

An extrovert is a person who is outgoing, sociable, and gains energy from social interaction, feeling most stimulated and alive in group settings and with others. They are often talkative, enthusiastic, and seek external engagement, finding too much time alone to be draining. The concept of extroversion, and its opposite introversion, was introduced by psychologist Carl Jung, describing a personality orientation focused on the external world.

Key Characteristics

- **Energy from Socializing:** Extroverts are energized by people and social activities, whereas introverts are drained by them and recharged by solitude.
- **Outgoing and Sociable:** They are typically described as friendly, warm, and interested in engaging with others, including strangers.
- **Action-Oriented:** Extroverts tend to be active and enjoy participating in group work, large gatherings, and community activities.
- **Comfort in Stimulation:** They thrive in dynamic environments and feel most stimulated by external interactions.
- **Expressive:** Extroverts are often talkative, enjoy expressing their feelings and thoughts, and are comfortable being the center of attention.

Extroversion vs. Introversion

- **Energy Focus:** The core distinction is where energy is obtained: extroverts gain energy from the outer world, while introverts gain it from their inner world.
- **Social Interaction:** Extroverts seek out social interactions for enjoyment, while introverts may prefer quieter, more solitary activities.
- **Personality Spectrum:** It's important to note that extroversion is a personality dimension, and most people fall somewhere on a spectrum between extroversion and introversion, rather than being one or the other.