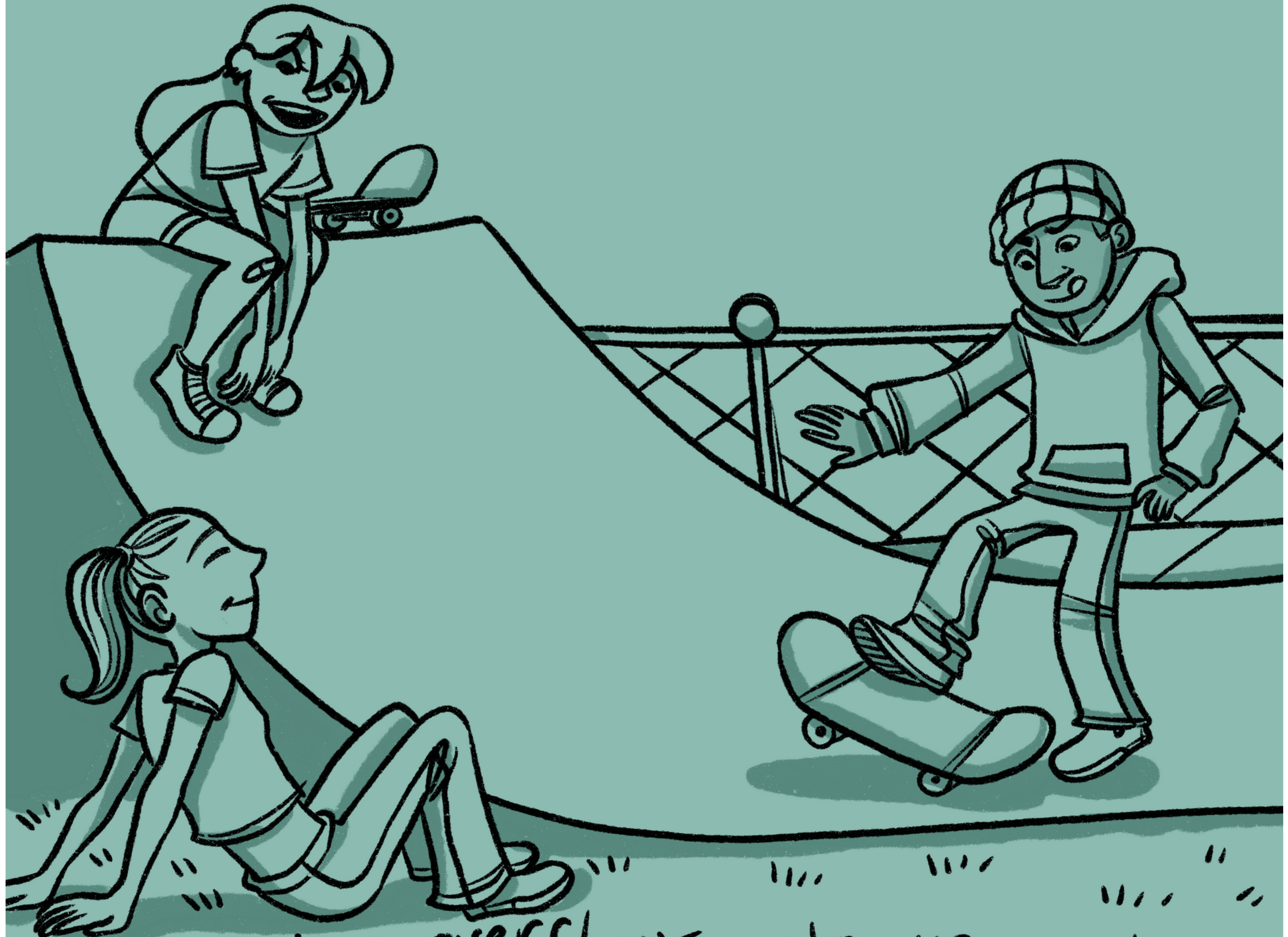


Everybody has their own unique social needs.



flow

Some of us need lots of time
with our friends to fill us up.



Their joy overflows into us, making
us feel fulfilled.

While time for the rest of us,
alone is more relaxing.



For those of us
who need that
alone time to
fill our cups,
it can be easy
to compare
ourselves to our
more extroverted
friends.



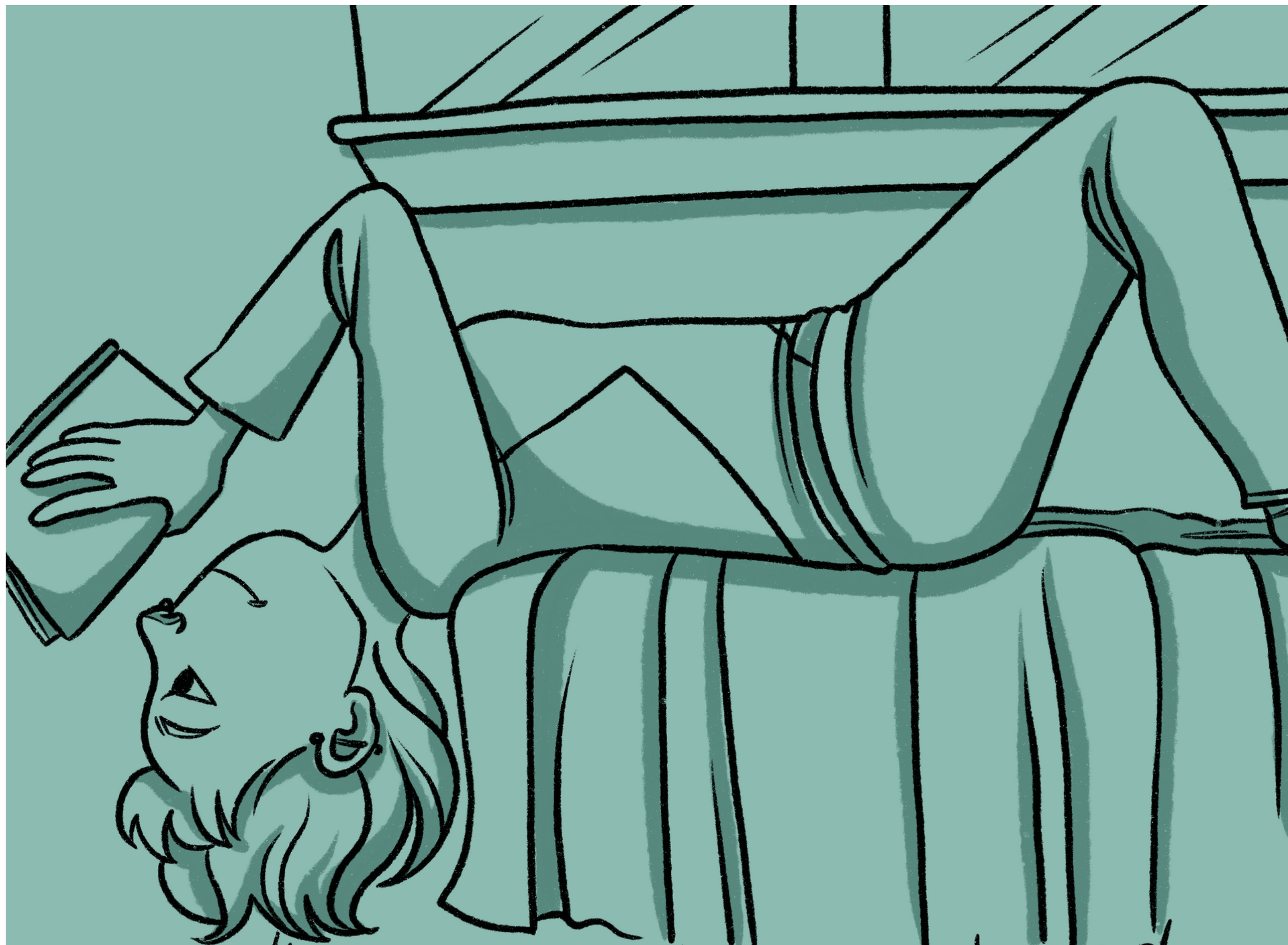


You know that what you need
is to be alone, but it's hard
not to judge yourself for it.

Why do we think of it as being alone, though, when we could think of it as:



Enjoying your own company!



So for those of us who are introverts,
that time alone doesn't have
to be full of lonely shame. Instead,
you can just be content in your
own company.