

# 7 Struggles Introverts Have in the Summer

---

 [pathwaysreallife.com/7-struggles-introverts-summer/](https://pathwaysreallife.com/7-struggles-introverts-summer/)

Many people find it difficult to admit they're introverts, because ***introverts are often seen as people that don't like being around other people***. However, introverts simply gain energy from time alone; it doesn't mean that they don't enjoy being with others. Being an introvert can come with some challenges, particularly during the summer months.

## What is an Introvert?

Since introverts are often misunderstood, ***here's a look at the common characteristics of an introvert:***

- Enjoy time alone
- Do their best thinking alone
- Avoid upset or angry people
- Have small groups of close friends
- Don't initiate small talk
- Make excellent self-starters
- Are fine letting others take the limelight
- May not reach out to others voluntarily
- Are often described as quiet
- May find too much stimulation leaves them unfocused and distracted

## 7 Struggles Introverts Face During the Summer

Introverts face unique challenges throughout the year, but ***the summer brings along some unique struggles***, including:

1. **Difficultly reenergizing after big summer shindigs** – When summer parties turn into big events with a lot of people, it's often difficult to reenergize and get your balance back if you attend one of these shindigs.
2. **Avoiding the beach because of the crowd** – The beach is the place to be during the hot summer months, but introverts often miss out because they avoid crowded beaches where they feel overwhelmed by people.
3. **Binge-watching shows sounds better than going out** – Summer often seems like a great time to stay at home binge-watching new or favorite television shows instead of getting up enough energy to go out.
4. **When you do want to go out, it's tough to start the conversation** – Of course, introverts occasionally do want to go out, but it's often tough to start the conversation with friends about a night out together. You may simply avoid going out because you don't want to start the conversation to make plans.
5. **Worrying your small group of friends is getting tired of you** – You probably have a small group of friends you hang out with in the summer, but you may worry that they are getting tired of you, which may lead you to cancel plans.
6. **Making plans, then cancelling at the last minute** – Sometimes plans to go out sound great, until the day it's time to head out. You may find yourself bailing at the last minute because you don't feel like you have the energy to deal with people.
7. **Never getting a tan because you stay indoors all summer** – Instead of heading out for a healthy dose of vitamin D, you may find that you constantly stay indoors throughout the summer.

## Overcoming Your Struggles

Being an introvert isn't a bad thing, but if you find that it's leaving you struggling this summer, ***you can find ways to overcome those struggles.*** [Pathways Real Life Recovery](#) offers excellent services that can help you learn to branch out more as an introvert. At Pathways Real Life Recovery in Salt Lake City, Utah, you'll find the help you need, with many non-traditional therapy methods and rehabilitation services that can ***help you make long-term changes while learning to value and love yourself as an introvert.*** We'll work with you to [come up with a personalized plan](#) that will give you the skills and tools you need to overcome those challenges you face in life as an introvert. [Contact us today](#) for more information.