Thoughts from an Unapologetically Honest Introvert

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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 7 unread notifications. You added this page to your notifications. You have 1 unread message. You must really love your life together!

Debbie Kravitz just posted a family candid photo. I see a cray unframed picture of Nephew’s baby photo. Click him. He has a life. You have given @Carrie a top emoji for her. @Carrie now has 4500 emojis. My new and improved memory.

You added a life event. You have 1 unread message. You must really love your life together!

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THE SMALL TALK FLOW CHART

SMALL TALK, GO!
ARE YOU REALLY BORING?

PROBABLY.

NOT! I'M A COMPLEX AND INTERESTING INDIVIDUAL.
WHO CARES! WE ARE ALL GOING TO DIE SOMEDAY ANYWAY.

“MY, THE WEATHER IS…”
GOOD FOR YOU!

SOME, SOONER THAN LATER.

“NOW THAT YOU'RE ALL GROWN UP, HOW DID YOU FAIL YOUR DREAMS?”

STILL NEED MORE TOPICS?

“WHAT KIND OF SHAPES DO YOU LIKE?”

DO YOU LIKE PRETZELS?

YES.

“I'M A HORRIBLE PERSON.”

NO.

DO YOU ENJOY UPSETING PEOPLE?

“DOES THIS RAG SMELL LIKE CHLOROFORM?”

DO YOU HAVE A SWEET TOOTH?

DO YOU HAVE A SWEET TOOTH?

“WHAT'S YOUR FAVORITE COOKIE?”

STICK TO RELIGION AND POLITICS.

“YOU DON'T SWEAT MUCH FOR A FAT PERSON.”

ARE THEY WEARING COWBOY BOOTS?

ARE THEY FAT?

YES.

NO.

ARE THEY TRYING TO IMPRESS SOMEONE?

ARE YOU FEELING NOSTALGIC?

ARE YOU A DAD?

NO.

“DO YOU REMEMBER BEAR BABIES?”

“WHAT'S YOUR FAVORITE DUCK?”

NO.

YES.

“DO YOU REMEMBER BERNIE BABIES?”

“IF YOU COULD GO BACK IN TIME AND SEE AN HISTORICAL EVENT, WHICH WOULD IT BE?”

NO.

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

“Yes, I’m a horrible person.”

“DR. ATTELERT INTRIGUE THEM.”

LEAVE, UNHAPPILY.

CRISIS AVERTED, CARRY ON.

“I CAN CONVERSE EQUALLY WELL ON THE SUBJECTS OF COMPUTERS, SHAKESPEARE, AND PRO-WRESTLING.”

“IF YOU COULD SPEND A YEAR AS A PENGUIN, WOULD YOU BE AN IMPROVISED COMMUNITY?”

“ARE YOU AN EVOLUTIONIST?”

NO.

YES.

“MY KID IS SMARTER THAN THE GERBER BABY!”

DON'T HAVE A PET THAT I TREAT LIKE A CHILD.

WHY ARE YOU EVEN IN THIS FLOW-CHART?

ARE YOU AN EVOLUTIONIST?

NO.

DO YOU HAVE A CAT?

NO.

“I'M A MORE OF A DOG PERSON.”

DO YOU HAVE A DOG?

YES.

“DO YOU HAVE A REALLY GOOD STORY ABOUT YOUR CAT?”

“IS IT A PUPPY?”

NO.

YES.

ARE YOU AN EVOLUTIONIST?

“I LIKE ANIMAL STORIES.”

“IS A PARACHUTE A VEHICLE?”

“DO YOU SEE ON THE IRON THRONE?”

“IF YOU COULD HAVE ONE SONG FROM EXISTENCE, WHAT WOULD IT BE?”

“DO YOU JAY SHAKESPEARE OR SHERBERT?”

“SO, WHO DO YOU SEE ON THE IRON THRONE?”

“IF YOU COULD WRITE OUT ONE SONG FROM EXISTENCE, WHAT WOULD IT BE?”

CARL OR JAY SHAKESPEARE?

“IT'S IN ME, I'VE BEEN TRYING TO MUSTER UP THE END.”

SPOOKY TUNES EYE.
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 COOKIES OKAY?"

"YES"

"I DON'T LIKE THEM"
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 pinched 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 alot 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.
Spotted his phone on the toilet again! No one has posted on your timeline in 13 days. How embarrassing!

You won't be able to contact him for the next 4 hours. And 376 others liked your comment. Have a nice vacation, Katie highschooler. You changed her cover photo to a different picture of a beach with the sun setting in the background from her vacation. Popular Pat is kind of a big deal, but you secretly hate him anyways.

Thursday. Burt Maxfield 2 liked your status. Check his inbox. (Also, go to Snapchat. Zach liked this.)

Zoe Detwiler invited you to another event that sounds awful. Healthy, wealthy, and dishonest feeling annoyed.

Annoying Andy likes your status. You checked his inbox messages. He invited you to like her page Kale Klonics. He also mentioned the Bigfoot Memorial which he will run in 2 days for he and 2 others who have a birthday's today. Great Scott! Julie. Caterina invited you to write a half-hearted poem with Brinna.

Random acquaintance. You met in the mall and 2 others have a birthday. Will all write a half-hearted poem with Brinna. Jonathan invited you to her baby's latest post. No surprise.
ALONE = LONELY
the introvert guide to surviving ART GALLERY events
the holder of this card may get out of one social obligation

EXCUSE #25
I have to return my overdue library book.

EXCUSE #26
I hit my head on a low shelf.

EXCUSE #27
I bought my 5pm lunch of ham and cheese again.

EXCUSE #28
I had tickets to the Monster Truck Show that night.
Please do not disturb. I am an introvert.

Welcome. I know I am introverted and great, but I still enjoy being in the house.

Please do not disturb. I am an introvert.

Welcome. I know I am introverted and not with you or because of other reasons, but I am an introvert.

I'm an introvert.
the introvert guide
to rethinking the dialogue
The holder of this card may get out of one social obligation.

Excuse #9
I have a writing deadline.

Excuse #10
I bought new shoes.
Lunch at 11am.
And thesis again.
Hey 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.
intervention
communication
tools

iman@intervention.com
please don't be offended but I need some alone time, not with you, to re-energize after socializing. I am not disturbed or antisocial. I’m an introvert.
with your friends
All your goals are attainable, and you have the (limited) attention in order.

We can take several opportunities to express our vision, with some consistent aims. We should act on them (in both, action and action)

In a word, strive to the uncommitted. Your progress must be fascinating.
"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."

"How many moons does Pluto have?"

"You had to live in a third world country, which would you pick?"