Thoughts from an Unapologetically Honest Introvert

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My thesis exhibition, titled *Thoughts From An Unapologetically Honest Introvert*, highlighted our extrovert-centered society and provided introverts with new communication tools to change the social expectation.

The gallery space first demonstrated the unspoken extrovert code that is prevalent in our society. This was done through both print and installation based work. Two pieces projected handwritten text onto walls and curtains with common extrovert-ideals such as 'number of friends equals self worth' or 'personality is more important than character'. This section of the gallery space also included printed works commenting on social networking platforms like Facebook, and the messages they are sending. Another wall-mounted printed piece examined ridiculous social norms in a 'small talk flowchart'.

The gallery space was divided by a curtain down the center, one side signifying the extrovert-centered society mindset, the other left blank to signify the peace and serenity of the introvert mind. Once on the other side of the curtain, the space was created to cater to introverts. Installation pieces like 'introvert rejuvenation pods' were placed in the space as a respite for introverts exploring the space. Way-finding titled 'the introvert guide to surviving art gallery events' provided a commentary on gallery etiquette as it related to introverts. This portion of the gallery was dedicated to helping introverts vocalize their perspective and change the dialogue in their own social lives. This was done by creating an introvert business system, that provided introvert communication tools and strategies. Business cards with phrases like 'please don’t pity me, I chose to see this movie by myself' and Do Not Disturb signs with clarifying information were displayed. To further encourage introverts to begin using these phrases, headphones were playing short clips of dialogue that viewers could listen to, and repeat. A website was also available for people to view the business system, and print it out at home for themselves.
thoughts from an unapologetically honest introvert
leaving social situation empty
repeat after me

invite from a friend
You have 3 new @mentions. We can't see this page.

You added a status.

You have 1 unread message.

You must highly rate your life together.

Debbie McEnroe's latest baby photo.

Little girl in a photo and a filter.

Random acquaintance validates you as a human being!!!

Stated your aunt's name.

You have 4 new followers.

You added a status.

You have 2 unread messages.

No one has posted on your timeline in 13 days. How embarrassing!

Sassy Sarah dropped his phone in the toilet again! So you won't be able to contact him for the annoying Andy likes your comment.

Jen liked your post.

Random acquaintance validated you as a human being.

Jen didn't like your comment through and through.

Jen didn't like your comment through and through.
FLOW CHART

STILL NEED MORE TOPICS?

"WHAT SORT OF SHAPES DO YOU LIKE?"

"ARE YOU INTO SHAPES?"

"WHAT'S YOUR FAVORITE SHAPE?"

"DO YOU LIKE PRETZELS?"

"MY, THAT IS..."

"I DON'T LIKE THEM..."

ARE YOU COOL?

YES
WHO YOU KNOW > WHAT YOU KNOW

EXTROVERT NATION

The extrovert code is a set of unspoken rules that imply extroverted personality traits are better than introverted personality traits. While not universally believed, they are nonetheless prevalent in our society. In my experience, these rules require introverts to behave like extroverts or risk alienating or offending others.
thoughts from an unapologetically honest introvert
introvert
rejuvenation
PODS

feel free to step inside
and rejuvenate as needed
occupancy: 1
# OF FRIENDS = SELF WORTH
I have been prodded and prodded, in one way or another, to behave like an extrovert for as long as I can remember. It began when my first grade teacher insisted I join my playmates during recess, instead of watching contentedly from a safe distance. Up to that point, I had no idea what a weirdo I was. Fortunately, society would continue to remind me for the rest of my life.

Fast forward twenty years, and I am finally facing the cold hard truth: I am an introvert. But I'm growing to accept it. I've even started speaking my mind. Quiet people are fascinating; I need a lot of alone time. Group projects suck. Having tons of friends is overrated.

Once I started verbalizing these wrong ideas, a strange thing happened. People started getting offended. No one appreciated my attempts to be honest; when I politely declined their invitations to socialize, and then I realized why; I was breaking the unspoken extrovert code. Live like an extrovert, even if you aren't one. Pretend you love parties, even when you don't. If you really can't muster up the willpower to go, make a feeble excuse. My dog ate my car keys.

Unfortunately, I don't have a dog. So I have come to a better solution: I will simply be offensively, unapologetically introverted. Maybe other introverts should be, too. Maybe if everyone was, we wouldn't have this problem.
No one has posted on your timeline in 13 days. How embarrassing!

Kathie liked this.

Sassy Sarah

next 4 days.

and 376 others

value you

check his inbox

more information.

and Instagram for

while you're at it.

healthier living.

and a healthy

no one has posted on your timeline in 13 days. How embarrassing!

Kathie liked this.

Sassy Sarah

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and 376 others

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The Small Talk Flow Chart

Are you really boring?

Not a widely and interesting individual.

Who cares? We're all going to die someday anyways.

In the matter of...

Are you adventurous?

Are you different?

Some sayers, than others?

Now that you're all grown up, how did you fail your dreams?

Do you like people?

Do you have a drink?

Do you like coffee?

Are you a helpful person?

Are you a normal person?

Do you have a sweet tooth?

What's your favorite cookie?

Did they say oatmeal raisin?

I don't believe in machinery.

You don't want milk for a fat person.

What's your favorite drink?

Are you drinking mineral water?

Do you try to wear casual clothes?

I love unfruitfully.

Can I converse equally well on the subjects of computers, Shakespeare, and pro-wrestling?

If you could go back in time and see an historical event,

If you had a friend...
ALONE = LONELY
the introvert guide
to surviving ART GALLERY events
EXCUSE #25
I have to return my overdue redbook movie.

EXCUSE #26
I hit my sustaining quota at the Bellamy arms contest.

EXCUSE #27
I bought my 5pm lunch at Ham and cheese again.

EXCUSE #28
My dog ate my car keys.

EXCUSE #29
I have tickets to the Wizard Truck Show that night.
the introvert

guide
to

RETHINKING

the DIALOGUE
squeezing writing is really the thing

[Handwritten notes on paper]

[Handwritten notes on paper]

[Handwritten notes on paper]

[Handwritten notes on paper]

[Handwritten notes on paper]

[Handwritten notes on paper]

[Handwritten notes on paper]

[Handwritten notes on paper]

[Handwritten notes on paper]
Excuse #4
I have a writing deadline.

the holder of this card may get out of one social obligation

Excuse #3
I bought new socks, lunch at 2pm, and thesis again.
By be on the hunt.

Before you can make your escape, you must acknowledge the artist you came to see.

It is all about them anyways.

Although simple enough in theory, the task of locating the artist and subsequently getting their attention is a feat in itself.

Plan early and be aggressive, or settle in for a long wait.
please don't be offended but I need some alone time, not with you, to re-energize after socializing. I am not disturb ed or antisocial. I'm an introvert.
with your friends
#5 Flatter.

But if in the heart...

Once your goal is attained, you have the artists' (limited) attention. A compliment of sorts is in order.

We can trace each word of our story, but the path is complex. Use a variety of fonts to add interest. Be sure to insert them (or omit sections) elegantly.

In a piecemeal...
"What's your favorite cookie?"

DID THEY SAY OATMEAL RAISIN?

YES.

LEAVE, UNAPOLOGETICALLY.

NO.

CRISIS AVERTED, CARRY ON.

OR AT LEAST INTRIGUE THEM.

"I can converse equally well on the subjects of computers, Shakespeare, and pro-wrestling."

YOU HAD TO LIVE IN A THIRD WORLD COUNTRY, WHICH WOULD YOU PICK?

"How many moons does Pluto have?"