

A2-B1 English Worksheet

Introverts and Social Pressure: Saying No and Setting Boundaries

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Article

In a Washington Post advice column on 15 October, a woman described a problem with friends. She often attended large parties despite not enjoying them. Her friends thought she was outgoing. Now she prefers quiet meetings with one or two friends. Some find this change hard to accept.

Being an introvert does not mean you dislike people. Some people enjoy company but need time alone to relax. They may prefer a quiet cafe to a busy party. It can be difficult to decline an invitation, especially when friends expect you to join every event. An honest explanation can help others understand your choice.

The columnist suggested offering a different plan instead of simply saying no. Friends could meet for coffee or a walk. Families and colleagues can also respect different social needs. People should feel comfortable explaining when they need space. Clear communication helps friendships continue.

True/False

Decide if each statement is True (T) or False (F).

No.	Statement	T / F
1	As a younger person, the woman genuinely enjoyed going to large parties.	
2	Her earlier social habits made friends think she liked busy gatherings.	
3	The people around her have found her change in habits easy to accept.	
4	An introvert is someone who cannot enjoy other people's company.	
5	A person may enjoy friendship while preferring quieter places.	
6	The advice suggests proposing a smaller activity instead of only refusing.	
7	Only relatives need to take other people's social needs seriously.	
8	Clearly describing personal needs may help friendships continue.	

Synonym Match

Match each word (1-10) to a synonym (A-J).

Words (1-10)	Synonyms (A-J)
1. outgoing	A. frequently
2. large	B. truthful
3. prefer	C. shift
4. decline	D. favour
5. honest	E. at ease
6. choice	F. sociable
7. change	G. big
8. comfortable	H. unwind
9. often	I. refuse
10. relax	J. option

Use the New Language

Choose 5 words from Synonym Match and write your own sentences.

No.	Your sentence
1	
2	
3	
4	
5	

Discussion Questions

Student A	Student B
1. After a busy week, do you prefer an evening with friends or some time alone?	1. Do people respect outgoing personalities more than quiet ones?
2. Have you ever said yes to a party even though you did not want to go?	2. Is being an introvert the same as being shy?
3. How do you feel when someone invites you out at the last minute?	3. Can refusing invitations damage a friendship even when it is not personal?
4. Do any of your friends enjoy going out much more often than you do?	4. Do confident, outgoing workers have more chances to get promoted?
5. How do you feel about speaking in front of a large group?	5. Should work social events take place outside normal working hours?
6. Is it difficult for you to say no when someone asks you for a favour?	6. How do family traditions affect which celebrations people attend?
7. Which family events do you always try to attend?	7. Do phones and messages make people feel they must always reply?
8. Is it easier to refuse an invitation by text message or face to face?	8. How can hosts make parties enjoyable for different types of people?

Answer Key

True/False	1=F, 2=T, 3=F, 4=F, 5=T, 6=T, 7=F, 8=T
Synonym Match	1=F, 2=G, 3=D, 4=I, 5=B, 6=J, 7=C, 8=E, 9=A, 10=H

Example Sentences With the Words

No.	Example sentence
1	She is outgoing and enjoys meeting new people at large events.
2	We met at a large party with more than fifty guests.
3	Some people prefer a few close friends to a large group.
4	He decided to decline the invitation because he needed to rest.
5	An honest conversation can prevent a misunderstanding.
6	Everyone should have a choice about how to spend their free time.
7	The change in her social habits surprised some of her old friends.
8	I feel comfortable speaking to one friend at a time.
9	We often meet for coffee on Sunday afternoons.
10	I relax by reading a book after a busy day.