

# INFP

*Introverted feeling (Fi) - Extroverted intuition (Ne)*

## MAIN CHARACTERISTICS

### *PERSONALITY*

INFPs are above all idealists, in search of the Holy Grail. This does not appear at first contact because they do not like to flaunt their values and their feelings. Their feeling is introverted and therefore does not let itself be known easily.

The values INFPs believe in are strictly personal to them. They are the fruit of their own research and not of dogmas or rules imposed from outside which they do not appreciate and which they may even take pleasure in contradicting.

These two factors combined mean that sometimes the originality of their approach goes unnoticed and their value underestimated. Besides, social recognition generally matters little to them; on the other hand, they like their feelings and ideals to be taken into account.

INFPs are open-minded, imaginative, flexible. Learning more, continuing to transform is like second nature to them. This curiosity, combined with their high standards for ideals, often makes them perfectionists. An INFP will take care of all the details of a work until each one is perfect and coherent with the whole: he will take pleasure in sculpting the invisible gargoyle with as much care as the tympanum of a church.

INFPs learn well if what they study has meaning for them and corresponds to their ideal, even if the chosen field is not best suited to their abilities.

### *PROFESSIONAL LIFE*

In their work, INFPs seek collaboration and avoid competition. They strive to seek ideals, common goals, to which everyone can rally. They are often a source of inspiration for a group and their presence alone, even silent, can bring a touch of serenity.

They see their role as that of a catalyst who connects people and promotes communication between them. To this end, although reserved by nature, INFPs will not hesitate to confront a difficult situation and clarify things.

INFPs are attracted to professions relating to language, especially written language, teaching, counseling, therapy. Literature teacher is thus a common profession for an INFP, as is psychologist, coach or therapist. These are activities where INFPs feel particularly comfortable. But it is obviously possible for them to carry out any other type of activity that interests them.

## REACTIONS TO STRESS

### FIRST LEVEL

The INFP's desire for perfection can lead them to lapse into idealism and refuse to take into account anything that goes against their values.

This search for the ideal can prevent them from concluding; if not pushed by imperative deadlines, INFPs can get stuck in the preparation phase of a job. And if the preparatory phase strongly motivates them, the application leaves them more indifferent; they may then lack rigor in implementation.

In their search for perfection and harmony, INFPs can have difficulty saying no to the requests made of them and allow themselves to be overwhelmed, even if it means being exhausted or resenting those who have abused their time.

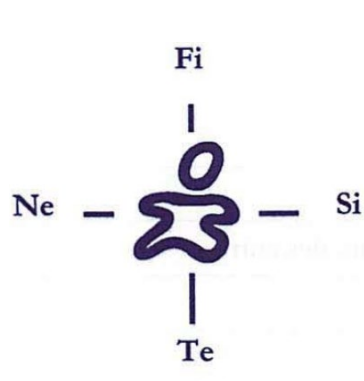
They may also lack logic, or even at certain times experience blockages in their mode of reasoning. Confronted with abstract logic, INFPs can “fail.” What seems simple to others becomes an obstacle that is difficult to overcome, their cerebral faculties, often very sharp in other respects, then seem paralyzed, especially in a group.

### SECOND LEVEL

If stress increases, the INFP's flexibility finds its limit when their fundamental values are violated or risk being violated. They can then be uncompromising, even rigid or aggressive, to defend their ideals. The smallest detail can take on disproportionate importance, because it is overloaded with meaning.

They can then suddenly slip into an excess of logic, or hyperrationalization. They will thus be able to develop tortuous reasoning to which they will give the appearance of logic to justify their subjective values or will seek to be right at all costs. INFPs can then be aggressive.

## DEVELOPMENT PATH



It is important for INFPs to listen to their own needs, their inner sensations. They will have a concrete indicator which will tell them when they have exceeded their own limits and which will in particular indicate to them when it becomes imperative to say no.

INFPs therefore have every interest in taking care of their body, paying attention to their diet and their healthy lifestyle; they can also find a lot of pleasure in expressing their artistic creativity which is great through very sensory activities, music, painting, dance, etc.

This will give them access to their logical thinking, particularly in their relationships with others. They will indeed be able to have more realism and perspective and to organize their action. They will thus gain clarity of vision and assertiveness. Any practical approach that can help INFPs structure their thinking and exercise their reasoning skills will be useful to them.

## INFPS SEEN BY THEMSELVES

"Fundamental importance of values from both a personal and professional point of view. Search for harmony: in life, in clothing, in home decoration... taste for change and novelty with the implementation of creativity: I like to "tinker" with home decoration and my accessories clothing I can create from existing objects and adapted or diverted from their primary function. I also like when it's beautiful, successful and created from a few things.

Need to have an activity that is consistent with my personal values. Need for autonomy, freedom of action, to be able to work at my own pace according to my feelings of the moments... I like to play the role of interface, mediator, I like to do good, connect people, bring others, encourage them, give them confidence in themselves... I believe a lot in the verbs: believe and love... I cannot do something in which I do not believe. Need to evolve in a climate of harmony and respect for others.

The importance of values has strongly influenced my behavior: at the age of 20, studying in Paris, I returned every weekend to "dad's house". The latter lived in a somewhat tense situation due to illness and a retirement that had not yet been fully assumed. Hence a nervous and morally difficult atmosphere. As a good son who could not abandon his parents, I forced myself to return every weekend to where my brothers and sisters came when they had time. 20 years later, I still think about it and tell myself that all I had to do was force myself to play the good Saint Bernard.

On an intellectual level, I am quickly mobilized, I understand half-heartedly, I quickly see where the interlocutor is getting at. I understand the issues, the ins and outs. On the other hand, clarifying my ideas is more laborious, I have difficulty structuring my speech in a logical way but it always remains lively and colorful, I proceed with images, metaphors, comparison. I hate the intellectual joust... in my daily activity, I like the unexpected, I hate routine, I force myself to organize my schedule and check off what is done, with the feeling of duty accomplished... if the interlocutor does not correspond to my value system (openness, tolerance, flexibility, humility) I can sometimes feel my lower function slipping, I no longer understand what people say to me.

The difficulty in organizing my thoughts in a structured way (if it is not a matter of advocating personal development), the reference I have to listening to others before expressing my opinion make me prefer second-in-command roles, gray eminence, to those first on the front of the stage. "

## INFP IN BRIEF

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| Characteristic | Idealism, search for meaning, originality                     |
| Environment    | Harmonious, consistent with values, respectful of others      |
| Communication  | Deep, focused on the essential, creative                      |
| Leadership     | By influence, diffusion of beliefs                            |
| Learning       | By personal identification and integration                    |
| Change         | Flexible, frequent, bounces from idea to idea, firm on values |
| Decision       | Based on values and vision, taken when the time is ripe       |
| Stress 1       | Intransigence, dogmatism, excess sophistication               |
| Stress 2       | Hypernationalism, being right at all costs                    |

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