

# Introverts don't like small talk. Here's why.

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Have you ever gotten into an elevator, saw one of your quieter classmates or neighbours, and tried asking them how they were doing?

They probably answered, "Uh, good," or something that felt equally curt, completely forgetting to ask you about your day. Chances are also there that they didn't answer at all. For the rest of the time inside the elevator, you two just awkwardly stared into the void in silence until the elevator took you to your correct floors.

These sorts of interactions perhaps lead a large chunk of society to use words like antisocial and introverted interchangeably. It's a common misconception that introverts hate conversations, talking, and people in general. Like all humans, introverts crave connection as well. The way they approach conversations, however, is fundamentally different from extroverts.

To understand this difference better, let's use the social battery analogy.

An extrovert wakes up in the morning with 0 percent social battery. They recharge and draw energy by interacting with other people. Talking to their neighbour in the elevator may give them a 10 percent charge, meeting their friends raises their social battery percentage to 50 percent, and so on.



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An introvert, on the other hand, wakes up with a 100 percent social battery. Talking to people drains them. To recharge, they need to spend time alone with their thoughts. That's why introverts generally avoid small talk even if they do love engaging in conversations.

So, what goes through an introvert's head when you ask them, "How are you

doing?"

Firstly, introverts are more sensitive to how invested the other person is in the conversation. If an introvert feels that the other person is uninterested, or not fully immersed in the topic, they feel that the conversation is a waste of both persons' finite social battery charge. They would rather save it for a conversation where both

parties are fully invested.

Secondly, the expected answer to, "How are you doing?" is "Good". It doesn't matter whether they are truly fine or not, "good" is the standard answer they'll give most of the time. However, introverts often feel that they are being fake with this surface-level response. Thus, they prefer to be left out of small talk to avoid acting fake in the first place.

Now, do people not have to go through the small talk stage to transition into deeper topics? Most introverts would like it if you just dived right in. This behaviour might seem out of the ordinary in an extrovert-leaning world, but to introverts, the small talk gets in the way of deeper, more open conversations.

Of course, there is nothing wrong with small talk. Neither is there anything wrong with diving straight into a discussion with random strangers. We are all different, and we have our own preferences when it comes to connecting with others and that's okay. And for introverts, the preference, as it stands, is to avoid small talk and dive right into the actual conversation.

*Zaheen equates watching productivity videos to actually getting work done. Send help at [instagram.com/tasfiazuhair](https://www.instagram.com/tasfiazuhair)*

## The problem with over-appreciating the bare minimum effort from men

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Back in 2020, TikTok user @monciaaaaa (the account has since been deleted) asked people to share, "the time that they realised the bar is super low for men." The responses that came in shouldn't really surprise any of us.

There were stories about fathers getting praised for changing their child's diaper, people being impressed by a guy for not taking advantage of a vulnerable girl, and one man who was hailed for giving credit to a female colleague for

her own idea.

Ridiculous, but not shocking.

At this point, the bar for men is so low that it's a tavern in hell. This culture of over-appreciating men for doing the bare minimum is incredibly unfair to the women who deserve better and are taken for granted even though they are doing the same work day in and day out.

A recent report published by the Bangladesh Bureau of Statistics stated that women

spend eightfold more time than men in domestic and care work. Our mothers cook, clean, and look after the house. Many of them do all this while working full-time jobs. Yet, their efforts are never appreciated or recognised.

When their partners don't even bother to lend a helping hand, the idea of equally distributing household chores remains a far-off dream. And on the odd day that a man decides to wash his own dish on a whim, we're expected to clap and cheer him on for this act of goodwill.

What really stings though is that we do end up cheering for them. The best of us have done it at some point or another because most men still don't wash their own dishes, even if it's once in a blue moon.

And it's hard to not get excited when the guy, who thinks he can lounge around all day and the food will magically appear on the dinner table at mealtime, actually decides to lift a finger for a change. But there must be a clear distinction between acknowledging this step in the right direction, and over-appreciating

the bare minimum. Because the latter can create room for complacency, where a man gets to pat himself on the back and call it a day when in reality, he isn't fulfilling half his responsibilities.

When we finally start to look at sharing housework and respecting women's bodies and their boundaries as prerequisites and not as favours, we can say that we've come a long way past the rigid gender norms that hold women down. And while no progress is too small to count, we need to keep challenging the sexist ways in which our society functions today if we want to get anywhere near the idealised world where each of us has an equal shot at life, regardless of our gender.

**Reference**

The Daily Star (June 14, 2022). *Women do unpaid domestic work 8 times more than men*. BBS.

*Nahian fixates on random and unimportant details, like the margin length in her Physics assignment. Tell her what else to fixate on at [nahianawardhk@gmail.com](mailto:nahianawardhk@gmail.com)*



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