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 2 unread notifications. Have a nice day!

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

Debbie's profile: Just posted a photo of a baby, but it doesn't seem to be a baby. It looks more like a doll. Has anyone seen a baby this size?

Random acquaintance validates your belief that you are a human being!!!

Annie just hashtagged everywhere else...

#soblessed #np #nofilter

You can't look at your profile and see anything interesting nowadays.

Tori's profile: You can't look at her profile and see anything interesting nowadays.

Heather's profile: You can't look at her profile and see anything interesting nowadays.

You really don't even want to see your friends' profiles anymore.

The world is getting worse. It's a struggle.

You didn't read your comment through, and you're starting to feel bad.

You are starting to feel bad.

You have 2 unread messages. No one has posted on your timeline in 13 days. How embarrassing!

Jessie: You dropped your phone in the toilet again. You won't be able to contact him for the Annoying Andy likes your comment. He has 376 other people value you. Check his inbox, as a human being, being, snapchat, this. From her vacation, popular, it is a different angle.

Sassy Sarah: Sorry, but I can't help you. I don't have your number.

Annie: Don't invite me to another one.

You did invite me to another one.

You want to say something about her profile, but you can't help but feel angry.

Suzzy Bendimheimer feels annoyed.

She and 12 others like this sarcastic comment.

Suzzy: I don't know how to impress people. I'm just posting what I see.

Update status: 30s

You are still looking through your profile, but you can't help but feel angry.

You didn't read your comment through and you're starting to feel bad.

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Flow Chart

- Still need more topics?
  - "My, that is..."
  - "Do you like pretzels?"
    - Are you into shapes?
      - "What sort of shapes do you like?"
        - "What's your favorite shape?"
Who you know is what you know.

Evolution Nation

The environment creates a set of circumstances that make us behave like we have no alternative. We are programmed to respond to our environment, whether we like it or not.
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 offensively, unapologetically introverted. Maybe other introverts should be too. Maybe if everyone was, we wouldn't have this problem.
Annoying Andy likes your comment. Have you noticed he has 2,142 followers? He commented on your timeline in 13 days. How embarrassing!

value you

being. snap chat, this.

and Instagram for

more information.

I'm not even your mom

and 376 others

katie high schooler

changed her cover photo

a different picture

of a beach with the sun

setting in the background.

rom her vacation. popular pat is kind of a big

showback deal but you secretly hate him anyways.

Thursday Detwiiller invited you to another

Heather invited you to like

her page kale klicone.

ent that sounds awful. healthy, not

and a dino mers feeling annoyed.
The Small Talk Flowchart

- Are you actually listening?
- Who cares, we are all going to die anyway.
- Now that you're all grown up, how did you fail your dreams?
- Do you have a funny and interesting individual.
- Some sayer, than better.
- The brother.
- The sister.
- Do you like novelty?
- Do you have a sense of humor?
- Do you enjoy westerns?
- Are you wearing your tie?
- Am I allowed to say this word?
- I can converse equally well on the subjects of computers, Shakespeare, and Pro-Wrestling.
- If you could go back in time and see an historical event, what would it be?
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 books.

EXCUSE #26
I hit my favorite grocery store at the last minute.

EXCUSE #27
I bought my son lunch at the corner deli.

EXCUSE #28
I cleaned out my closet.

EXCUSE #29
I caught my dog eating my homework.

EXCUSE #30
I have tickets to the symphony this week.
welcome
I know I am introverted and I prefer to be alone but I
will enjoy being in the room.
I'm an introvert.

please do not disturb
I'll be here alone and I
will not come to
interrupt your
privacy.
I'm an introvert.
the introvert guide to rethinking the dialogue
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.
intertent
communication
Tools

imanintertent.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
as if on the heart.

but your goal is attained,
and you have the artist's limited perfection
in a moment of sorts.

He can trace Babel's program for an artistic order of dreams
but would that complaint can take a variety of forms
but should insert their (no data sensitive) keys.

in a pied, thine to the uncommitted
your goal must be sacrificing.
"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?"