

The Introvert's Bill of Rights

- **I HAVE THE RIGHT TO REMAIN SILENT**—not because I've been accused of some crime, but because silence is no crime. Sometimes I just don't want to talk, or be talked to. Other times I'm simply listening silently, contemplating silently, or recharging silently. Silence doesn't hurt; it helps.
- **I HAVE THE RIGHT TO SEEK SOLITUDE**—to find or create the revitalizing alone time I need to stay psychologically, emotionally, spiritually, socially, and physically healthy in our frenzied, stressful world. My alone time isn't about rejecting anyone; it's about protecting myself.
- **I HAVE THE RIGHT TO CONTEMPLATE**—to take all the time I need to choose my words, weigh my decisions, and consider my actions—before I act (so I can prepare), after (so I can change course if necessary), or both. I am, therefore I think.
- **I HAVE THE RIGHT TO SEEK DEPTH**—genuine substance and significance in my conversations, my activities, and my relationships. Small talk, shallow pursuits, and superficial people leave me unsatisfied and wanting. I need real human beings with real talk and real pursuits.
- **I HAVE THE RIGHT TO FOCUS INTENTLY**—to avoid multi-tasking, interruptions, and haste so I can concentrate solely

on whatever or whoever is right in front of me. The next thing can wait.

- **I HAVE THE RIGHT TO BE HEARD**—to be truly listened to and understood—minus multitasking, interruptions, and haste—not because I’m more important or deserving than other people, but because I’m equally important and deserving.
- **I HAVE THE RIGHT TO SHARE WHAT I WANT, WHEN I WANT, HOW I WANT**—to decide for myself, without pressure or judgment, what to say, when to say it, and how to say it. My thoughts, feelings, and expressions are mine first—and last if I so choose.
- **I HAVE THE RIGHT TO BE SEEN AS PERFECTLY NORMAL**—or at least as normal as the extraverts of the world. My introversion isn’t a character flaw or a malady to be cured, not any more than extraversion. It’s a healthy, natural part of who I am.
- **I HAVE THE RIGHT NOT TO DEFEND MYSELF**—to let my introversion stand without justification or apology. I don’t expect the extraverts of the world to explain how they tick; I don’t have to explain how I tick either.
- **I HAVE THE RIGHT TO BE DEFINED BY WHAT I AM, NOT WHAT I AM NOT**—by my many natural strengths, not by what others may perceive as shortcomings; by what I have to offer, not by what others think I lack or need to work on. I’m not an extravert wannabe. I’m an introvert.