

Raising an Introverted Teen: Both Sides of the Story



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Illustrations by Nasia

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Raising An Introverted Teen: Both Sides of the Story

ISBN: 978-0-578-45626-3

www.MyNewWalkInLife.com



This book is dedicated to my two children, I love you both beyond measure. I watch you sleep, amazed at the greatness I created (and have the pleasure of watching over). I am beyond thankful Nasia is the loving, giving person she is, and for her allowing me to expose the vulnerable side of her most private moments. The desire she has for other teenage introverts to lead a better life, is an overwhelming source of pride I have for her.

I want to thank my supportive, understanding, and loving tribe, especially my handsome husband, mother (ma), stepfather (pop), grandma, Nasia's Aunt/Co-Mom in NY, and my resilient sister/cousin/friend for your support over the years. I want my family to know the love you all show me, helps me continue to push on, constantly reaching for my best life.



The journey of life can be long, and hard, so I thank you all for being a light during my darkest moments.



My Mission

To provide life coaching that empowers and inspires you to live your best life. I will achieve this by helping you live in your truth, becoming your authentic self.

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Section 1: The Perfect Beginning

A mother's most precious birthing memory is the moment the nurse places that beautiful crying perfect bundle of joy in your arms, and you gaze upon perfection. Next, you hear birds chirping, angels singing a chorus of amazing grace in your ear...or you are like me, and you are scared to death to hold your baby! I was in shock, and awe of how beautiful my baby was. I looked in her eyes (while my momma held her) and knew I would always love her. Those first few moments were the perfect beginning to my life with my daughter.

Nasia as a baby was the sweetest thing you ever wanted to meet. She never cried unless she was hungry or wet, she slept all night early on. The struggles I heard other first time parents had, would evade me until my second child. The infant stage passed quickly, with me running to the pediatrician for every little thing. I loved that little girl with my heart & soul, and it has only increased over the years.

I was blessed to have my loving mother as my support system, especially when it came to childcare. We agreed until Nasia reached 2 years old she would care for her while I worked. My baby was in the best hands, and full of happiness. Wherever grandma went, she went; the two were inseparable. This afforded me the ability to work with a clear mind, minus the sad daycare guilt. To be around my baby, and not smile was impossible, she lit up any room.

My papa was my baby's biggest fan, he took one step she took two; it was a repeat of my childhood. My parents and grandfather homes shared the same land, so my daughter was surrounded by love at all times. I was sad when it was time for her to go to daycare, yet I knew she was ready to be around kids. There would be good and bad daycares in our future, and some would make me want to strangle someone. The worst one would be a home daycare where my mom would catch the provider asleep on the floor with the door unlocked! My mother made constant pop up visits to ensure Nasia was being treated properly. She made her presence known, so the provider could never guess when she was dropping in. My retail schedule allowed me to do pick-ups at various times to check on my baby making sure it was understood my baby is loved, and this momma bear don't play.

My daughter was always a shy child and I hoped she would outgrow it, maybe taking after her grandma. The beautiful social butterfly quality my mother embodies, I prayed my baby would have. I was a functioning introvert with a dash of extrovert, I tolerated people. I excelled in the customer service field by demonstrating empathy while putting the company needs first. I was fun to be around and good at training, you would never know I was once a shy child who is completely alright being alone as an adult. I kept my circle small, and my home was my safe space not a hangout. I attracted people easily, so I never had problems making friends. I am just not the person who can be around people all day and be okay. I am still that way today, my baby and I share that characteristic.

When the time came for Nasia to start preschool, I believe I was more nervous than her. I imagined a crying Pre-K student begging me to stay. What I got was a happy little girl waving goodbye to grandma and I. The second I thought she was going to rethink staying her teacher walked up with a new friend, it was a wrap she was staying. I made some mistakes that school year, not making it to special moments, due to working, yet I tried to make sure I was there for the big moments. Nasia, would make lots of friends and enjoy her first school year. The shyness was there just not as prominent as before.

Looking back on her first few years of school there would be small warning signs of the growing introvert in her. The problem was the full grown introvert in me would ignore the signs. The shyness was just apart of her to me. When Nasia spoke you would not be able to hear her. The confidence in the power of her voice was not there, and I would miss the signs to instill it. Nasia was shy, reserved and played well by herself or with others. The fact she made friends easily and enjoyed her cousins hid the growing desire to be alone I now know she felt inside.

My job as a parent is to know when my child needs help, to know what is needed and how to fix the issue. I should have ran in with the “mommy fix-it kit” and made everything better, at least that’s how it plays out in my head. Truthfully, it was nothing to fix, only understand. The main thing to understand is being an introvert doesn't mean something is wrong with my baby. The introvert residing in her does not take away any of the black girl magic that is Nasia. The introvert in her just makes you have to try harder to get a glimpse of her magic.

I-Tip: It is your job to make sure your introverted teenager always feels heard.

Teenage introverts live internally, and they are constantly in their head. Your job as a parent or guardian is to make sure they are able to verbalize what they are thinking, to others . My daughter speaks very low especially when speaking to outsiders (non household members). I constantly find myself repeating what she said, or answering the questions for her. I do try to empower her to speak for herself more and speak louder, however I am still her first defense when she needs to be heard, to be helped.

My job as a parent is to help her articulate her thoughts, and the voice in her head out loud. Teachers are constantly telling me she speaks too low, or she doesn't participate in class; I used to fuss at her about it. Once, I understood her introvert limitations, I was able to explain this to her teachers, so they could better relate to her. You should reinforce to your teen teachers they are introverted, not disinterested or simply don't care to participate in class. My daughter is an honor-roll student so they know she knows the material. Knowing she is an introvert has helped her have a better in-class experience.

There will always be educators who will not accept introversion as an limiting factor for class participation, that is to be expected. The only thing you can do is talk this through with your teen, and tell them to do the best they can. If the class becomes too overwhelming for your introverted teen, and they desperately look forward to recharge time, talk to your school counselor. This may gain an ally to speak with the teacher, hopefully an agreement can be made.

Notes: _____

Section 2: What is an Introvert?

The definition of an introvert is someone who prefers calm, less stimulating environments, or reticent (not revealing one's thoughts or feelings readily), and Nasia fits the mold. Nasia was always shy and reserved, however a lot of kids are. Nasia did not seem withdrawn until she turned 11, that's when being a low talking shy kid took a left turn to introvert. Now looking back I wish I was more informed, and been better equipped to give her what was needed at that moment.

An introvert desires to spend time alone in order to recharge their inner being. I can look back on her interactions with cousins and friends, and how she had started acting standoffish after a long visit. I would fuss at her about how she is being rude not knowing she needed time to recharge. Introverts often can be found at home, or Nasia's favorite place the library, or quiet parks that are not crowded. Introverts love deep thinking and being alone, they work best by themselves. Whenever my daughter has group projects, she usually does the most work by choice at home. I always feel as though she is being used, however she feels content. An introvert often seems shy to others, this is not necessarily an accurate label. In my daughter's case it is, shy has always been a part of her being; yet the creative part of her wants attention, and praise. She loves showing off her artwork, she is extremely talented. You have a front row seat for her talent, as you enjoy the artwork in this book.

When she is interacting with people, and has to pay attention to multiple sources of stimuli it tends to draw down her energy causing her to eventually withdraw to spend time alone to re-energize. Small talk and pointless conversation tends to draw down an introvert's energy rapidly. Nasia, dislikes video calls and long conversations to the point she will avoid them at all cost. The preferred form of communication for her is text message, she will often text me while we are in the same house. I have learned to be happy, and appreciative for any form of communication with her, and not look for what she is not able to give.

An introvert can seem a little self absorbed such as myself. I have always liked things done my way, because that's what fits my comfort level. My daughter doesn't share that characteristic, she's an inward looking, pensive person. She is a creature of habit and will tend to want things to stay the same. I have learned her routine brings her comfort, just as people doing things my way does for me.

Nasia looks for the deeper meaning of everything, she can come across as very serious. I find myself staring at her sometimes wondering what she is thinking. The personality of an introvert can be very diffident, and you will find yourself begging them for conversation. I will jump through hoops to get Nasia to talk to me, constantly seeking her approval. Yes, I seek her approval. I am a darn good Momma, but an introvert child can make you question yourself sometimes. So, you will want validation at times, and that's ok. You are only human, and being a parent makes you vulnerable to your child no matter how strong you are. I had to learn to accept my introverts shell. The hard part is understanding the same shell that makes her feel safe, makes the rest of us feel unwelcome to parts of her life.

The shell she hides in, to me is a lonely place, full of quietness, and to some degree sadness. That same shell keeps her separated from the people who love, and want to spend time with her. That same shell to her is a quiet comforting place for recharge, no sadness, only needed comforting solitude. I may not understand her shell, however it is not for me to ever question anything that offers her that level of comfort and security. I only have to accept it.

An introvert is often timid, insecure, and self conscious; Nasia fits all of those. Introverts are also creative, talented, and deep thinkers. When you understand the personality trait of being introverted almost every quirk you have noticed about your teen, or loved one is explained. I have had so many "aha" moments I can't even count them. My husband is learning to cope with our introverted teen, and it is wonderful to have his support through this. We are her village that will never let her go through this alone.

I have thought back to so many times I wish I would have known she was introverted. There was a beach trip we took years ago, her cousin stayed with us for about a week before the trip. During the beach trip Nasia started acting distant to her cousin, not wanting to be around her. I scolded her for being rude, and not being a good host, I still remember the sadness in her eyes. Now, I understand she needed recharge time from being around her cousin all day and night, she just didn't know how to voice it. I can never go back and undo those times, or make up for her

bad trips. What I can do is ensure future trips are better for her, with my new understanding of introversion and abundant mother's love.

I think accepting my child as an introvert was hard, mainly because I felt like it was my fault. The guilt of failing your child can be an overwhelming and helpless feeling. The good news is once you accept it, you can process it better. I was able to learn more about it, and better help my child cope with it. Knowing what to look for can help you not make the same mistakes I did, and still do occasionally. There were many signs of being an introvert I missed in myself and Nasia. I want you to go over some things to look for regarding introversion in yourself or a loved one.

- You prefer alone time before socializing, and require recharge time after socializing.
- Once you have maxed out all the social energy you have, you feel exhausted, irritable, and sometimes even depressed.
- Due to limited social energy you are very selective when it comes to your social calendar. This explains why you take so long deciding to go out, or not.
- Are you ready to go home shortly after leaving?
- Making friends is not the problem, maintaining the friendship is the hard part. The invitations you receive are met with excuses why you can't make it, or simply no-shows.
- A good book in your favorite chair beats going to a party any night.
- Introverts find it extremely hard to spread their energy between lots of people at once. They usually save their energy, loyalty, love, and attention for a small select group of family, or friends.
- You prefer a true connection. Small talk is not your thing.
- Being trapped in a crowded party after your socialization meter is up, scares you to death. You try to make sure time expectations are well understood if you are riding with someone or being dropped off.
- You are the quiet person in crowds.
- You text instead of calling family and friends.
- You enjoy being around people sometimes, yet don't feel the need to converse the entire time. Most often, you are completely happy to observe and listen. This completely applies to group conversations, since you really are not sure where to jump in . If

Section 3: Communicating with an Introvert

The hardest part of raising an introvert is learning to communicate with, and for them. I constantly catch myself talking for Nasia, she speaks so low people can never understand her. The fact that she is very well spoken is lost by the quietness of her voice. I try to let, or rather force her to speak for herself, then I grow tired of how many times she is forced to repeat her statements. I answer for her out of frustration, and empathy for the uncomfortableness I see on her face, and in her body language.

I find myself constantly telling her to speak up, and make herself be heard. The, "ok mom I get it" look she gives me becomes comical. I know she wants to be heard, I know she wants to join in conversations, she just can't bring herself to do it. The comfort she finds in her silence is an overwhelming sense of security that I know all too well. I want to believe that just as I have found a semi-normal medium for the introvert in me; she will also. I pray my baby will live her best life, while learning to use her inner queen voice.

The best way to communicate with Nasia is to get her alone in a room, so usually I just go into her room. This one-on-one time is where I get her to talk the most. I find her painting, and she will happily explain what she is working on. Lately, she comes out her room more, and spends girl time with me. I cherish these precious moments as she prepares for high school. I look forward to our drives together (minus her motion sickness), and her telling me her teenage (woe is me) stories. I have learned long drawn out conversations are not her thing, small talk is not always going to happen, yet I can find peace in her presence. Nasia's presence is her way of sharing herself with the family, just because she may not want to talk a lot, or spend long stretches of time with us, she does care. We have learned her quick pop - ins to say "hey," or her texts to say "I love you," are priceless communication with the introvert we love.

I'm not a doctor or therapist, I'm a parent living with and loving an introvert; so I can't tell you the perfect way to communicate with an introvert. What I can tell you is how I communicate with my beautiful 13 year old introvert, and that's anyway she allows me to, point blank period. I will talk to her upside down in a hot air balloon if that's all she's offering.

I-Tip: Allow your Introverted teenager to greet new people and situations slowly, at their own speed.

Introverts often get overwhelmed when faced with new experiences, they can become anxious. The best thing to do is allow them the chance to stand back, and observe becoming comfortable with the new surroundings. This may not always be possible, some situations will require you to try and help your introvert get a good understanding of what to expect and how to best cope.

New experiences such as starting high school can be made easier by allowing your introverted teenager the chance to find their classes, meet their teachers, walk the halls without the hustle and bustle of a bunch of people plus noise.

The chance to get the lay of the land will help them better adjust to this huge transition.

Remember, allow introverts to go at their own speed, not how you feel they should go.



Notes: _____

Section 4: Extroverted Introverts

I was determined to learn as much about introverts as I possibly could to better relate to my daughter. This brought me to learning about extroverts, who draw energy from situations where there is high activity, and low chance of boredom. This research is how I learned about extroverted introverts and some eye opening information followed. In the age of internet diagnosis I was becoming an internet psychiatrist.

It is important to understand that introversion is a personality trait that's characterized by focusing on internal feelings rather than focusing on external sources of stimulation. Extroverts and Introverts are often viewed as two extreme total opposites, truthfully, most people are somewhere in the middle. I am one, and I see the traits of an extroverted introvert in Nasia at times, or at least I want to. I pray my daughter will learn to embrace her small dose of extrovert, so she can better cope with navigating life.

The reason I feel she has some extrovert in her is because she craves praise, her creative side loves to show off how amazing she is. The art work, her writing (she is a published author, from a 8th grade writing course), gardening, and her poetry, are all things she enjoys sharing with others. Nasia loves to travel and experience new things, try new foods, and plan adventures. Yes, I know some of her favorite things are solo items that cater to the introvert in her, however a few require people and a desire to be seen by and among others. The normal teenage things such as mall trips with friends are things Nasia wants to do, with good friends.

The practical parent side of me wants Nasia to outgrow introversion, and be able to chalk it up as a shy phase in life instead. The Mommy in me just wants my baby to be happy and if being an extroverted introvert allows her a better quality of life, I am all here for her being an extroverted introvert. There are some famous introverts such as Bill Gates, who is quiet, bookish, and highly successful, he isn't "just shy," as many view him. Extroverts such as Barbara Streisand known for her larger than life personality, and as a shy extrovert. They made it right? That certainly gives me a preview of achievable extrovert/introvert success. My baby is going to be okay, I am sure of that, and for sure she has a cheerleader right here.

Section 5: Nasia's Perspective

I have given you plenty of food for thought from my perspective, now it's time to hear from the perspective of my teenage introvert. I gave her a list of questions, and she gave us her honest answers. They may not be what you want to hear but they are her truth, and that's all I care about.

The world from the viewpoint of a 13-year-old introvert.

Introduce yourself, who are you (name, age)?

- My name is Nasia and I'm 13.

Who do you see yourself as?

- I see myself as a quiet, but creative and talented person. Also, a bookworm.

What do you want to be?

- I want to be a tattoo artist and piercer when I grow up.

What is the hardest part of your day?

- Getting up in the morning because, sleep is too comfortable, and school never seemed truly worth it. I love to learn though, and I have hopes for my future that I want to still fulfill. I want to get a full-ride scholarship to Yale University one day. Sometimes, I just don't want to deal with people because, the idea of being alone seems too accessible. Sometimes, I don't want to deal with my thoughts and problems so, I may sleep in.

What do you fear most every day?

- Dying, religion, and heights. Once, my mom pulled over on the side of the highway, and my heart sped up because, I kept thinking of ways that we could have died. I wasn't sure what I thought about that though, my day wasn't too good, and I was so sick of my little brother. I have a fear of God, Hell, Heaven, and what happens afterwards. I like to theorize about other possibilities when it comes to the afterlife. I never like church because of how loud, noisy, and, well, religious it is. I hated when my mom would say that we were going to go even though she knows that it makes me uncomfortable. I want to learn about religion myself and to see what I believe in. Honestly, I can't even say that I truly care anymore. I'm sorry if that offended you, or your religion. I feel like she's pushing me too fast. I never was scared when people talked about things that were the big no-no's in religion and sometimes I wonder if that's why. Heights give me intense anxiety like car rides longer than 10 minutes. I have motion sickness.

How do you feel at school?

- Uncomfortable, out of place, a little bit unsafe. Sometimes lonely but, not a lot.

How do you feel around people?

- It depends on the person. If I stay around them too long I'll get angry and sad.

What makes you most uncomfortable around people?

- Conversation and just their presence, in general. It starts to feel like they are invading my personal space. Sometimes, I start to think that they are judging me, and probably start talking about me in a negative way. I know that it isn't true though.

What do you find hardest thinking of something to talk about or continuing to hold conversation?

- It makes my mind cloud up, and I'll feel like I'm starting to lose my memories but, I know that it's just me being overdramatic. I'll feel like they are losing interest in me, and then I'll start to feel other things that I do not want to talk about.

When going into new situations, do you have anxiety (worry about what will happen)?

- Yes.

When this happens how do you handle it?

- I try to find somewhere that I am comfortable at, and someone that I am comfortable and familiar with, or to be on my own until I am ready.

Do you avoid certain situations because of fear of the unknown?

- No. I might avoid them if there are people there, or at least too many of them. If it involves too much physical activity, I'll avoid it.

Do you feel alone in a room full of people?

- I feel lonely, anxious, sick, angry, sad, and scared. Anything really. I'm introverted, I guess.

How do you feel with your family?

- If it's the family I live with, my grandparents or a few aunts and uncles, I'll feel comfortable with them for most of the day. I can't spend too much time with anyone though. The rest of my family, I'm not too close with and I prefer to not get too close to them or spend too much time with them. I mainly only see them holidays or special occasions.

How do you feel with your friends?

- Sometimes I feel happy to have them with me, other times I feel like I might as well be in a dark room by myself with cameras watching me. Or maybe that I may as well be talking to a brick wall or not there at all.

What would you change about yourself?

- I would change my weight and my ability to do certain things. Like, memorizing things, my artistic ability, how long I can read before I get a headache, how fast I can read, and a few other things.

What do you think others would change about you?

- Probably how I look, talk, act, and a few of the things that I do. Like, when people comment on my eating habits.

Are You Enough?

- I hope so. I can't say yes for sure because, I feel as if I'm just a bare minimum of the person that I was really supposed to be. So, I guess that bare minimum could be considered enough to some people?

Do you want to be popular?

- No. The popular people that I see have done some pretty regrettable things that could of damaged their future, and I don't want to go down that road. Plus, I've seen things happen between "friends" that lets me know that most of them are just faking it.

Do you want to be left alone?

- For the most part, yes. Even right now. A few close friends would be cool too, but I would only see them for no more than 1 or 2 hours. When I am older, I want to have someone to cuddle me to sleep for an hour or two then leave me alone but, that's all. So, I want to be around people for no more than 5 hours a day.

Do you feel left out often?

- Yes. I've been the second choice to many people and I feel as if I'm just the type of person to be treated that way. People often make plans right in front of me then, act as if I'm not there until they feel as if I am. I've gotten used to it though.

How do you view the world?

- It's a beautifully evil world. It has trees that makes shadows, using the sun, that looks like a magical world on it during the sunset but, it also has termites that start its way from the outside in, in and through, and out. All until there is nothing left but, ruins.

Then, it becomes beautiful in a more twisted, depressing way. I love and hate it all at once but, I would want it to be in no other way.

Do you fear what the world is coming to?

- Yes. At first it was just the old killing us, but we can't even depend on each other, the young, to not do it with their parent's old assault rifle from the shoe closet. I won't get paid as much as my little brother might in about 20 years, I might not get treated as fairly as Caucasians do by police, employers, and others, because of my skin tone. If I decide to not be Christian or live life differently than others; I might get harmed, or killed by other people who don't accept anyone being different from them. I know that that probably won't happen because, I'm lucky enough to have a great family but, what about others? What if I'm sexually harassed, and no one believes me? Or if I'm tricked into doing something that I shouldn't have, and get assaulted or used? What if people still don't believe me, and I get in trouble for it? What if I go on an airplane, and it goes missing? Or hijacked? Or explodes?

If you had to sum up life in 4 words what would they be?

- Boring. Scary. Lonely. Magical.

What one word describes you?

- Spaced.

Do you want a lot of friends?

- No. I want one group of close friends that I take with me through life.

Do you feel limitations on your social skills?

- Yes. I'm not very good at conversation, and can't be around people for too long or else I'll get angry and cry.

What do you think would help you be more comfortable in social settings?

- If I had someone that I am close to, be with me through it.

Do you want to learn how to communicate with others more?

- Yes, I do.

Do you wish you had more interaction with kids your age?

- Yes, but not just anyone my age. It should be someone that I feel good with, have at least two things in common with, and talks more than me since, I'm obviously not going to be the one to do it.

I-Tip: Never forget your introverted teen may not ask you for help

Introverted teenagers are known to internalize their problems. Your teen may not come to you for advice on school happenings, or friend issues even if they would love your input. Introverts tend to work through their problems alone to avoid the questions. My daughter hates drama, or conflict, avoiding it at all cost. My job is to recognize body language, and facial expressions to know when something is off, and offer help, even if it's just a listening ear.

The fact that she hates drama, and conflict pushes her to allow people to get away with treating her unjust at times. I always tell her to stand up for herself, and encourage her to be heard, I want her to know she has a voice. My main job is to ask probing questions without coming across as prying. You want to get to the bottom of your teens day without causing them to shut down.

I have worked hard to get my teen to open up to me when she has issues, I've had to endure hearing some hard, strong feelings about things I asked; however at the end of the day our closeness is worth it. We can talk about any and everything no matter how taboo the subject. I pray we have this relationship all through life. I want her to know I'm always going to be here for her, and no problem is too big for Momma to help with.

Section 6: Mom's Perspective

Introduce yourself, who are you (name, age)?

- Tiwana Satterwhite, 42

Who do you see yourself as?

- A dedicated, loving wife, mother, daughter, and friend.

What do you want to be?

- Happy, healthy, and successful.

What is the hardest part of your day?

- Getting up in the mornings, keeping myself motivated to win while accepting not being able to solve everyone's problems.

What do you fear most every day?

- Someone or something hurting my babies, or not being able to provide everything they need and desire. I fear what could happen to the black men in my life, especially what will life be like when my son is older.

How do you feel at school? (N/A)

How do you feel around people?

- I feel overwhelmed around a lot of people, yet I push through it. I do not like going to big events where a lot of people will be gathered. I avoid family events a lot, I feel uncomfortable outside of my immediate family.

What makes you most uncomfortable around people?

- I am that awkward conversation person in the group. I overthink what I am going to say, then later regret not saying something else, or what I did say seems stupid after the fact. The art of conversation when I'm out my comfort zone is a challenge for me. The flip side is when I am coaching a client I have no fear, and my words flow easy. Take me to a party and I will be the quietest person in the room, I am an observer.

What do you find hardest thinking of something to talk about or continuing to hold conversation?

- Continuing to hold conversation outside my comfort zone, small talk will drain me. I will make an excuse to leave the conversation.

When going into new situations do you have anxiety (worry about what will happen)?

- Yes! I am that person who will change my mind 10 times and come up with 10 excuses not to go to anything outside my comfort zone. I will imagine every little thing that can go wrong.

When this happens how do you handle it?

- My journey as a life coach has helped me learn to cope with it. I use meditation and motivation exercises.

Do you avoid certain situations because of fear of the unknown?

- Yes, especially large gatherings or events.

Do you feel alone in a room full of people?

- Yes, often.

How do you feel with your family?

- I feel secure, comfortable, and able to be myself with my immediate family. I feel uncomfortable around others. I can make light conversation for short periods and keep visits down to a minimum. I avoid most family functions, and feel a disconnect with a majority of extended family members. I have begun working on this by forcing myself to spend more time with family to allow myself to develop a comfortability with them. I have to be the example of family love, that my kids need to see and follow. I know Nasia needs me to help her. The problem is, first I have to help myself.

How do you feel with your friends?

- I have very few friends, I keep my circle small. A majority of my friends are cousins or friends I have had since my teens or at least 10 + years. I don't open up easy to people, I am a very private person. My day to day best friend is my mother, and my husband.

What would you change about yourself?

- I would be more outgoing and open to family, so my kids would know more of their family members. I would have recognized my weight gain earlier in life, and stopped it to prevent other health issues. The main thing I would change is my worst case scenario outlook on life. This outlook paralyzes me, and reduces my quality of life. I have improved this outlook in recent months, however I still have a ways to go.

What do you think others would change about you?

- How standoffish I am at times. They may change how I am always trying to fix someone, even when they are not broken in their eyes.

Are You Enough?

- Yes I am. It has taken me a long time to feel this way. I know I am still a work in progress, however the woman I am right now is ENOUGH.

Do you want to be popular?

- Yes, in business and no when it involves my personal life.

Do you want to be left alone?

- Yes, some days.

Do you feel left out often?

- I have at times, I was raised as an only child. That can give you a false sense of the world revolving around you, as an adult you learn it doesn't. How do you view the world? I view the world as a dangerous place at times, police brutality, terrorist attacks, a lack of human compassion, this new generation does not value life. Then I see beauty in the world, and I crave to see what new wonders God will bring us.

Do you fear what the world is coming to?

- Yes, without a second thought. I fear the world my kids will have to navigate.

If you had to sum up life in 3 words what would they be?

- Dangerous. Blessed. Beautiful.



What one word describes you?

- Resilient

Do you want a lot of friends?

- No, I am content with my sister circle.

Do you feel limitations on your social skills?

- Yes, I am a work in progress.

What do you think would help you be more comfortable in social settings?

- To be able to choose who I am with, and control the time I'm with them.

Do you want to learn how to communicate with others more?

- Yes, I utilize self-help videos, and push myself out my comfort zone.

Do you wish you had more interaction with kids your age? N/A

Do you wish you had more interaction with family?

- Yes, I truly believe family is important. I wish I could spend more time with my family, and get to know my extended family better. They all welcome me with open arms, I just have to step out of my comfort zone. Walking in my passion as a life coach has allowed me a new outlook on how I live my life. I have a new

outlook on family relationships, mainly as I age, family relationships are more important to me.

Do you know what an introvert is?

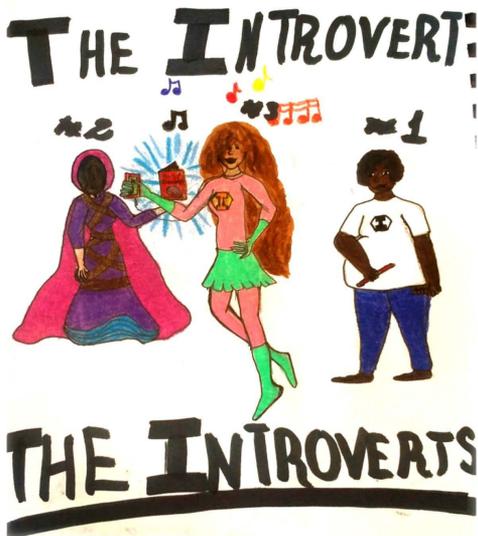
- Yes. I am one, rather an extroverted introvert.

What is a loner?

- A person who enjoys being alone, avoids crowds and does not want to make friends.

What do you want everyone to know about you?

- I am a mother who wants the best for her daughter, I want people to know I don't think anything is wrong with Nasia. The introvert in her just makes her more special. I also want people to know I embrace my extroverted introvert side, and do not allow it to stop me. I am growing, and adding a little more magic to my life and career every new day. I strive to be the best me I can be, while helping others along the way.



Notes:

Section 7: Comparing the Two

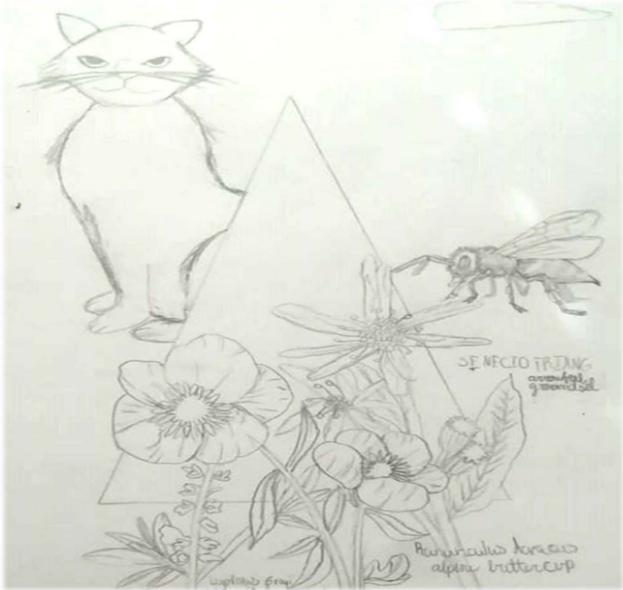
I was shocked at how similar our answers were to the questions. I was a little embarrassed by how my baby felt about family, because that is a reflection of how I have prioritized family up to this point. I regretted all the missed family reunions and gatherings. All the missed opportunities for my child to have a stronger family connection. I had to hold the mirror up to myself, and take a long look at my failure. The introvert in me allowed the introvert in her to grow stronger without a fight.

The answers Nasia gave allowed me a rare look into her mind and how she ticks. The deep thinking shy girl wrote some deep young lady responses. Responses I was not sure how to respond to. The reality is she is entitled to her thoughts on life no matter how I feel about her answers. I believe this project has brought us closer, because we both opened up to the other. I am grateful my baby knows she is not alone, and will never be alone.

The way she feels about the world broke my heart, mainly because there is nothing I can do about it. The world is a scary place and becoming scarier by the day, she and I share many of her feelings. When she stated, "At first it was just the old killing us but, we can't even depend on each other, the young, to not do it with their parent's old assault rifle from the shoe closet," I wanted to cry. The truth is I feel the same way, and the many school shootings in the United States prove it. The concerns she voiced over equal pay is a fight she will have to conquer in her adult life, there is no avoiding it. Nasia, did not express childish concerns at all, she voiced real life concerns we face daily.

The best way to reinforce a bond with your child, is to have a good understanding of what makes them tick. The knowledge I gained from the questions she answered will help me communicate with her on a brand new level. I look forward to the conversations we will and have had over her answers. I think the bravery she demonstrated by putting herself out here for everyone to judge is a testament to her wanting to grow and help others along the way. I can not lie and say I wasn't worried about how others will view her answers. I know this is a big step, and can not be taken lightly. I am ready to accept the questions and concerns, but I will stand firmly by my baby and how she feels. I have learned to accept the creative, unconventional way my daughter thinks is part of what makes her special. I love her and her random thoughts with every ounce

of me. I love her even when her truth makes me feel like less than the perfect Momma. Another person's truth may hurt sometimes, however it is their truth to live period.



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Is your teen introverted? Let's find out!

Find a quiet spot and have your teen answer some questions on the following page. Use this as bonding / learning time.

Quiz: Is your teenager an introvert?

Have your teen answer these questions. Make sure your teen understands there are no right or wrong answers, and to just answer honestly.

1. I like time alone. True or False
2. I will avoid conflicts. True or False
3. I am not big on small talk, I lean more towards deep conversations. True or False
4. I'd rather hangout with a close friend or two opposed to a group outing. True or False
5. I prefer to wait until my work/creative projects are perfect before showing them to people. True or False
6. I am labeled a great listener by my close friends. True or False
7. I prefer writing what I'm thinking. True or False
8. My room is where I spend most of my time. True or False
9. I think before speaking. True or False
10. I do my best work alone. True or False
11. I prefer to ask questions than answer them. True or False
12. I prefer to not be called on in class. True or False
13. I am constantly described as shy/soft spoken. True or False
14. I prefer to text than talk on the phone. True or False
15. I hate when my teachers say partner up. True or False
16. I don't like huge parties, a small gathering with just close friends and family is my thing. True or False
17. I prefer to not be the center of attention. True or False
18. I can do alone things like drawing, reading, writing, or painting for long periods of time without getting bored. True or False
19. I prefer to do school projects alone. True or False
20. I am not a big risk taker. True or False
21. If it's up to me my weekend would not include any plans. True or False

- 22. After chilling with friends, I am left drained, it doesn't matter if I enjoyed myself or not. True or False
- 23. I do not enjoy family gatherings during holidays. True or False
- 24. I am tired of my family describing me as the shy quiet one. True or False
- 25. I do not enjoy going to crowded public places. True or False
- 26. Long car rides physically drain me. True or False

Now is the time to face the truth, look at how many times your teen answered "true," that determines how introverted they are. If there are more "false," than "true," it's a chance they are more extroverted. If your teen had 13, or more true responses you should consider how you can enhance your teens life by applying the information I am sharing from my journey.

The ability to stop calling your teen shy and help them live an easier life, by you understanding and helping other family members understand your teens introverted needs is priceless. The questions your teen, or loved one answered can be used to open a conversation with them. Make sure you do not press them for answers, and allow them time to process your questions before answering.

I am not a doctor, I am a parent of an introverted teen. I can only share the tools I use to help my precious teen cope with being introverted. I encourage you to seek counseling for your child if you are unsure if they are depressed, instead of introverted. There will be times the characteristics look similar, better to be safe than sorry when dealing with your teenager. We have created a stigma when it comes to therapy that its something taboo, it's nothing wrong with speaking to a professional who can offer you guidance and honesty, regarding your mental health.

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I-Tip: Don't ever misunderstand your introverted teen needing "recharge time" for themselves as not wanting to be around you or the family.

Everyday life events such as school, work, or simply interacting with people, even family, will drain your introvert. They will need recharge time, this may look like sitting in their room alone, reading a book, or playing on a computer. These solo fixes will allow your teen time to themselves, recharging their social battery, and allowing them to come back into the fold.

The biggest mistake parents make is assuming their introverted teen does not want to be around the family, or wants to be an outcast. My daughter loves spending time with us, she just has a limit of how much socialization she can handle before she starts feeling overwhelmed. I can tell when she is at her breaking point, she will become distant and silent. Her facial features will become tense, she will not start conversation only give short answers to questions. My introverted teen's body language is always my first clue when she needs a break from us.

You will learn once the recharge happens, the behavior difference will be night and day. I had to learn to accept my creative, intelligent, kind, and loving daughter has a limit of how much of me she can tolerate. I had to learn to respect her need for space, and embrace the time she spends with me.



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Section 8: Social Anxiety and Introversion Are Not the Same

I was speaking with a parent about introvert signs to look for in their child, another parent jumped in adding not being able to speak effectively in public is a big sign. I stopped talking, and took that moment to explain the difference between having social anxiety, and being an introvert. I realized understanding the difference can be a little confusing and wanted to help her.

Social anxiety is when you have trouble speaking in front of people without worrying about being judged, or viewed as inadequate, or inferior. You feel self-conscious or embarrassed when you are in social settings. The humiliation someone with social anxiety feels while feeling judged in public can lead to depression. This is different from being introverted, many introverts can speak in public with no anxiety. They will require recharge time after being around so many people, or just people in general. I explained my points to the parent, and hopefully she grasped the difference, and was not offended. I feel the assumption of introversion without knowing the facts is a disservice to you and your teen.

I am the first to admit all of this is a lot to take in, dealing with any social anxiety disorders is overwhelming for the parent, and the child. We as parents have to do our own research, don't just depend on doctors to tell you what's wrong with your teen. You have to know what signs to look for, and what disorders they apply to. This will help you, and the doctors rule out what is NOT wrong, and provide a correct diagnosis. Social anxiety is something that can be brought on by an embarrassing event happening in public. Social anxiety can be mistaken for shyness, just like introversion.

My daughter hates speaking in front of the class, but she will suck it up and do it. She is her biggest critic when it comes to public speaking. The introvert in her doesn't stop her from speaking in front of groups of people, her low voice does pose a problem. However, I wish I could get her to speak up. I know I have to be understanding that she is shy, I just want her to be heard. I want her intelligence to be shared with the world, cause my baby is smart. I know I am getting off topic, however I am allowed my Momma moment.

The age where social anxiety typically starts is 10-13 years old, so seek a therapist if your teen is demonstrating this type of anxiety. There are options to help your teen deal with it, unlike being an introvert many people feel social anxiety is curable. I am not a doctor or therapist, so please seek professional help for your teen; they do not have to just live with this disorder.

There are physical exams your doctor can do to make sure your teens social anxiety is not being brought on by any medication or medical condition. A common medication prescribed for social anxiety is paroxetine (Paxil) or sertraline (Zoloft). There are drugs like alprazolam, in brands like Xanax which, also treat panic attacks. Common known side effects of Xanax are fatigue, constipation, addiction, and noticeable weight changes. Whenever your teen is taking any prescribed medication know the signs, and symptoms of medication abuse. Xanax abuse has physical, and mental tells to look for.

Physical symptoms according to drugabuse.com usually include:

- Feelings of elation
- Drowsiness
- Sleeping for extended periods of time
- Lightheadedness
- Difficulty concentrating
- Problems with memory
- Sluggishness
- Nausea Headache

Do not make the mistake of thinking this is not a teenage problem, it is. According to the website drugabuse.com, Xanax abuse can infiltrate almost all aspects of a person's life. Causing strained relationships with family, and close friends. Abusers look tired, and lethargic lacking the motivation to do daily life activities. Benzodiazepine drugs make it hard for abusers to focus, or remember the fine details of task or conversations. Parents already know teens have a hard enough time remembering tasks as it is, and don't need a drug causing more problems. You are the first line of defense for getting your teen help, the number to call is 1-877-978-1282. There are many natural remedies out there, research all options before starting any regimen.

Regardless of what medical or natural path your teen requires, you will have to be their rock. I am my daughter's ride or die when she is taking any medication. Make sure you have full trust in what you are giving your teen, know the risk and the benefits. Also, don't make your teen feel alone in this. As parents we tend to keep things from them that make us look less perfect. I share the good, the bad, and the ugly with my daughter.

There have been times in my life I avoided situations that would require me to speak in public. I would worry about everything I could say or do wrong to the point I would talk myself out of going. I have missed out on so many opportunities behind my own personal phobias. Every parent wants their children to be better than them, so anytime my baby pushes past her shyness, and does something bold, I am all here for it.

I stated earlier I was trying to help another parent understand the difference between social anxiety and introversion, I pray I have succeed in helping other parents navigate through this process. There are so many things in life we as parents have to worry about while trying to be the protectors and teachers they need. We have to guide our teens through life, so knowing the difference between social anxiety and introversion can be a matter of a fuller life or just existing for our teens. Be the superhero your teen needs you to be, and know when to seek professional help.



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I-Tip: You need a supportive tribe just as much, or more than your teen introvert does.

I am the type of parent who always puts my kids needs first. I was raised by some strong, attentive women who loved hard, and demonstrated what good mothers look like. I want to think I have carried on that tradition with my children, and I strive to always be their all, even though the reality is I can't be. I have to provide them both with the proper tools to survive, and thrive in life. Raising an introverted child makes that a little harder.

I have learned in order to give my kids, all of me they deserve, I have to take care of me. I have to place self-care at the top of my list, prayer and self-care is a must. The problem is, sometimes you will forget about self-care, and that's where your tribe comes in. They let you know when you are dropping the ball. My tribe is a mixture of personalities who all come together to provide me the support I need.

There is a person in your tribe for every aspect of your life, and you have to know who they are. My husband, my mother and my daughters auntie in New York are my go to tribe members for my introverted teen. They help with decisions I struggle with, they remind me everything will be ok. They share the load of trying to effectively communicate with her while providing love and support. My sister/cousin/friend ensures I am taking care of my needs both business, and personal. You see the tribe has many jobs and their support is vital to you, and your teen's success.

You must have a supportive tribe to help keep you going, don't try to take this walk alone. You are the most important part of your introverts life, and your being on top of your game is important to their well being. I kept everything to myself at first, mostly out of embarrassment. I thought I was the reason she was so shy and antisocial at times. I had to come to the realization it was nothing wrong with my parenting or my baby, she was just a little more complex than other kids. My supportive tribe helped me open up to share my truth and fears. This was done by their supportive actions even before they knew the problem. Don't carry this alone. Who is your tribe?

Section 9: My Introvert Won't Make a Good Leader – WRONG

There are many things in life my baby may can't do: sing, eat broccoli, maybe even dance (she inherited my rhythm or lack of rhythm). The one amazing thing my baby can be regardless of being introverted, is a leader. Many introverts are great leaders! I have told you of a few already, and you can prepare yourself to add Nasia to the list.

Many introverted people excel in leadership roles, handling the spotlight, and speaking in public. We discussed Bill Gates earlier, add Abraham Lincoln, and add Gandhi to the list of known leaders through history as introverts. Close to 4 out of 10 executives test as introverts according to USA Today, so the odds that my baby will be a leader are looking good. I want her to know she can do anything she sets her mind to, the sky's the limit. The hardest part of being an introvert is knowing your limitations, and understanding your needs.



The fact that Nasia understands how to deal with her introversion opens the door for greatness, she just has to walk through it. The introvert in her pushes her to overly prepare for projects, she is a thorough thinker. She thinks about everything that could happen, and tries to prepare for it. Those qualities will help her become a good leader, who wants a “rash thinking” leader? In middle school her teacher's often had her help other kids with classwork, attesting to her reliable and competent presence. I believe she will speak up more as she gets older, and her

presence will be made known. The words "please speak up," and "huh?", I prayfully believe will not continue to be a constant phrase in her life. I have made no secret I am her biggest cheerleader, and she is one of my greatest creations. I can not wait to see the levels of life she achieves, full of happiness, wealth, and love. My faith in God does not allow me to consider anything different. I love to hear her dreams of going to Yale University, and owning her own businesses. Nasia has big hopes for the future, and I know she can achieve them all.

Section 10: Ten Things Every Teenage Introvert Should Know

Raising an introverted teen can be hard, right? Imagine being the introverted teenager in a time when more likes equal happiness. The need to be liked and have friends is not lost on introverts, they just have a hard time maintaining friendships with more outgoing, needy people. The requirement to recharge doesn't fit into a busy Saturday outing, friends sometimes require more energy than introverts have to offer.

I had one main goal with this project, and that is to help other parents and teens, dealing with life as an introvert. I have listed ten things to make teenage introvert life easier.

1. There is NOTHING wrong with being an introvert. You are amazing just the way you are. You do not have to pretend to be less than the deep thinker you are to fit in with other teens.
2. It is ok to need recharge time, you are not being anti-social. Self-care is an important part of life. So, find a quiet room and recharge away!
3. Never allow anyone to underestimate your intelligence just because you choose to not be the center of attention in class. You have the power to open up, when you need to. View being called on as an opportunity to share your magic with the class.
4. Share your creative side with the world. You just have to find a way that is comfortable for you to share your ideas, such as writing, or making videos.
5. Everyone wants friends, its human nature. The key for introverts is to find friends who understand, or share your introverted lifestyle. This helps you eliminate no-shows, and doing things you have to tolerate instead of enjoy.
6. It's ok to love solitude just as much as others love socializing.
7. You be the one to make family outing recommendations, such as going to an art museum or sitting on the beach reading. This will help you look forward to family outings more often.
8. You intrigue people with your introvert magic. You are mysterious with your quiet solitude power. The magic that comes from your "content party of one" will keep people guessing what's going on in your mind.
9. Introverts are known to be kind, gentle people mostly, except to themselves always. Introverts are known to negative talk themselves. To be healthy and happy you have to get those

negative voices in line with the positivity you extend to others. You have to understand negative thoughts about yourself are false and harmful. Whenever you have a negative thought like, “you are not good enough,” counter it with all the positive things you do. If you need to make a list of all the goods things about you, do it. This will help you fight off anything distracting from your magic.

10. YOU ARE ENOUGH!

There are many things you will learn going through life so that being an introvert is easily navigated as an adult. There are many employers who love introverts for the characteristics that make you special. Pick a career path that will cater to your introvert lifestyle. A career based on you being full of energy for long periods of time surrounded by people, may not be for you.

The reality is you will have to make adjustments as you go through life, just know being an introvert doesn't mean you can't be happy. I have come across many happy, healthy, and wealthy introverts, the world is yours for the taking. You are the captain of your ship, make life what you want it to be and on your terms. Recharge often and enjoy life!



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I-Tip: How do you help your introverted teen recharge away from home?

The one constant thing you will have to deal with is recharging, and this could make being away from home seem a huge task. The need to recharge is extremely important for your introverted loved one, and should be treated as a priority. I have made many concessions to help my daughter cope, hopefully this will help you in your recharging quest.

- When we go to the beach, I get a deluxe angle ocean view room. This suite has two private balconies allowing my daughter a quiet space to read and think.
- I sit in the back seat with my talkative son on road trips, and allow my teen introvert to sit up front. This change allows her a quieter more relaxing ride, keeping her anxiety down. The close quarters of the backseat with a talkative lil brother leaves her drained before we arrive at our destination.
- I opt for tables instead of booths at restaurants, this gives more arm room which means less body contact leaving her less drained.
- At school lunchtime can be a recharge time if needed, if your teen can not leave campus for lunch talk to a counselor about maybe sitting in their office for a few minutes. If your teen is having a hard week try going to have lunch with them in the car. This will give them a break from the noise, and give you bonding time.
- When your introvert is visiting at someone's home the bathroom, or a quiet staircase (my daughter's favorite place at my in-laws home) can serve as a quick recharge station.
- Church can be an overwhelming experience to some introverts because of the noise and people. Most churches have classrooms or back offices, speak with your Pastor, or his staff for help with a quiet spot when needed.
- Your introverted teenager is depending on you, to be the pool of answers for their recharging needs when necessary.

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Nasia's Pet Peeves

I asked my lovable introverted teenager, what gets on her nerves the most. She did not hesitate to tell me, yeah right. It was like pulling teeth to get her to stop shrugging her shoulders and tell me, but once she started the dam broke. I was a little embarrassed to learn I am guilty of doing a few.

1. People speaking loudly (Her brother and I are often guilty) and loud noises.
2. People telling her to speak up, when she doesn't want to.
3. People asking her is she shy.
4. People taking credit for stuff she does at school.
5. Bullies along with anyone being mean, or rude to someone else.
6. People walking too close to her, or walking too slowly in front of her in halls.
7. Constantly having to repeat what she say to someone.
8. Going to crowded events, and some family gatherings.
9. People forcing her to make small talk, and she doesn't have anything to talk about.
10. Me asking her what's her pet peeves. Really Nasia?!

Take the time to learn your introverted loved one's pet peeves. This will help you make their life a little easier, and stop doing some yourself. I wish I could tell you I will stop doing the things that irk Nasia, but I can't I'm an African American Momma I will yell from time to time. I will force her to go to family events, it's what we do.

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Section 11: Best Jobs for Introverts

The world can be a scary place for an introvert trying to decide what they want to be in life. I hope this section will help you open the door to a meaningful conversation with your introvert about their future. I came across a list of jobs for introverts while surfing the web (<https://www.trade-schools.net/articles/best-jobs-for-introverts.asp>) and I shared it with my daughter. A few of the careers caused her to think a minute, but did not change her business plan. I still enjoyed the conversation and the bonding time we shared.

Social Introvert	Anxious Introvert	Inhibited Introvert	Thinking Introvert
Dental lab technician	Commercial pilot	Physicist	Aerospace engineer
Database administrator	Technical writer	Astronomer	Environmental engineer
Electrical engineering technician	Statistician	Geoscientist	Industrial engineer
Private chef	Accountant or auditor	Mental health counselor	Civil engineer
Civil or architectural drafter	Medical lab technician or technologist	Personal financial advisor	Computer programmer
Carpenter	Aircraft mechanic	Biochemist or biophysicist	Web developer
Baker	Auto mechanic	Management analyst	Video game artist
Plumber	Audio engineering - technician	Microbiologist	Fashion designer
Commercial diver	Proofreader	Wildlife biologist	Interior designer
HVAC mechanic		Conservation scientist	Graphic designer
Small engine mechanic		Market research analyst or	Artist
Welder		Marketing specialist	Mobile hairstylist
Heavy tractor-trailer truck		Addictions counselor	<u>Tattoo artist (Nasia's choice)</u>
Driver / long distance loads Interpreter or translator		Anthropologist or archaeologist	
<u>Entrepreneur (Nasia's choice)</u>		Career or education counselor	
		Marriage or family therapist	
		<u>Creative or non-fiction writer or author (Nasia's choice)</u>	

Your introvert's career plan:

I-Tip: Do's and don'ts when you care for or discipline your teenage introvert.

- Never discipline or embarrass them in public, wait until you are someplace private.
- Don't ground them by sending them to their room, they are happy there. That fact alone makes it not a punishment.
- An effective punishment that works on my daughter is making her sit in the living room with the family for an extended period of time. We watch a movie usually, it irks the mess out of her.
- Another effective punishment is taking her laptop, she is an avid Sims player.
- Take their cell phone/video game as introverts gaming, listening to music or watching videos is a favorite activity. The removal of an solo activity is generally a very effective punishment.
- A parent told me they took a family vacation to visit relatives away from their teenage introvert, leaving them at home alone. This was not an effective way to discipline, unless it was somewhere the introvert wanted to go. The teen introvert was rewarded with solitude, no siblings, no noise equaled no punishment.
- Don't just respect your introverts need for privacy, understand it. If possible let them observe new situations first.
- Try to give them a 30 minute warning (I said 15 minutes Nasia corrected me lol) before having to leave the house. This allows them mental preparation time.
- It will not always be possible to do, however when possible teach your introvert new skills in private.

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Section 12: Moving on from Accepting Your Child is an Introvert

The journey to acceptance is over, you are here. At this point, you either have seen your loved one in my daughter, or you have decided your loved one is just shy. You now have to move on to help your loved one stop having to be understanding, and help them be understood by others. The hardest part of being an introvert is not having your family support.

The support of loved ones for an introvert is important, because constantly being pushed to be outgoing, and making lots of friends for an introvert is overwhelming not to mention draining. Family support gives them a safe place to be themselves even if that means allowing them to sit in their room with a good book. I spent so much time trying to fix my baby that I missed out on getting to know the person she is, now I can never get that time back. I can guarantee you I will not waste anymore bonding time.

The faster you accept the introvert in your life for who they are the faster you can get to know them for the treasure they are. You will no longer feel like they are avoiding family time, you will understand they need recharging time (alone time). The very characteristics you worried would hinder their success in life, you will understand will help them have a deeper understanding of life. The observant, deep thinking introvert you love will always look for the reason why something is.

I know the symptoms of introversion can be confusing, just make sure you don't chalk up signs of depression to introversion. As you see your loved one in my daughter, be sure you are not overlooking signs of depression that require professional help. Life for a teenager is hard enough without having to deal with mental issues, and feel like there is no outlet for them.

We as parents or guardians have to make sure we give the correct signals to our teenagers, reinforcing that there is nothing wrong with being an introvert. There is no shame in being an introvert. They make up 30-50 % of the U.S. population. Successful leaders, entertainers, and entrepreneurs, such as J.K. Rowling, and Mahatma Gandhi have been introverts. You have to remind your introvert that introversion just enhances their magic.

I have come to understand from all the reading and videos I watched trying to understand my baby, that introversion is more than just how she is, or her personality. Introverts are wired different from extroverts. I learned extroverts' and introverts' brains use different neurotransmitter pathways. They use different sides of their nervous systems, introverts lean to the parasympathetic side (the rest and digest system). Extroverts use the sympathetic (the fight, flight, or freeze response). The Journal of Neuroscience discussed that introverts have larger, thicker gray matter in their prefrontal cortices, that is the part of the brain associated with decision-making and abstract thinking. Understanding the biological reasons behind introverts will help you embrace it and move on. Why? Once you understand you can't fix an introvert, you will understand you can only accept and love them.

I love and fully accept my teenage introvert, with everything in me. I will always be her biggest cheerleader in life. My job as a parent is to make life easier for her while teaching her life skills along the way. The hard part of being a parent is when life deals you a new hand you have to accept, and understand the why in it. I can honestly say I understand the why and how now, and I am ready to enjoy the life we have been dealt. I am now ready to help my baby be understood, by helping her to stop having to be constantly understanding to others. The question she hears all the time, "Why are you so quiet?", I empower her not to just smile through it. I empower her to say, "It's a choice." I empower her to be her reserved, intelligent (honor roll all through elementary and middle school), creative, loving, beautiful self. I empower her to know she is loved and SHE IS ENOUGH!

Notes: _____

Tiwana Satterwhite is a loving wife to a wonderful husband and proud mother of two beautiful, and amazing kids. She began her life coaching practice, My New Walk In Life, LLC to help others live their best life, by becoming their authentic self. Tiwana's life journey to becoming a certified life coach/blogger would expose a love of sharing her life with many through life coaching, writing books, posting, and video blogs. Tiwana continued her education late in life by attending Wake Technical Community College. She stands by her belief it is never too late to better yourself.

Tiwana Satterwhite is also the author of **7 STEPS TO FOREVER: The Work Required For Forever**, at www.MyNewWalkInLife.com. Tiwana's passion to help others birthed her Sole-Amazing Dead Sea Salt Foot Soak. If you would like to join her conversation forum on Facebook or Twitter go to [@mynewwalkinlife](https://www.facebook.com/mynewwalkinlife), and start your new walk in life.



Tiwana Satterwhite is available for questions or speaking engagements by contacting her via email at tiwana@mynewwalkinlife.com. Her desire is for everyone to be the love they want to see in the world.



All illustrations by Nasia, my talented, special, creative introverted teenager.

30 Questions to bond w/ Your Introvert over 30 days

The task of communicating with your introverted teen can seem overwhelming at times. The feeling of intrusion we feel while pulling conversation out of them, can make the strongest parent a little weak. That is why I developed a system of asking my introverted teen a question a day. I slip it in at breakfast or dinner, sometimes carpool works. You may meet resistance at first just give it a few days and you will receive more substantial answers.

Consistency is what will make you victorious in this communication battle. Communicating with teens is hard enough, without adding introversion to the mix. I remember the days when my introverted teen was a toddler and all I wanted was for her to start talking. Who knew that what I had for conversation then would carry over into her teen years? Don't get me wrong my daughter has her days when she wants to talk and bond with me, being an introvert doesn't mean your teen doesn't enjoy spending time and talking with you. They just need a little extra help sometimes.

My hope is 30/30 will give you the extra help you may need to bond with your introverted teen. I intend for the one question you ask daily to insure you extend the olive branch of communication daily. Making this a consistent action you make reinforcing to your teen you care and want to know more about them. You are instilling in your introverted teen you are interested in all the deep thoughts going through their minds (trust me it's a lot). The key is finding the best time for both you and your teen to talk. The right time is very important to ensure a welcoming disposition from your introvert. My introvert is more welcoming in the carpool line when she doesn't have anything else to do. The key is catching her before the earplugs and music begins.

You will come to look forward to learning something new about your teen and they will low key enjoy telling you. I believe you can do this! You have made the 1st step by purchasing 30/30 now put it to effective use. The questions range from deep to surface to offer you a wider view of your teens life. Take notes in the provided space, you will cherish the memories you are making. Once you reach day 30 look back over your notes and decide if you need to revisit some questions to deepen your bond. Don't allow your first attempts to define how you finish day 30.

Let's get started with Day 1, Enjoy!

- Day 1. What happened interesting today?
- Day 2. What is your favorite type of music?
- Day 3. What is your favorite class?
- Day 4. Tell me one thing I do that gets on your nerves?
- Day 5. What is your favorite song?
- Day 6. Out of everywhere we have been, what is your favorite place?
- Day 7. What was the best part of your day?
- Day 8. Did you talk to anyone new at school today?
- Day 9. What is your favorite game, movie or book? Why?
- Day 10. Who would you consider your best friend? Why?
- Day 11. Who do you dislike the most? Why?
- Day 12. Do you know what you want to do after high school?
- Day 13. If you could try one new thing what would it be?
- Day 14. What is your favorite memory?
- Day 15. What is your favorite season? Why?
- Day 16. Do people call you shy? How does it make you feel?
- Day 17. What is the hardest part of high school? Why?
- Day 18. What do you value most in life?
- Day 19. Where do you dislike going the most?
- Day 20. What is your favorite recharge spot?
- Day 21. Who is your favorite social media star? Why?
- Day 22. Name a food you would be happy if I stopped buying/cooking?
- Day 23. What can I do to make your life better?
- Day 24. What is the most frustrating part of the holidays for you?
- Day 25. What would you do on your perfect day?
- Day 26. Tell me about your scariest experience?
- Day 27. What makes you happy?
- Day 28. What is something I don't know about you?
- Day 29. Do you have the skills to carry on a full conversation?
- Day 30. Are you Enough?

You have survived the 30/30 challenge! I hope you have enjoyed bonding with your introverted teen and are looking forward to putting your latest information to effective use. You have been given the keys to unlock communication with your teen. There is no shame if you feel you need to revisit some questions for better clarification. The main thing is knowing if you need to seek outside help to help further enhance your

Home

I close my eyes
I take a breathe
I let myself recharge
I feel myself relax
Feeling safe, secure, at ease
Peace is near
I let myself recharge
I know this is my home
I know this is my space
My inner light is growing
I feel myself again
Recharged
I am home



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ISBN 978-0-578-45626-3 \$29.99
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