

INFJ

Introverted intuition (Ni) - Extraverted feeling (Fe)

MAIN CHARACTERISTICS

PERSONALITY

INFJs are creative, especially when it comes to developing people. This creativity does not always appear at first glance, with INFJs preferring to start by thinking on their own before expressing themselves publicly. This is how they can appear reserved in a creative group and come back the next day with a clear and original synthesis of what the group has produced.

INFJs can express their emotions and beliefs often openly. This mainly plays out in areas where their values are strong; they can then intervene with determination, even obstinacy, and behave like charismatic leaders. On the other hand, in social situations where they have nothing particular to say, they will often stay in the background.

INFJs are concerned with harmony between people; they will devote all the more effort to it as they have difficulty coping with conflicts which are a source of tension and fatigue for them. An INFJ will sometimes find it easier to take it upon themselves and “sacrifice” themselves rather than watch others struggle.

INFJs want to understand the purpose of their life, to know the meaning of things. The quest for the Grail is familiar to them. The goal is not knowledge in itself but the search for meaning both for the individual and for society, in order to allow the transformation of the person.

INFJs are organized and methodical; combined with their intuitive ability, these qualities make them brilliant students who do well, especially when a human factor is at play: knowledge of man, social application, personal connection established with the teacher.

PROFESSIONAL LIFE

INFJs function as catalysts, more through influence and example than by exercising authority. They work all the better if what is asked of them corresponds to their ideals.

INFJs are particularly numerous in professions where their qualities of intuition and understanding of people are useful, for example the professions of counseling and therapy. They will operate more willingly face-to-face, in individual relationships. Group situations will only suit them if they have a specific role to play, as a teacher for example, and if they have a message to deliver. They can then prove to be excellent speakers.

Their talent, however, is most often in writing. INFJs willingly use this mode of communication, both in their private life and in their professional life, especially for important events. They can also be writers or write about their profession. This is where they are most comfortable but it is obviously possible for them to pursue any other type of activity that interests them.

REACTIONS TO STRESS

FIRST LEVEL

In cases of stress, INFJs may tend to favor the pursuit of the ideal to the detriment of reality. This constant quest for meaning can lead them to a permanent state of dissatisfaction and anxiety.

Their intuitive understanding of human phenomena makes them capable of spontaneously perceiving the feelings and affects of others. But if they are not careful, this ability can turn against them and they can become overwhelmed by the emotions of others, which can make certain decisions difficult for them.

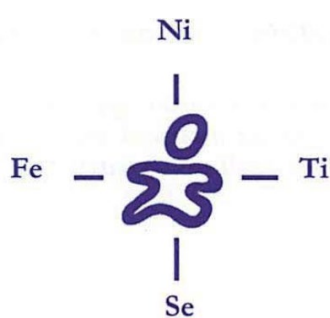
INFJs may neglect the material world, subconsciously believing that “stewardship will follow.” They will then have difficulty managing it and, for example, demanding the right price for their activities.

SECOND LEVEL

Conversely, if stress increases, it may happen that this same material world then takes on excessive importance, which will manifest itself in various ways: details occupying a disproportionate place, fussy perfectionism, the race for money or certain sensory pleasures, anger against the environment perceived as annoying or even hostile.

Their liveliness of mind can lead them to become critical, either towards themselves by depreciating themselves, or towards others whom they can touch at the most sensitive point.

DEVELOPMENT PATH



Taking the time to think and reason will be the best criterion to help INFJs set limits between themselves and others who could invade them. This will give them more objectivity and prevent them from making hasty decisions.

It will also allow them to think about the need to put their ideas to the test of experience, which they would not naturally do. The exercise of logic and time for reflection are therefore essential steps for the proper development of INFJs.

INFJs will then be able to develop their extroverted sensation, that is to say the art of enjoying the present moment by taking pleasure in the unexpected, and this in very simple things of daily life. This will bring them a lot of joy and lightness. They will then be perceived differently by those around them as more accessible, less conceptual and serious. The natural tendency of INFJs being to escape towards what they know how to do well, that is to say very quickly generalize the principle of what they do as soon as they have understood it, they will have to maintain attention to the quality of the moment. This can be exercised in any activity of their choice which will connect them to practical reality, whether in their professional life or in their leisure time.

INFJS SEEN BY THEMSELVES

“I like writing and I am more comfortable writing than speaking. My ideal job would have been a writer. I really like the solitude (which for me is not solitude) of finding myself in front of a sheet or a computer. Probably because I communicate more easily in writing than orally. I can have

difficulty putting into words what is in my head. I sometimes have the impression that things are jostling and that, in any case, the words will not correspond to what I see and what I feel. I would not like to have to convince, but I would prefer to be understood spontaneously from brain to brain.

I work a lot by analogy, with unsaid things and lots of images, “as ifs”, impressions... last year, I had a student... a terror for me! She always asked me for details and explanations.

Values are very important to me, they guide my life, they give me personal ethics. I am very attached to the notion of good and evil, with a very idealistic tendency, I can be disappointed because I often have too high an idea.

My interest is in the other individually. I have little taste for groups and social events, I quickly feel like I'm wasting my time, I'm bored, my mind wanders. Despite this, I can make an impression and appear more extroverted than I am. I need others to balance me.

In reality, I don't always or not necessarily know how to express my deep feelings, say what I appreciate, what works or what doesn't. It takes me a long time to be able to say that someone is my friend. I have a lot of composure and often those close to me tell me to be more expressive. I don't express what I think. I often give people the impression that they are my intimates and my friends even though I don't open up very much, but I like to talk, understand, make people talk, explain...

Logical reasoning helps me keep emotions at bay. Likewise, organization, planning, structuring allow me to feel liberated. I like to know where I'm going, not to be surprised. At the same time I am capable of not following what I had planned, but it must be me who decided it. I hate routine, repetition and at the same time a familiar environment reassures me. I like sustainability in change.

Daily life can weigh me down in terms of equipment, I sometimes have the impression of being overwhelmed by shopping, cooking, laundry; at the same time I take charge without difficulty because I am organized. I try to put creativity and beauty around me, so that the material is not just concrete (example: decoration, garden creation, culinary creation, I don't like making the same dish twice).

I have a hard time taking the time, enjoying the present, looking, listening, tasting, smelling... using my 5 senses. I am not “present in the present”, I let my feelings, impressions, emotions take over reality. Conclusion: it often seems aggressive when I become aware of it (noises, etc.).

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INFJS IN BRIEF

Features	Vision, search for meaning for oneself and others, imagination
Environment	Harmonious, exciting, leaving room for introspection
Communication	Deep, based on images and concepts
Leadership	Catalyst, through shared vision
Learning	By global understanding and personal integration
Change	Towards a shared goal, according to clear steps
Decision	Based on shared values and a long-term vision
Stress 1	Idealism, neglect of the material world

Stress 2	Perfectionism, sensory excesses
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