Thoughts from an Unapologetically Honest Introvert

Amy Michelle Wilson
Utah State University

Follow this and additional works at: https://digitalcommons.usu.edu/gradreports

Part of the Graphic Design Commons

Recommended Citation
Wilson, Amy Michelle, "Thoughts from an Unapologetically Honest Introvert" (2014). All Graduate Plan B and other Reports. 449. https://digitalcommons.usu.edu/gradreports/449

This Creative Project is brought to you for free and open access by the Graduate Studies at DigitalCommons@USU. It has been accepted for inclusion in All Graduate Plan B and other Reports by an authorized administrator of DigitalCommons@USU. For more information, please contact dylan.burns@usu.edu.
Thoughts From An Unapologetically Honest Introvert
Rethinking social expectations in an extrovert-dominated culture

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
repeat after me

invite from a friend
You have 3 unread notifications. Want to see this page?

Joshiy kasiololwitz: 'dropped his phone in the toilet again, so you won't be able to contact him for the next 4 days. And 376 others liked this.

Sassy Sarah: 'check your inbox messages as a human twitter, you being, snap chat, this.'

Renee: 'next year you will be 32. 18 bars and 1876 others liked this.

Bart manfield: 'this exact illustration.'

Sally: 'this is my new graphic design. 152 likes. From her vacation. Popular life is a walk in the park and instgram for susie bendinhimer feeling annoyed. You and 12 others like this sarcastic comment. Susie, stop posting such interesting things. 179 likes.'

Joshiy kasiololwitz: 'You are being the most annoying and aplicate ninja otter.'

Sassy Sarah: 'You are the most annoying and aplicate ninja otter.'

Renee: 'Next year you will be 32. 18 bars and 1876 others liked this.'

Bart manfield: 'This exact illustration.'

Sally: 'This is my new graphic design. 152 likes. From her vacation. Popular life is a walk in the park and instgram for susie bendinhimer feeling annoyed. You and 12 others like this sarcastic comment. Susie, stop posting such interesting things. 179 likes.'

Joshiy kasiololwitz: 'You are being the most annoying and aplicate ninja otter.'

Sassy Sarah: 'You are the most annoying and aplicate ninja otter.'

Renee: 'Next year you will be 32. 18 bars and 1876 others liked this.'

Bart manfield: 'This exact illustration.'

Sally: 'This is my new graphic design. 152 likes. From her vacation. Popular life is a walk in the park and instgram for susie bendinhimer feeling annoyed. You and 12 others like this sarcastic comment. Susie, stop posting such interesting things. 179 likes.'
FLOW CHART

STILL NEED MORE TOPICS?

"WHAT SORT OF SHAPES DO YOU LIKE?"

"ARE YOU INTO SHAPES?"

"WHAT'S YOUR FAVORITE SHAPE?"

"MY, THAT IS..."

"DO YOU LIKE PRETZELS?"

ARE CO?

YE...

"I DON'T BET..."
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
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 crazy 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 offensive, unapologetically introvert. Maybe other introverts should be too. Maybe if everyone was, we wouldn’t have this problem.
stopped his phone. No one has posted the toilet again. You won't be able to contact him for the annoying Andy likes your Facebook. Andy, you have posted virtually every day. You can see in your timeline.

Jax: Katie high-schooler

Katie: She's a different picture as a human twitter.

Dr. Jones: kangaroo photo. Value you check him, ok.

Dr. Jones: loved your stats. It's always embarrassing!

Bell: You don't feel, Ms. Jackson.

Dr. Jones: She's a busy one.

Dr. Jones: you have a party. It's a bad day. Read it to the background.

Dr. Jones: she's a great deal. You secretly hate him. She's a great deal. You secretly love him. She's a great deal. You secretly hate him.
the introvert guide
to surviving ART GALLERY events
EXCUSE #25
I have to
return my
hoverboard.

EXCUSE #26
I hit my
suspension
grip at the
Kelby series
concert.

EXCUSE #27
I bought.

EXCUSE #28
Lunch of ham
and cheese
again.

EXCUSE #29
My dog ate
my car keys.

EXCUSE #30
I hate
tickets to
the Nobody
truck show
that night.
I’m an introvert.

I’m not very outgoing. I prefer quieter environments. I enjoy being alone or with close friends. I’m not very social, but I like to be around people when I have to. I prefer to do things on my own. Welcome!
the introvert guide to rethinking the dialogue
scripted writing is better than thinking
Try 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.
intervent
communication
tools

imanintervent.com
please don't be offended but I need some alone time, not with you, to re-energize after socializing. I am not disturb or antisocial. I'm an introvert.
with your friends
#5 Flatter.

When your goal is attained,
and you have the artist's (limited) attention
a compliment it in order.

We can trace every program, as artists are human,
and when this complaint can take a variety of tones
but should always their (no fault sensitive) ego.

In a word, while to the noncommitted
"your process must be fascinating."

As if on the heart.

When you are ready to state
as an example to anything you are a
in a world of compromise.
"What's your favorite cookie?"

Did they say oatmeal raisin?

- Yes.
  - Leave, unapologetically.
  - Or at least intrigue them.

- No.
  - Crisis averted, carry on.

"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?"