



INFJs are creative nurturers with a strong sense of personal integrity and a drive to help others realize their potential. Creative and dedicated, they have a talent for helping others with original solutions to their personal challenges.

The Counselor has a unique ability to intuit others' emotions and motivations, and will often know how someone else is feeling before that person knows it himself. They trust their insights about others and have strong faith in their ability to read people. Although they are sensitive, they are also reserved; the INFJ is a private sort, and is selective about sharing intimate thoughts and feelings.

What Makes the INFJ Tick

INFJs are guided by a deeply considered set of personal values. They are intensely idealistic, and can clearly imagine a happier and more perfect future. They can become discouraged by the harsh realities of the present, but they are typically motivated and persistent in taking positive action nonetheless. The INFJ feels an intrinsic drive to do what they can to make the world a better place.

INFJs want a meaningful life and deep connections with other people. They do not tend to share themselves freely but appreciate emotional intimacy with a select, committed few. Although their rich inner life can sometimes make them seem mysterious or private to others, they profoundly value authentic connections with people they trust.

Recognizing the INFJ

INFJs often appear quiet, caring and sensitive, and may be found listening attentively to someone else's ideas or concerns. They are highly perceptive about people and want to help others achieve understanding. INFJs are not afraid of complex personal problems; in fact, they are quite complex themselves, and have a rich inner life that few are privy to. They reflect at length on issues of ethics, and feel things deeply. Because Counselors initially appear so gentle and reserved, they may surprise others

with their intensity when one of their values is threatened or called into question. Their calm exterior belies the complexity of their inner worlds.

Because INFJs are such complex people, they may be reluctant to engage with others who might not understand or appreciate them, and can thus be hard to get to know. Although they want to get along with others and support them in their goals, they are fiercely loyal to their own system of values and will not follow others down a path that does not feel authentic to them. When they sense that their values are not being respected, or when their intuition tells them that someone's intentions are not pure, they are likely to withdraw.

Popular Hobbies for the INFJ

Popular hobbies for the INFJ include writing, art appreciation, cultural events, reading, socializing in small, intimate settings, and playing or listening to music.

Quotes About INFJ

"The visions of the INFJs tend to concern human welfare, and their contributions are likely to be made independent of a mass movement."

- Isabel Briggs Myers, [Gifts Differing](#)

"These seclusive and friendly people are complicated themselves, and so can understand and deal with complex ethical issues and with deeply troubled individuals."

- David Keirsey, [Please Understand Me II](#)

"INFJs' nonstop search for learning, self-growth, and development—and wishing the same for everyone else—makes them very reassuring to others and people worth emulating."

- Otto Kroeger, [Type Talk at Work](#)

Facts About INFJ

Interesting [facts about the INFJ](#):

- Least common type in the population
- On personality trait scales, scored as Sincere, Sympathetic, Unassuming, Submissive, Easygoing, Reserved and Patient
- Among highest of all types in college GPA
- Among most likely to stay in college
- Most likely of all types to cope with stress by seeing a therapist
- Highest of all types in marital dissatisfaction
- Personal values include Spirituality, Learning, and Community Service
- Commonly found in careers in religion, counseling, teaching, and the arts

INFJ at Work

At work, the INFJ is focused on the task of bettering the human condition. [INFJs](#) are dedicated, helpful, and principled workers who can be relied on to envision, plan, and carry out complex projects for humanitarian causes.

Although they are typically driven by lofty ideals, Counselors gain the most satisfaction from their work when they can turn their ideas into reality, creating constructive change for other people.

INFJs are typically organized and prefer work that allows them to complete projects in an orderly manner. They are often independent and tend to prefer a quiet environment that allows them the opportunity to fully develop their own thoughts and ideas.

The ideal work environment for an [INFJ](#) is harmonious, industrious, and oriented to a humanitarian mission, with co-workers who are similarly committed to positive change. The ideal job for a Counselor allows them to use their creativity in an independent, organized environment to develop and implement a vision that is consistent with their personal values.

INFJ CAREER FACTS

- More likely than average to be a [stay-at-home parent](#)
- Show one of the [lowest gender wage gaps](#), with female INFJs earning 87% of what male INFJs make
- Average salary is \$[36,575](#), lower than the average for all the types
- [Less likely](#) than average to manage a large team

Top Careers for the INFJ

The top driver for INFJs in choosing a career is the opportunity to do something that is consistent with their values. Often, INFJs choose careers in helping professions like health care, education, or counseling. INFJs are thinkers by nature and appreciate careers that allow them to use their intellect on problems that interest them. Often, these are people problems, for instance in psychology, but INFJs can also be found in other areas of the sciences and even engineering.

Many INFJs have a creative streak which can be seen in the top INFJ career trends. Working with language is especially popular for INFJs, but they can also be found in various fields in the arts.

Top career choices for INFJs include:

HEALTH CARE

Health care careers are a wonderful opportunity for INFJs to combine their deep caring for the welfare of other people with their often formidable intellectual capabilities. Many INFJs enjoy the sciences and find it extremely satisfying to put their scientific knowledge to use in helping others. Sample health care careers for INFJs include:

- [Physical Therapist](#)
- [Public Health Educator](#)
- [Family Physician](#)
- [Occupational Therapist](#)
- [Psychiatrist](#)
- [Physician Assistant](#)
- [Massage Therapist](#)
- [Nutritionist](#)
- [Medical Researcher](#)

COUNSELING AND SOCIAL SERVICE

INFJs are typically wonderful listeners and deep, insightful thinkers when it comes to personal problems. They have a high degree of intuition about people and a deep well of patience in dealing with sticky emotional situations. All of these qualities make them talented, compassionate counselors, social servicepeople, and religious workers. Sample counseling and social service careers for INFJs include:

- [Clinical Psychologist](#)
- [Counselor](#)
- [Social Worker](#)
- [Speech Pathologist](#)
- Clergy

SCIENCES

INFJs often enjoy the intellectual challenge of the sciences, and can be found in scientific careers that relate to their values. Sample science careers for INFJs include:

- [Social Scientist](#)
- Genealogist
- [Food Scientist](#)
- [Environmental Scientist](#)

BUSINESS & LAW

INFJs are often found making the business world a little more human, in HR, training, or the more humanitarian professions within the law. Sample careers for INFJs in the business and legal fields include:

- HR [Manager](#)
- [Corporate Trainer](#)
- [Environmental Attorney](#)
- Legal Mediator

EDUCATION

Although teaching in front of a classroom is a typically Extraverted activity and can be a challenge for more Introverted INFJs, they often find it deeply satisfying to help children and adults grow and develop.

Education careers that involve working with smaller groups, or one-on-one, are an especially good fit.

Sample education careers for INFJs include:

- [Elementary Teacher](#)
- [Special Education Teacher](#)
- [School Counselor](#)

LANGUAGE AND ARTS

Many INFJs love the expressive quality of language, and they typically have the focus and concentration necessary to be excellent writers and editors. Other areas of the arts appeal as well. Sample artistic careers for INFJs include:

- [Librarian](#)
- [Curator](#)
- [Translator](#)
- [Editor](#)
- [Technical Writer](#)
- [Writer](#)
- [Graphic Designer](#)
- [Animator](#)
- [Artist](#)
- [Musician](#)
- [Interior Designer](#)

Least Popular Careers for INFJ

It is important to note that any personality type can be successful in any occupation. However, some occupations are well suited to the natural talents and preferred work style of the INFJ, while other occupations demand modes of thinking and behavior that do not come as naturally to this type.

Occupations that require the INFJ to operate outside their natural preferences may prove stressful or draining, and often sound unappealing to Counselors who are choosing a career.

The following occupations have been found to be unpopular among INFJs, based on data gathered from surveys of the general population.

[General Contractor](#)

[Real Estate Broker](#)

[Military Officer](#)

[Electrician](#)

[Sales Manager](#)

[Police Officer](#)

[Engineering Technician](#)

[Restaurant Manager](#)

[Firefighter](#)

[Mechanic](#)
[Surveyor](#)
[Farmer](#)

[Property Manager](#)
[Financial Manager](#)
[Factory Supervisor](#)

[Paramedic](#)
[Medical Records Technician](#)
Cook