

Books by the Stack



Sorry I'm Late, I Didn't Want to Come by Jessica Pan

A painfully shy introvert commits herself to living an extroverted life for one year to find out if life is better as a social creature.

Why you'll like it: *Hilarious. Inspiring. Relatable.*

About the Author: Jessica Pan is a journalist whose work has appeared in the Guardian's Weekend magazine, The Cut, Refinery29, and Vice, among others. She has a degree in psychology from Brown University and is the coauthor of *Graduates in Wonderland*, an epistolary memoir about living in Beijing and Paris. She previously worked as a TV reporter and magazine editor in Beijing and now lives in London.

Questions for Discussion

1. Would you ever undertake such an endeavor to “improve” yourself? Expand your comfort zone?
2. Social anxiety is a completely normal experience. We are social animals. We want to be accepted by our peer groups, and we do not want to be rejected. If people do not have any social anxiety, something is seriously wrong with them. (p. 116 Hoopla version) Can you relate to this?
3. Effective treatment for social anxiety is a form of exposure therapy: Put people in their worst-case scenario and be repeatedly rejected. It has been suggested that this treatment has an 80% positive response rate in alleviating anxiety. What is your worst-case scenario? Or are there several, depending on the situation?
4. Have you used any of the suggestions given by the experts to break out of your own shell?
5. Surface Self talks about the weather, facts, what we had for dinner, our plans for the weekend. Deep Self talks about what these things mean to us and how we feel about them. (p. 175 Hoopla version) What Self do you mainly use when talking with others?
6. As a society, we spend more time online than ever before. The dating app, Bumble, has a BFF feature, which matches you with new friends. Do you believe there is a stigma associated with online meetings? Yes or no? Why do you feel that way?
7. Do you have friends that you have ‘outgrown’? Do you find that you miss them?
8. Introverts weigh decisions more carefully than extroverts (p. 581 Hoopla edition). Do you find this to be true?

