

ISFJ



ISFJs are industrious caretakers, loyal to traditions and organizations. They are practical, compassionate, and caring, and are motivated to provide for others and protect them from the perils of life.

ISFJs are conventional and grounded, and enjoy contributing to established structures of society. They are steady and committed workers with a deep sense of responsibility to others. They focus on fulfilling their duties, particularly when they are taking care of the needs of other people. They want others to know that they are reliable and can be trusted to do what is expected of them. They are conscientious and methodical, and persist until the job is done.

What Makes the ISFJ Tick

ISFJs are driven by their personal values, and are conscientious in their behavior. They typically want to work hard, get along with others, and make sure they do what is expected of them.

ISFJs value relationships highly and strive to cooperate and maintain harmony with others. They want stability and longevity in their relationships, and tend to maintain a deep devotion to family. They feel most connected with people they know they can rely upon over the long term.

ISFJs appreciate tradition and like knowing how things were done in the past. They are loyal to established methods and values, and want to observe the proper, accepted way of doing things. They place great importance on fitting in with established institutions and contributing what they can to maintain strong, stable social structures. In groups, they often take on the role of historian, ensuring that new members respect and value the established customs.

Recognizing the ISFJ

ISFJs are characteristically humble and unassuming, and rarely call attention to themselves. They can often be found offering assistance to others in a modest, understated way. They are loyal and hardworking, and often commit themselves to tasks and projects with the aim of being helpful to their

families, friends, and communities. They are typically involved in social groups, but do not want the spotlight: they are more likely to be found behind the scenes, working diligently to fulfill their role.

ISFJs are oriented to relationships, but can be reserved with new people. They rarely disclose personal information quickly. They tend to be focused and aware of their surroundings, and relate details from their own personal experience. They often converse in terms of what has happened to them and what they have seen first-hand. They are compassionate listeners, and typically remember details about people. They often enjoy hearing the facts about others in the process of making a connection.

Popular Hobbies for the ISFJ

Popular leisure activities for ISFJs include cooking, gardening, painting, crafts, picnics, nature walks, and watching movies. They are also often found supporting their loved ones in their interests and activities.

Quotes About ISFJ

"ISFJs emphasize loyalty, consideration, and the common welfare."

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

"These ISFJs derive a great deal of satisfaction from caring for others, and they offer their comfort gently and helpfully, quietly seeing to it that caretaking is scheduled to protect the health and welfare of those in need."

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

"Bound by fierce commitment, intense responsibility, and deep loyalty, the ISFJ is the embodiment of putting service above self in most aspects of their lives."

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

Facts About ISFJ

Interesting facts about the ISFJ:

- On personality trait measures, score as Conservative, Conventional, Guarded, and Reserved
- Among types most likely to believe in a higher spiritual power
- More likely than average to experience chronic pain
- Among types most likely to suffer heart disease
- Second most common type among education majors in college
- More likely than other types to watch more than 3 hours of television per day
- Personal values include Happy family, Health and Spirituality
- Overrepresented among MBA students and male small business owners
- Among three types with the lowest income
- Commonly found in education, health care, and religious occupations

ISFJ at Work

At work, the ISFJ is motivated by the desire to help others in a practical, organized way. ISFJs are driven by their core of personal values, which often include upholding tradition, taking care of others, and working hard.

ISFJs enjoy work that requires careful attention to detail and adherence to established procedures, and like to be efficient and structured in their completion of tasks. They prefer an explicit authority structure and clear expectations.

ISFJs usually prefer to work behind the scenes, and like to receive recognition in a low-key way without being required to present their work publicly. They want to feel that they have fulfilled their duties, but do not want to be thrust into the spotlight.

An ideal job for an ISFJ involves well-defined work tasks that achieve a concrete or observable result, and does not require a lot of multi-tasking. An ideal work environment for an ISFJ is orderly, provides plenty of privacy, and includes colleagues who share the ISFJ's values.

Top Careers for the ISFJ

Top careers for the ISFJ include:

[Dentist](#)

[Health Care Administrator](#)

[Nurse](#)

[Speech Pathologist](#)

[Veterinarian](#)

[Optometrist](#)

[Family Physician](#)

[Physical Therapist](#)

[Radiation Therapist](#)

[Audiologist](#)

[Physician Assistant](#)

[Medical Assistant](#)

[Dental Hygienist](#)

[Nutritionist](#)

[Dialysis Technician](#)

[Preschool Teacher](#)

[Elementary Teacher](#)

[School Administrator](#)

[Counselor](#)

[Social Worker](#)

[Religious Educator](#)

[Funeral Director](#)

[Paralegal](#)

[Court Reporter](#)

[Probation Officer](#)

[Credit Counselor](#)

[Farmer or Rancher](#)

[Electrician](#)

[Jeweler](#)

[Interior Designer](#)

[Biologist](#)

[Food Scientist](#)

[Medical Researcher](#)

[Conservation Scientist](#)

[Librarian](#)

[Curator](#)

[Historian](#)

[Genealogist](#)

[Real Estate Appraiser](#)

[Office Manager](#)

[Customer Service Rep](#)

[Hotel Manager](#)

[Tech Support Specialist](#)

[Bookkeeper](#)

[Administrative Assistant](#)

Least Popular Careers for ISFJ

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 ISFJ, while other occupations demand modes of thinking and behavior that do not come as naturally to the ISFJ. Occupations that require the ISFJ to operate outside their natural preferences may prove stressful or draining, and often sound unappealing to ISFJs who are choosing a career.

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

[Executive](#)

[Management Consultant](#)

[Sales Manager](#)

[Marketing Manager](#)

[Financial Manager](#)

[Insurance Agent](#)

[Copywriter](#)

[Art Director](#)

[Journalist](#)

[Actor](#)

[Photographer](#)

[Military](#)

[Mechanical Engineer](#)

[Chemist](#)

[Attorney](#)

[Market Researcher](#)

[Economist](#)

[Social Scientist](#)