

**Think you might be an introverted empath, but you aren't quite sure? Here are just a few characteristics:**

**You prefer time to yourself**

The idea of being home alone is thrilling, not taxing. These periods of solitude are crucial to an introvert's health and happiness. Whether you're simply spending time resting or engaging in an activity, solitude is a welcome relief. Introverts often enjoy reading, gardening, crafting, writing, gaming, watching movies, or doing any other activity that's performed alone.

**You are drained by social interactions**

While extroverts would not dare miss a Friday night out with friends, introverts know when they've maxed out and need to refuel their batteries.

**You prefer working alone or one on one**

If a group project feels overwhelming or loathsome, you may be an introvert. Introverts often work best when they work alone or one on one. The isolation allows introverts to focus deeply and produce high-quality work. This isn't to say introverts don't work well with others; they just prefer to retreat and focus on the task at hand, rather than navigate the social aspect of working in a group setting.

**You have a close circle of friends and like it that way**

Don't mistake an introvert's small circle of friends as a sign that they can't make friends or don't like to socialize. In fact, they enjoy talking with people and getting to know others. They also prefer the solitude of a small circle of friends. High-quality relationships are a key to happiness for introverts.

### **You are introspective and curious**

You may find yourself daydreaming or working things out in your mind long before you put a plan of action in place or lift a single finger to change anything. Introverts have a very active inner thought process. That also leads them toward self-reflection and research. Introverts are dedicated to pursuing their interests and feeling prepared and well-read.

### **You're accused of zoning out a lot**

Introverts often “escape” from a situation by zoning out or letting their mind wander away from the task at hand. For you, this may be a way to leave a situation that feels too chaotic or uncomfortable; it's a survival mechanism of sorts. But to others, it may seem like you're unfocused.

### **You prefer writing over talking**

You're more comfortable writing out your thoughts rather than speaking, especially when you're unprepared. You prefer to think through your response because your communication style is focused and considerate. You can carry on conversations, but if decisions are necessary, you may want more time to consider and weigh your options so you feel confident in the choice.

### **You 'feel' more**

One [Source](#) shows that introverts are more likely to be diagnosed with depression. This could be because introverts don't feel happy as often as extroverts. It's unclear why introverts don't report higher happiness levels, but it may have a lot to do with how introverts identify happiness. Introverts prefer a higher quality of friendships and emotional regulation. It may be difficult to achieve this high level of satisfaction constantly.

## **Introversion is a spectrum**

Most people are not purely introverted or purely extroverted. They fall somewhere in the middle with characteristics of both. Some characteristics may be stronger, which is why people may self-identify as an introvert or extrovert.

Your life experiences can significantly affect your personality, too. It's possible to change or slide slightly on the spectrum throughout your life. You may learn to interact with others differently and reap rewards differently as an adult.

There is no need to change or alter your personality. No matter what, your personality is a wonderful part of who you are.