Possible answers

big-headed – behaving in a way that shows that you think you are very important or intelligent; the opposite of *modest*

cheerful – behaving in a happy, friendly way; the opposite of *moody* and *serious*

easy-going – calm and not easily upset; similar to *relaxed* and *laid-back*

energetic – very active and with a lot of energy; the opposite of relaxed

humble – not proud and not thinking that you are better than other people; similar to *modest* (the opposite of *big-headed* in this exercise)

introverted – tending to concentrate on your own thoughts and feelings; similar to *reserved* (and *shy* in this exercise) and the opposite of *extroverted* and *outgoing*

loud – used for describing a person who talks in a loud and confident way that annoys other people; the opposite of *quiet*

loyal – willing to support, work for or be a friend to someone, even in difficult times; the opposite of *untrustworthy*

narrow-minded – disliking or not interested in ideas or cultures different from your own; the opposite of *broad-minded*

sensitive – showing that you care about someone or something and do not want to cause offence; similar to *tactful* and *diplomatic* (NB *sensitive* can also mean *likely to become angry or upset easily*)

shy – nervous and embarrassed in the company of other people, especially people who you do not know; similar to *quiet* and *reserved* and the opposite of *talkative* and *outgoing*

sociable – a sociable person is friendly and enjoys being with other people; similar because sociable people are often *talkative* and *outgoing*; sometimes the opposite of *quiet*

tactless – someone who is tactless is not careful about the way that they speak or behave towards other people and so often upset them; the opposite of *tactful*

4

1 a party animal **2** a pain in the neck **3** a great laugh
4 a wallflower **5** a big mouth
6 a bright spark **7** a live wire
8 a social butterfly

5

Students' own answers.

Reading p45

1

Students' own answers.

2

Possible answer

Susan Cain's book *Quiet Power* and the importance of knowing that it is ok to be introverted and that introverted people add value to a team.

4

Possible answers

relate to – able to understand a situation or the way that someone feels and thinks

countless – very many, especially more than you think is reasonable

the life and soul of – very lively and entertaining on social occasions

bring to the table – raise for discussion

see the bigger picture – see a whole or complete situation, including all the things that it affects, not just one part of it

rise to the occasion – deal successfully with a problem or situation that is especially difficult

take centre stage – be in a position in which someone or something is attracting a lot of interest or attention

in the spotlight – a situation in which you get a lot of public attention

5

Possible answers

I think that a lot of what the blog post discusses is true and fair. For example, it's true that society pays more attention to extroverts but that it's OK to be introverted. However, the blog post makes lots of generalizations about the skills and qualities that introverts and extroverts have or don't have that aren't necessarily true for everyone. I also don't think it's fair to categorise people as either introverts or extroverts as most people are often a mix of of the two depending on the situation.