

ISFJ

Introverted feeling (Si) - Extraverted feeling (Fe)

MAIN CHARACTERISTICS

PERSONALITY

ISFJs are very observant: they notice everything that happens around them. They start by recording the smallest detail, without reacting externally, which can give them the appearance of slowness. In reality their field of observation is very extensive and varied and, without appearing to be so, they are capable of detecting tiny variations.

ISFJs find meaning in their lives in the practical services they provide to others. They are known for their dedication and discretion, which can lead to them being exploited. If they complain about it at times, they generally do not try to change this state of affairs because they would have difficulty doing otherwise.

ISFJs like harmony and avoid conflict. They want to be accepted in the groups where they find themselves and to put their values into practice without offending anyone. They are kind and caring; they express their affection or sympathy more through actions than through words. ISFJs often pose as “saviors” to people in difficulties, materially or morally. In doing so, they can even create a dependency of which they risk becoming victims. They willingly become defenders of the oppressed.

ISFJs put duty well ahead of leisure, which they often replace with other obligations. They are persistent and methodical. Their commitments, particularly to their children, are solid, reliable and long-lasting. ISFJs respect institutions and rules; they tend to keep what they have acquired and do not like waste.

ISFJs like the teaching they receive to be organized and practical. They feel comfortable when the instructions are precise and the task clearly defined, much less when it comes to debating ideas. Their motivation to learn is all the stronger because they can please teachers they like.

PROFESSIONAL LIFE

ISFJs love work. They appear methodical, meticulous, and organized. They like to keep the same professional situation, believing that “One strike is better than two strikes”. They have a more personal than institutional connection to their job and are more attached to their line manager than to the organization as such.

They like order and prefer to work in a stable, quiet, even intimate environment. They only start a new task when everything else is finished. They are comfortable in regular activities.

ISFJs do not spontaneously present themselves as leaders unless asked.

They then expect others to have the same respect for hierarchy as themselves and to pay close attention to the needs of others.

As with the rest of their lives, ISFJs like their work to be a form of concrete service to others. This is why we often find them in helping relationships, therefore in health professions - general practitioner or nurse - social work, teaching. But it is obviously possible for them to carry out any other type of activity that interests them.

REACTIONS TO STRESS

FIRST LEVEL

Under the influence of stress, ISFJs will strengthen their attention to detail to the point of losing sight of the whole situation and the long-term consequences. It may become difficult for them to sort between what is essential and what is not, with everything taking on equal importance.

Their organizational ability and beliefs can combine to make them inflexible and rigid. Discussion is then impossible because the values that drive them seem irrevocable to them. Their faith can become fanaticism, or even intolerance, including towards those they consider intolerant.

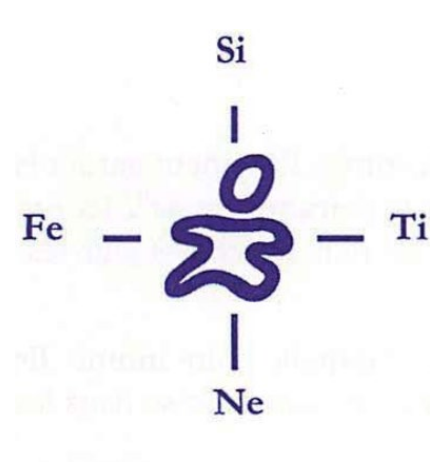
Their desire to be accepted and their willingness to help can make them dependent on others. They then risk being exploited and becoming irritated to the point of becoming angry, especially against those whom they precisely wanted to help.

SECOND LEVEL

If stress increases, ISFJs risk being overwhelmed by very strong intuitions, often triggered by external objects or situations, which will open up unexpected perspectives for them. But they will sometimes have difficulty explaining or transcribing these intuitions, because by definition they come in a global and synthetic way while ISFJs prefer to express themselves in an analytical and detailed way.

Intuition will often work in ISFJs in a capricious way, with uncertain results, sometimes right, sometimes wrong. It can even take on a negative connotation. ISFJs therefore tend to worry a lot about the future that they cannot control, especially in relation to those close to them.

DEVELOPMENT PATH



The development of their introverted thinking, taking a step back and solitary reflection will be of great help to ISFJs. In particular, it will allow them to sort out their priorities and therefore be less exploited by those around them. It will also allow them to consider the logical consequences of their actions.

By taking this step back from the demands of those around them and turning towards themselves, they will allow their intuition to open up the field of possibilities and allow new points of view to emerge. They will gain in lightness and joy of living. They will stop being exploited and will be more recognized for their qualities.

ISFJS SEEN BY THEMSELVES

"I am capable of organizing the practical details of existence and assuming them over time without difficulty: accomplishing what we call "duty" does not bother me in the slightest; the constraints of everyday life do not weigh on me, hence my difficulty in understanding for those for whom they are a heavy weight. I am too factual, realistic, taking into account everything that is here and now.

I attach great importance to feelings and their expression, provided that it is in an internal and intimate setting: no display in front of the public. I like dialogue in pairs, not conversation in the middle of a large group.

It is very true that I am dependent on those I love and want to help, greatly irritated if they reject my offer of help.

While willingly and easily anticipating the future (to predict and control it, I never dare imagine it as I would like it for fear of not seeing the things that I deeply aspire to come true: I cannot imagine for a moment that can emerge, exist, the things that we wish for when it is not within your control: I thus refuse (stupidly, no doubt!) To let myself believe that they can happen.

The driving force of my life and the need to be useful to others. I have difficulty expressing my feelings through language and I am most into actions: doing a favor, making a good meal for example.

To start a project I may experience anxiety and difficulty deconstructing: lack of confidence in the face of the unknown.

In the context of a group activity I feel better in the role of observer than facilitator. Quite comfortable in the role of rapporteur and written summary. I prefer the position of second rather than leader in an organization. In reality I am often considered as a driving and organizing element in an action.

From a perspective of protest or conflict I may encounter difficulties in structuring and controlling my interventions: I am not comfortable in conflict and I probably have difficulty expressing overly spontaneous intuitions, emotion can dominate to the detriment of intellectual construction and the presentation of arguments.

I'm more of a mother hen, demanding no doubt, but with a tendency to sometimes do things for others. "

THE ISFJ IN BRIEF

Features	Reliability, method, rigor, dedication, discretion
Environment	Stable, constant, warm
Communication	Precise, concrete, attentive to people
Leadership	Respectful of hierarchy, based on example
Learning	Methodical, attentive, in a favorable atmosphere
Change	Planned, shared, oriented towards a common goal
Decision	Based on facts, shared values
Stress 1	Rigidity, inflexibility
Stress 2	Pessimism, negative criticism

