

ISFP

Introverted feeling (Fi) - Extroverted feeling (Se)

MAIN CHARACTERISTICS

PERSONALITY

ISFPs observe and act; they express themselves relatively little. Their high ideals and their practical sense are indeed manifested more in practical actions than in grand declarations.

ISFPs are strongly focused on the well-being of others; they tirelessly demonstrate dedication, kindness and seek, above all, harmony between people. Conflicts are painful to them and they try to make everyone better.

They are naturally not competitive and leave others free to pursue their path, even if it means sacrificing themselves in doing so. ISFPs do not seek to control people or events and take life as it comes. They do not like regimentation at school any more than at work and seek for themselves the freedom that they grant to others.

ISFPs sometimes risk underestimating themselves and going unnoticed. They are often difficult to get to know, because their action, however effective it may be, is as discreet as possible and they do not put themselves forward.

Their mode of expression readily involves material support, music, painting, dance. They then demonstrate great talent. They can also express themselves through all kinds of manual or craft activities.

ISFPs are very sensitive to the quality of the environment. They love nature and often have direct and easy contact with animals.

ISFPs learn best through practice and hands-on exercises. They have a particular interest in subjects which are of direct utility or which allow them to be of service to others.

PROFESSIONAL LIFE

ISFPs have the same attitude at work; they seek to be of service to those around them and to make their task easier. Gladly cooperative, they like a peaceful and courteous professional environment, where people respect each other. They are careful to ensure that the content and framework of their work are consistent with their values.

Being uncompetitive, they do not seek power; when they have to exercise it, they do so through influence, by example or by encouraging their colleagues rather than by criticizing them.

ISFPs are as discreet at work as in the rest of their lives and their performance is not always recognized at its true value.

They generally choose practical and useful activities, oriented towards the helping relationship; they are found in large numbers in the health or social professions, general practitioner, nurse, social worker, psychologist. They also move towards crafts or, for those who have the skills,

artistic professions. This is where ISFPs feel particularly comfortable, but it is obviously possible for them to pursue any other type of activity that interests them.

REACTIONS TO STRESS

FIRST LEVEL

When stressed, ISFPs can easily feel victims of their own kindness; having great difficulty saying no, they allow themselves to be overwhelmed by the requests addressed to them or by what they think is their duty. They may neglect their own needs, and then feel exploited or not recognized enough.

ISFPs can drown in immediate concrete action and forget their goal; they can also get lost in a mass of details and lack discernment.

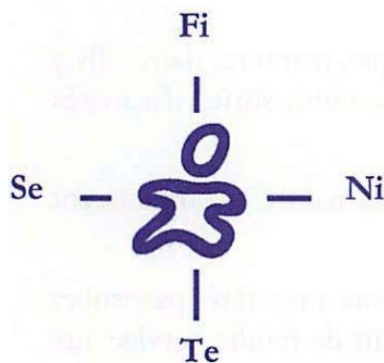
SECOND LEVEL

If stress increases, ISFPs risk making hazardous interpretations and abusive generalizations about the data collected; they may not integrate information that goes against their beliefs.

They can then turn out to be aggressive or even intolerant. They will seek to assert their beliefs excessively and will have difficulty questioning it and hearing another point of view.

They will vigorously defend their position even if it means entering into questionable rationalizations.

DEVELOPMENT PATH



For their development, ISFPs benefit from listening to their intuition by taking time for themselves and removing themselves from immediate action. In this regard, creative visualization exercises can be useful for them to imagine their personal project, project themselves into the future, and have a global and coherent vision of themselves which allows them to give meaning to their daily activities.

This will help them to revalue the image they have of themselves and therefore to better position themselves in relation to the demands of those around them.

They can then begin to express what they think more assertively; skepticism and criticism will be difficult but useful exercises for ISFPs. Group work can help them direct their logic towards the outside rather than against themselves.

ISFPs SEEN BY THEMSELVES

“What has value, in my opinion, is so “screwed to my body” that it is difficult for me to express it. In my behavior, it is impossible (really) for me not to feel in agreement with myself (my values), it always seems very natural and easy to me.

Others often find me “reassuring” (they say so) because: I listen a lot and I take everything at face value, I never imagine anything other than what is said and always come back to reality as it is. that it is experienced concretely.

Example: I often practice career guidance advice, my natural reflex: “if you make this choice, what will be the concrete reality that you will have to experience from the first day you leave? » I don't give any advice because I'm incapable of it (I can't imagine someone in this or that hypothetical situation) but I help to open all the doors and people end up seeing things clearly for themselves .

I don't make any plans. Asking me to project myself into the future (more than 3 months) is putting a big black cloud over my head, a lid that I don't keep for long. However, the future does not worry me. I simply don't care to think about it (unless "Fi" gets involved: what world are we going to leave to our children...).

The aesthetic dimension takes more and more place in my life and is found in practical action (seminar revealing talents around the piano). More broadly, the sensory function supports the “F” function.

A kind fund, not liking conflicts. Search for harmony, peace, need to be loved, a resourceful side, managing to get out of difficult situations, to find solutions. I prefer fun to work and putting off until tomorrow what I could do today. Difficulties in classifying and especially purchasing (it can always be useful).

Difficulty expressing my feelings, it takes time and privileged people to get them out. Always because of this, I like working with people with whom I feel good, with whom I have confidence, with common values. I inspire confidence but become suspicious as soon as there are no chemistry with the other, I then close in on myself and it becomes difficult to know what I think or what I feel. I adopt a facade behavior, without relief, all-purpose.

For a long time I believed that I had no imagination. Today, I like to imagine metaphors to make an idea more explicit.

The overall vision of the future is becoming more and more precise: for example, the management of movable and real estate assets for five years has made it possible to develop the personal project over the next 10 years. ".

ISFPs IN BRIEF

Features	Dedication, discretion, strong personal convictions, practicality
Environment	Natural, friendly, peaceful
Communication	Reserved, intimate, attentive to the feelings of others
Leadership	Discreet, non-competitive, based on services rendered
Learning	Through practice, exercises, consistent with personal values
Change	Flexible, adaptable in the material world, uncompromising on values
Decision	Based on values and facts, requires maturation
Stress 1	Invasion by others, moralism
Stress 2	Aggression, intolerance, categorical demonstrations