaware of spatial boundaries, often invades others space Does NOT mean life of the party Gets energy from the outside world Stimulus hungry <p>*Extravert – 49-50% in US</p>	<p>Thinks and may or may not speak</p> <ul style="list-style-type: none"> Pauses in answering or giving information Appears to be thinking things through Rarely interrupts Reads handouts prior to meetings Prefers small meetings and listen more Learns by mentally playing it out before trying Depth of interests Respects space and dislike invasion of space Can be talkative, especially with topics of interest Gets energy from their internal world Can get stimulus overload <p>*Introvert – 50-51% in US</p>

Modified from J. Allen and J. Gray *Flex Care* 2002

My Preference: E (Talk it out) _____ or I (Think it through) _____