

# Introverts and Extroverts: Learning to Understand One Another

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The world today is made up of individuals with varying levels of introversion and extroversion. Such strong differences in personality can easily lead to clashes, making it crucial for introverts and extroverts to learn to understand one another. The purpose of this research paper is to highlight the differences in personalities and demonstrate how they can be used as strengths to complement one another. If introverts and extroverts are able to better understand each other, then it will immensely benefit interpersonal communication in all aspects of life, ranging from relationships to the workplace.