

The INFJ

Wise, Kind, Idealistic, Private & Independent Leaders

By Erik Thor

Forewords

I'll keep this short and simple. Thank you all for supporting my works. We hit 5000 subscribers on youtube by November 2017. That's amazing. The website is doing great, with 1200 people checking in every day. The community is awesome. I'm surrounded by so many brilliant, funny, and good hearted people. I'm really happy to have you all in my life. Yeah, you're in my life now. In my books, my pages, and my words. People have that effect on me in which, all they have to do is say hello, and then they're with me forever. As a small soft voice in my head, my own personal "collective unconscious." I'm giving this e-book away for free.

Now you have the INFJ handbook. The INFJ who walks their own path. The goal is to provide a discussion on what the healthy and happy and self-realised INFJ looks like. It outlines challenges and struggles we face and starts a discussion on how we can deal with it. Only 25 years into life, I've only scratched the surface.

Perhaps you're not an INFJ, but another type. This book can still hold answers for you. It can get you thinking about what you need, in comparison to the INFJ. Sometimes, there's similarities with us and other types. INFPs may relate to much that is mentioned in these pages. ENFJs as well. INTJs too. ENFPs may find a great bouncing block for self-discovery, in their own personal rebellion against my words, they may hear plenty of insights that they can use to improve their own life. At least, that's my hope. The INFJ handbook is meant to be a handbook for everyone. In it, there are echoes that go beyond being an INFJ, and all the way into what it means to be human. I hope you like it.

Introduction

All humans have this fascinating myth behind them. Think about it. Imagine any person you've met recently, it can be a friend, or it can be someone who annoys you at work. Now imagine this person as someone heroic. Someone who did something truly great, brave, wise, kind, someone truly remarkable. We should be asking ourselves what the potential is of our friends and family, we should see what they could become and what they could do if they came to develop and recognise their own strength. The problem is that a lot of people attracted to studying and understanding themselves are quite far

from this ideal. It was only because I got burnt out that I decided that I needed to know myself better. I had hit my limits, and that made me realise that there was an I, and that it actually had limits.

Initially, my goal was to understand what these limits were. And so, my focus on self-awareness was constantly focused on identifying my problems, issues, and weaknesses. I think I was far too negative in how I studied myself, focusing mainly on overcoming issues, traumas, and gaining insight into bad experiences. And overtime, my study of the self became a more negative experience than I had intended. I think I ended up seeing my personality type, INFJ, as something negative, a curse or something I had to overcome. I think I even fantasised about becoming another, more functional personality type. But alas, I am just the same person today as when I started, just hopefully a little more wise and accepting. I used to be so hard on myself back in the days.

When I encountered american scholar Joseph Campbell I was taught many important things about the nature of being a hero. In going back to old greek literature, I was also taught more and more lessons about virtue, goodness, and happiness. Thanks to the old philosophers, I began to ask myself important questions about what I needed to be happy, healthy, and positive. Instead of focusing on

what was wrong with me, the question became, how was I right? And if there is anything I would like to tell INFJs and their friends and family it is this: this is a book on what an INFJ needs to be happy, healthy, and functional in our modern society.

When we ignore this ideal, or put on masks, we become like a badly oiled engine, or an overly greasy gear, or an out of tune piano. How you feel about being an INFJ is all related to your skill at playing your own piano. Chances are, you've been taught all the wrong things about what all the different keys do. Truth is, most of us have had bad teachers, that did not know or understand us. In the end, the best teacher, the one with all the right answers, is somewhere within you.

The ideal we envision can feel heavy to carry: and we can grow frustrated by our inability to reach the ideal we see for ourselves. But really, it is not the ideals that are heavy, it is the masks that are heavy. There are so many masks we put on to "endure" when we should thrive. There are ideals, and then there are false, forced ideals. What we have been taught by our education system, our parents, or the people around. Duties we think we have to live up to, ways of life that make things unnecessarily difficult and, really, exhausting. We can idealise being popular, being hyperproductive, being a go-getter, or winning the olympic championship. But it is important to ensure that

your ideals are always internal, not externalised notions of what we think other people want for you. To find the ideal, we need to step away from outside expectations, and into internal ones. Goals we have truly chosen for ourselves.

This can be a difficult experience at times, and perhaps we can never completely filter out influence from the outside. But we can get closer, and closer, and closer, through introspection and honesty. At times, we may think that, to truly find it, we must give up on our place in society. There are people who leave to become monks, selling all their possessions and giving up their career ambitions to focus on something more internal. That can help, for a time, but I think society, if we relate to it correctly, can aid personal understanding. It is often when we approach and step into various situations, such as relationships, work, and personal ambitions, that we realise who we are. I am not so sure that the monks living in caves know more than the busybodies driving Teslas and driving their kids to soccer practice. No, there are probably many ways to enlightenment. Actually, especially for an INFJ, being able to translate that inner wisdom to actual life experience appears a key component of growth and happiness.

I believe the INFJ myth often aligns with the ideal of a Messiah figure, with people sometimes portraying INFJs as the personality type that most closely follows the way of, say, a Jedi or Jesus like figure. INFJs are sometimes, because of this ideal, confused to be almost superhumanly ethical, wise, and almost magical. Gifted with the ability of an empath to read human emotions, INFJs are often raised up to an impossible pedestal. In almost every single article about INFJs that I have come across, INFJs are described as extremely rare. This is based on American statistics, and I will discuss why in part, the notion of INFJ rarity is problematic, or at least more complicated than we think.

First, let me tell you why this messiah ideal is problematic. And let me begin in the other end of the equation, by mentioning that INFJs are, simultaneously as they are compared to Jesus, compared to “ultimate evil” figures such as Adolf Hitler and Osama Bin Laden. I often end up feeling like there is just such a loss of nuance in these images. Consider this: If Adolf Hitler, or Jesus for that example lived today, both would have followers and critics.

Why do we become associated with all these power figures? Because we tend to have the highest symbolical capital of all personality types. INFJs tend to become associated with the symbols of emerging

change, humanist values and new ideas. When we look and point to the representatives of the future and new belief systems and emerging trends in music and the likes, we tend to point to the INFJs.

For necessary contrast, INFJs only tend to be of minor cultural importance: we are not the tight glue that keeps the community together, and we are not the people that make sure your company can remain afloat. We're not the ones doing all the important legwork in the various cultural movements, no, but somehow we are the one's that people point at when they want to use someone as an example of something. Walking your own path also means becoming, to some extent, an outsider. We're neither associated with academic or financial success. We're associated with people such as the monk who sold his ferrari.

Yes, there would surely be tons of gossip social media articles painting Jesus as a problematic individual, bringing up gossip photos and out of context quotes to make Jesus seem like a hypocrite. Of course, every ideal has its cracks, and every evil has it's bright spots. An Adolf Hitler today would surely be painted on blogs as a "strong" "bright" and "talented speaker" who "dared to talk about subjects nobody else would approach."

Actually, that happens all the time. Rude is often confused with honest. This is a problem that often hits negatively against INFJs. Our kindness is often regarded as manipulative and less real, and people are more inclined to trust a honest douchebag than a well intentioned sweet talker. Now, I'm not saying that a well-intentioned and charming person can't let us down once in awhile - sadly, they do all the time. But I think we should be more open and accepting. Because people can surprise you.

If we detach somewhat from the idea of Jesus or Hitler would be INFJs, and look at the bigger picture, all I can say is that the INFJ, as a hero or a mythical ideal, embodies the virtues of a spiritual leader, someone who brings forward new values, increased understanding and awareness. The INFJ, as a hero, will surely be a person who can see and understand people's deeper purpose and hidden intentions. Yeah, the INFJ is the wise hero, the visionary, a shepherd or a guide of the people and of society and our culture.

But if we take a step back, most INFJs are not heroes, and not spiritual leaders in any right - that is an exclusive position reserved to a select few. The average INFJ is perhaps better seen as that friend you go to for spiritual counselling, the one that challenges perspectives and shows you the bigger picture. INFJs are also the

more sweet and sensitive in your circles, friendly, open, and inclined to be understanding and non-judgemental. Inclined to lead and to guide, but never to tell you what to do. Perhaps that's why INFJs tend to speak in riddles.

To put it frankly, most INFJs start out, sure, as children with an unusually adept wisdom, originality, a gifted tongue, and a basic ability to read nature and people intuitively. But this is undercooked wisdom, a stumbling originality, misguided words, and naive intuition. Yes, most INFJs will find themselves needing to spend many years translating this base wisdom into true wisdom, the wisdom that can only be achieved through following this vision, and translating their philosophy into answers for the real world and for the people of the future.

The INFJ must speak and let their voice be heard and translated by people, and they must come to understand how they impact others. And our first steps to talk to and guide other people will surely be met with multiple failures, words that had the opposite effect than we had intended. It is important that early failures in expressing yourself does not translate to shame or a fear of speaking out. The only way to learn to pilot this rocket ship you were born into is by holding on to the steering wheels. We're all the same. While you are moving

forward to embody your ideal, you have people beside you, also striving to become heroic. All with different ideas on what being heroic means. You have the future Achilles, Thor, Vishnu and Iron Man all standing next to you, all doing their best, the best they can offer at this moment. If I would sum up what the hero's journey is all about, it's about just being true to yourself, finding your integrity, your moral code, your life philosophy, your vision, your life path. And then staying on it.

I want to talk for a minute of my personal experiences. I am sure you will be able to relate to a lot of it. Even if you're not an INFJ, or someone just looking to get to know the INFJs, a family member, a partner, or a friend of an INFJ, you might relate to a lot that I have to say in this book. Humans have more in common than we have differences. And we are, if we want to, able to relate to more than what we disagree with in other people.

My name is Erik Thor and as a five year old kid, I was frequently described by my family and friends as "an adult". I would enjoy the company of older people, and would enjoy having discussions about everything from life, astrology, politics, and science at an early age. I was easily amused and an avid reader from a young age. I would constantly have my nose behind a magazine or book, and my mom

and I would make frequent visits to the library, returning home with books, books, and more books.

I was, with friends, a storyteller, someone who would create tales and games that everyone could take part in playing out. I was often the support character in a group, the behind the scenes leader, behind someone else who would micromanage all the people. In school, I was not necessarily the best or the brightest, really, I think I was somewhere in the middle. I sat in the corner of the classroom, preferring to have the big picture overlook. Teachers would often think that I was sleeping in class, but when they tried to call me out on it, I would still have answers to their current topics and questions. As a kid, I wanted to be an artist or writer, so I would often doodle and write, and while I was interested in school, I would much have preferred a school where I could choose my own topics to study and research at my own pace.

I would write epic tales about vikings or fantasy like scenes and I would draw up complicated maps of worlds that I would imagine. I was more interested in books and stories than in school. I got an interest in philosophy from Sophie's world and would sign up for voluntary philosophy classes, but dropped out because I didn't like the approach to the subject too much. I was in the school newspaper,

and I mostly wrote articles on video games, computers, and popular psychology.

I wrote to the local newspaper anonymously, complaining about teachers that would treat students badly, and argued that teachers need to treat students with more respect. I often felt held back in school and wanted to skip a class to finish school as early as possible. I was not allowed to, and to motivate myself, I would create various exercises for myself, exploring science, reading advanced books in the library, and setting goals for myself to write and to achieve various goals. I did not get enough satisfaction from science however, and always drifted more towards spiritual and religious studies. I would perceive science as fascinating, albeit sometimes cold and stale.

I initially started studying physics and mathematics in high school, but I grew bored and switched to international political studies. I joined a political party to promote issues close to me, such as increased democracy, sustainability and humanist values. I felt blocked by older party members who were more traditional. When I felt that the hierarchy was too high to be passed, I left the party. Because I had made a name for myself within the party for my ideas and my emphasis on change, a lot of people were upset that I decided to

leave. I had such a strong idea of what I wanted to do and I wanted to make sure that the actions I took truly led me to those ideals. If I had held on to the status and the connections I made there, it would have hindered my ability to truly achieve the goals I had set out to achieve. What I mean with stumbling is this, INFJs can have a clear idea of what to do, but the actions we take may not be sufficient to achieve the vision we desire. We may find that we constantly have to adjust our path to ensure we actually reach the ideas that we see for the future.

The same goes for our code of conduct and our communication. I took up blogging in 2007 and would mostly discuss politics and philosophy in these posts. By 2014 I had written over a thousand posts, probably enough text to print a bible. Going back to older posts, I would find that overall, my values had remained more or less the same throughout the years. However, my message was constantly sharpened, and I would early on struggle a lot with feeling misunderstood. My posts would be taken out of context, and I would alienate a lot of my readers, causing unnecessary polarisation between various groups.

This was also true in my political activism, where I would over time realise that my rhetoric would cause unnecessary conflict and

bitterness. Over time, I came to believe that there was an overarching message or idea that we could all get behind, and that we needed to come to a greater understanding and mutual respect towards one another. If I could find that message and a way to develop it better, I could bring greater harmony and more understanding between people. As I developed this message, I would constantly run simulations in my head, debating with fictional representatives of different sides of various political issues. I could hear what people would have to say to me and I would change my mind and adjust according to what resonated the best with me and my (fictive) crowd. My inner parliament of truth.

What I sought was a message that people could get behind, something that everyone could agree on. But to find this message, I needed to gain a better understanding of people. I made a mistake getting so caught up and overwhelmed by day-to-day political realities and conflicts, that I never found enough time to detach and introspect. This made many feel more misunderstood by what I was saying, and no matter how much I tried to polish it, my message was not based on genuine insight into people's real issues and problems. If I would sit down with people and listen more, I would be able to find ways to make them feel more connected to my cause. But since I didn't listen, I was trying to build bridges with no idea on where the

other side of the lake was. Psychology became my way of finding that other side of the bridge: it became a method to evaluate my failures and to process what essential truths I had missed as I was working towards my political aspirations. And the way I see it, the next chapter for me will be about connecting what I have learnt to political and sociological questions: How does the future need to change to allow people to flourish?

Harmony was the start of my more existential journey. After studying various philosophies, I decided that my purpose in life was to help people understand each other better. I ended up printing a theory called "The theory of balance" in which I discussed how to bring forward greater harmony between various groups, solving political conflicts and promoting a new equilibrium. My thoughts on this were primitive, after all, I was only thirteen, but I still see this as my overarching purpose. I want to advance peace, human rights, and promote balance and harmony in the world. All INFJs need a philosophical framework to understand the world, a system of revelations or insights into the hidden nature of everything.

Don't set any boundaries anywhere - everything can be connected. Study physics, metaphysics, values, life, religion, and psychology. Reflect and contemplate and reveal to yourself the hidden nature of

things. Do as Plato, and find the world of ideas. This is your intuitive world map, and you can use it to find comfort and peace when the world is overwhelming you. When you understand, everything just feels better. All you need to do is explain pain, difficulty, and hardship, to reduce some of the weight that it can put on you.

If you can find out why things are the way they are, that can help you make peace with a somewhat inhospitable and sometimes cold world. The ancient philosophers believed that you could gain insight into all kinds of things through just intuitive reasoning. In one example, Socrates would ask an illiterate slave questions about various complex issues. Socrates demonstrated in one of his famous examples that the slave could figure out the answers to many things that he should have no knowledge of. Perhaps we already have truth within, and all we need to do is ask ourselves the right questions? As an introverted and intuitive type, I would like to believe that is true.

The way I see it, if you have one marble in the correct place, you can already see the shadow outlines of what marbles should fit next to it. And by filling in the marbles together, one at a time, through intuitive reasoning and existential thought, you can already gain insight into things that you have never seen. I believe intuition works exactly this way: it fills in the blanks and it spots patterns in how reality is

arranged. And using this pattern, we can cheat our way to insight and truth. I think that is how it is with knowledge, too. Often, there is this weird thing going on with the universe, where patterns tend to repeat themselves everywhere. Perhaps if you can figure out the pattern of patterns, you can figure out anything.

There is nothing magical about that: You are just puzzling together marbles. But still, there can be an uncertainty to this kind of insight: if you have not seen it, you still don't know for sure that it is right. Still, there are many things that we see in the world around us, that are clearly not right. Why should we trust our eyes more than our intuition? And why should either be valued above the other? We all use different strategies to deduce the same truth. And I believe no matter if you are a sensor, who prefers to rely on the five senses, or an intuitive, who prefers to use intuition, you have an equally high chance of gaining truth and enlightenment, if you let yourself be curious enough to ask the right questions.

You should know that this ideal is only my approximation: I can only point you in the right direction, I can not say what that means specifically for you. Intuition and feeling can be channeled in many workplaces, hobbies, and outlets. There are a million personality

traits unrelated to being an INFJ, such as how religious you are, or how aggressive you are as a person.

Now, I know, I am just one of many INFJs, and my answers and my experiences may have been different than yours, but hopefully, I have at least set the tone for how an INFJ can think and approach life. If your experiences are different than mine, feel free to send me an e-mail and share your stories.

How To Recognise An INFJ

How do we best describe an INFJ? I've heard people see all kinds of patterns with INFJs. Posts are asking "why all INFJs wear scarves" and others are obsessed with the distinct gaze of the INFJ. As a type touted to be the most rare (this might not be the case) many feel a sense of rush or thrill when they can meet or spot an INFJ in their private lives.

Sometimes, INFJs are touted with some kind of special powers to boost this "uniqueness". We are dressed up to be seers, prophets, saints, shamans, magicians, wizards, yeah, I'm getting performance anxiety just thinking about it. And what's worse is, when we're not saints, we're sinners, so people are either obsessed with the evil

INFJs gone bad, or the seemingly perfect saints. This really just leaves most INFJs feeling like they've been forgotten, because most of us are just somewhere in the middle. Because INFJs are chameleons, we often take on the form that we think is the most ideal in each moment: we're changing how we present ourselves, speak, and act, to better connect to and reach the people we are interested in.

Other people are preoccupied with our introverted intuition: touted as the cognitive function most associated with unconscious thoughts and ideas, perhaps alongside with extraverted intuition, our introverted intuition is vaguely and broadly described and associated with all kinds of magical elements and characteristics. Intuition is not actually unconscious, but it is less conscious. Intuitives are interested in what's happening at the edge of their consciousness. Introverted intuitives want to explore what's on the edge of their mind. Extraverted intuitives want to explore what's on the other side of that hidden door behind the bookcase. Like I wrote in one of my recent blog posts:

Introverted intuition is like a memorisation of complex patterns and associations that we make often less consciously, and intuitive judging is like the organisations of these complex

patterns into a grand and unified theory or association of associations.

Now, don't get me wrong, it makes sense why we are seen as prophets. INFJs have many special skills and traits that strike us apart from the other types. We can be the visionary humanists and yes, the spiritual gurus that transform how people see the world and the future. We can be the diplomats that unite people towards a common vision. We can speak about the unknown and things to come that most people do not even dare to think about. We can manage difficult topics and deeper discussions on life, death, meaning, and meaninglessness. Things that most people would rather not speak about. We find answers to many things most people are only barely aware of, and put words on thoughts that people have been thinking of, but not realising they were thinking of.

INFJs are often gifted speakers, and our voice can charm and have great influence. We have a great ability to memorise and to understand and to speculate about things that a lot of personality types would need great effort to entertain. Often, we struggle to make ourselves understood, and other people may find it difficult to follow our thinking and our new ideas. Some INFJs deal with this by assuming that they are smarter than other people, where other INFJs

assume that they are dumber than average. Personally, I tend to feel like a mix of both. In one day, I can squeeze in struggling to tie my own shoes with offering great insights to my coworkers about how to code in javascript. (I am not a programmer, I just 'know'.)

I fear feeling better than any of the other types - I know that at least, according to evolution, we are not prioritised highly. I believe that in society, we are not paid more in average, than other types. I do not see us outperforming other students in school, and I don't think partners of INFJs are more satisfied than partners of other personality types. I believe that if you lose your modesty as an INFJ, you lose your ability to connect with other people, and in this, you lose your own ability to access your feeling side normally. But we do have our unique quirks and assets and we can use them to make the world a better or a worse place than it already is.

INFJ Checklist

The more of these you can check in, the more likely it is that you are dealing with an INFJ

•	The INFJ can control and discipline their own minds, telling themselves how, and what to think about.
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•	An INFJ will tend to talk in general or detached terms, rather than in personal terms.
•	They are adept at remembering and processing patterns and seeing an “overarching pattern of life”
•	They know “why” things are the way they are and will often have a multitude of explanations for everything.
•	Tend to end up inventing their own careers, concepts, and projects.
•	Tend to discipline themselves and their own behaviour, telling themselves how to and how not to act and treat others.
•	Have an informal code of ethics on how to live
•	Able to “read” people's intentions and predict reasons why people act a certain way
•	“Knows” how you feel and think, but does not share their knowledge unless asked
•	Intense and deep, hidden feelings, struggle to explain and define what they feel objectively.
•	Skilled at influencing and communicating with other people.
•	Appears to be driven by a strong coherent ideology or a system of belief
•	Can manage relationships and how a group feels, guide people to a direction.

•	Create and manage their own social spaces, “buddy groups” around their ideas and interests.
•	Good at memorising patterns or long chains of complex information
•	Pays attention to what people think and “why” people do things
•	Frequently counselling other people
•	Show tact and diplomacy when they express their views
•	Seem to disappear or mentally check out frequently
•	Readily use intuition or gut feeling to guess the right answer to problems
•	Lives according to vague or open-ended social rules and ideals, avoid simple or stereotypical rules.
•	Appears to have access to some higher truth on how to live and be
•	Sees how all ideas and thoughts fit together into one coherent story
•	Frequently writing and rewriting their own life story
•	Feel a need to have some kind of impact on other people, how they think and feel
•	Can quickly rule out a multitude of possibilities, swiftly spotting the most likely or beneficial option.

•	Can use one simple idea to extrapolate forward much information.
•	“Just know” how things work and can't explain how they arrived at the answers they did.
•	Tend to invent their own ways of solving problems, rather than following the schoolbook’s assigned methods.
•	Like to figure out answers for themselves rather than being told how to do something.

The Body Language Of An INFJ

You can also study the facial expressions and the gestures of an INFJ to find out their personality type. The best way to do this is to learn to think about what a smile means and to look at the quality of a persons gestures or how they speak. Do they have a more charming or authentic smile? Do they have a more dreamy or attentive gaze? This method is as successful as your ability to remember past expressions and to draw connections between people. The more you practice studying people in this way, the more impressive your ability to understand and to study an individual. Body language is another level of communication. How we say something matters almost as much as what we say.

At their best

I find INFJs to often be described as clever, cunning, and more aware than the average person. INFJs are also described as dreamy, philosophical, and easily amused.

You might find INFJs to be surprisingly charming, good at building rapport and connecting with others. INFJs are seen as very understanding, accepting personality types.

At their worst

More negatively, INFJs can be described as sleepy, absent, and inattentive. They may also be described at times as nervous, restless, and somewhat rattled.

Beyond that, INFJs can sometimes be seen as somewhat delicate, sensitive, and fragile. I also often hear INFJs described as somewhat soft and flawed, as INFJs lack the normal guard that most types possess.

If you're an INFJ, most people will describe you as amused, playful, goofy, diplomatic, friendly, persuasive, charming, eerie, scheming, secretive, sneaky, philosophical, thoughtful, easy to talk to, sensitive and intense. Sleepy, distant, detached, people throw all kinds of associations at us, and all see different things.

Gestures

Philosopher Illusionist Gesturing

INFJs will often have a pattern of sweeping, relaxed hand movements and gestures, especially when their palms are facing towards you.

They may look as if they are trying to sway or manipulate you towards a certain action. It can also look as if they are trying to cast a spell or illusion. This makes sense, because INFJs are often trying to change our perspective on reality. This includes making us see things differently. After speaking to an INFJ, someone that you thought was annoying, was actually just a person having a bad day. A politician you disliked was just trying their best to balance their economy. Someone that you looked up to was actually a person with many human flaws and issues. INFJs love to warp and transform perspectives. That's why I call this form of gesturing "illusionist gesturing"

When INFJs gesture with their palms facing towards themselves, they rather tend to engage in resonating, thoughtful hand motions, as they pick up and grab information from within that they then share or weigh. When they do, they tend to assume a dreamy and introspective gaze. It can look as if they're looking for something, or trying to remember something. This more philosophical style of gesturing shows that INFJs are not just about changing perspectives, but changing perspectives to bring out increased insight.

Our gestures mark this process to dig inside to find something new and hidden, close to our personal core. INFJs value this personal quest to learn more about who they really are. And it can be quite therapeutic to talk to an INFJ in this state. What we find is often a general, deeper human truth, that carries relevance to more than just ourselves. Other people can find themselves quite interested in hearing what the INFJ has been able to dig up this time, as they feel they might apply this understanding to also understand themselves better.

Voice

Sober Storyteller

Ideally, the voice of an INFJ is elaborate, focused, and slowly rising and fading in tone. The INFJ voice will build up slowly and end abruptly. The INFJ has a storyteller voice, ideal for building up anticipation. INFJs will sound as if they are thinking about the words they say while they speak, and there will be a quality of musing on or tasting the words as they are pronounced. The sober storyteller is a good term to explain the INFJ manner of speech: sober and honest storytelling, without any major embellishments. It can be contrasted

with the ENFJ style of storytelling, that has much more passion and enthusiasm behind it.

I will often say that the INFJ has a philosophical speech style, in which they will taste and weigh the words they say as they speak. INFJs will also seem very deliberate in how they speak - as if they know where they are going and as if every word they use has been woven together to a coherent message. INFJs will generally be emotionally composed as they speak, and all emotional expressions and the passion in their voice will appear deliberate and more proper. Diplomatic is a good label for it - INFJs are careful about how they influence others and will show courtesy in how they speak and phrase their opinions to affect people in a positive way.

If the INFJ is more nervous however, they will have a habit of rushing through their words and hasting to the end, fearing they will lose their audience. Other INFJs feel a need to be more on and engaging than natural, and will speak unusually loud or with higher energy than normal. Other INFJs will hide their emotions too much out of a fear of influencing other people in a negative way.

INFJ Gifts

Leadership

Leadership is used broadly here, in that INFJs are instigators of and guides of change. The INFJ is not a manager or an executive, ideally, they lead from a distance, by showing and carving out a new path that other people can follow. They like to guide without telling other people where to go, but the priority is always “leadership”, to lead, to start up new processes, to create new spaces. To use their voice to guide and to use their intuition to pave the way for concepts and ideas whose time has come.

A leader type (IJ) has a strong sense of personal responsibility, a feeling that they are responsible for the feelings and needs of the people around them. A feeling that they must control or deliberately guide the world in some way towards some goal. A leader is goal-oriented, driven, and self-motivated, they can tell themselves to go a certain direction, and enforce and keep pushing themselves in that direction even when tired. I tell INFJs that they are leader types, but many of them don't relate, perhaps because their values of

freedom and autonomy. But there are more ways to lead than the classic ones. INFJs are incredibly self-motivated, autonomous, and work hard to control their own emotions and to focus on their personal conduct. INFJs are not interested in correcting or judging other people's behaviour, but will instead turn this judgement towards the self : what kind of person do I need to be?

INFJs will typically hold back, restrain, and direct their own emotions, trying to control when and how they show their emotions. As idealists, INFJs have very strong emotions, but they will typically hold these emotions back and within, causing them to appear more cold and unfeeling than the ENFJ counterpart. INFJs do not relate their emotions to what other people have said or their current environment, but see emotions as coming from within, from their own mindsets and perspectives. INFJs are deeply aware of their emotions and feelings but also show deep care in how they express their emotions. It can feel as if you're carrying around an explosive keg of emotions, and as if you're doing your best to ensure this careful mix of emotions does not intermix in a way it shouldn't, blowing up and causing unnecessary damage and harm to others.

If someone is rude or hurtful towards you as an INFJ, your typical mindset is “Why did this hurt me?” and this will cause you to focus on

what the other person's rudeness brought up in you, insecurities, doubts, and worries. This ability to disregard your surroundings and external culprits can allow you as an INFJ to show a higher degree of personal responsibility and an ability to walk your own path regardless of what other people think. If you, as an INFJ, can find the inner resolve and purpose, that can help you resist any outer criticism, any obstacles, and any bullies. But as much as mindsets matter, don't fool yourself that other people or their opinions do not matter.

Your external environment serves a core purpose in showing you what your insecurities are, what you are afraid of, and what you need to process. You can't deny that the external environment matters, and you can't think yourself happy, so do not overestimate the power of mindset. Instead, pick up the lessons that mindset can offer, and use their lessons to help you navigate the problems of the world, but don't use them to hide from the problems of the world. In the end, there are plenty of matters in the world that need our help and our action. Often, it is in the real suffering and troubles of the world that your mindset can be put into practice, and where your beliefs can actually become true beliefs, in the sense of wisdom that has been translated into practical ideology. The core INFJ weakness here is an inability to adjust to circumstance. An inability to spot emerging

change and what is happening in front of you. A tendency to disregard current affairs and to focus on your own goals for the day. Inflexibility, even getting upset and annoyed when plans change. An inability to assign blame and to consider external factors. A tendency to overvalue your inner state and to assume that attitude or personal beliefs will overcome environmental obstacles.

Idealism

Idealism is the idea of "what could be" and "what is kind" and what is wise. What is wise is not always what is smart, it can be more rational to pick option A over option B. But it can be more idealistic to pick option B, because of your personal awareness of what you need, what is right for you, and for the people as a whole. Idealism is often confused with optimism.

Idealism is a desire to do something kind, benevolent, and good, and idealism is about a need for freedom, self-direction, change, and growth. Idealism is about how we think we can change and how we can make the world better. Optimism is instead thinking that this change will happen quickly, that it will be easy, and that there won't be any issues on the way. You can be an idealistic pessimist, and you can want to do better, even though you think it will be difficult.

Optimism is a mindset. Idealism runs much deeper. And even if you can lose your optimism, INFJs tend to always remain idealistic. We are hardwired to want to do good. We will often do good even if it comes at the expense of career ambitions, financial success, or personal goals.

We will want freedom and change, even if it requires us to make personal changes or to let go of personal comforts and security. We are ready to leap at something, even if it is hard to prove or explain to other people. We dream more than most, and we dream more about the future and what could be, than what is. The idealism is deeply related to the INFJs “Explosive keg of emotions” - it’s like a spellbook full of complex formulas, words, sentences, poems, sayings, memories, all drawn up with perfect symmetry.

Lines, symbols, tables, INFJs are always trying to organise and understand their emotional lives. The INFJs core strength is their idealism, their biggest flaw is their lack of practicality. Their world of abstraction and their values can’t always be properly translated to smart and practical decision making. They may hide behind vague and generic jargon, avoiding to specify in practice what they want and believe. The INFJ is somewhat unutilitarian, in that they tend to

pursue decisions that objectively have the opposite of the intended effect. Believing intentions will overcome practical circumstances, they can rest on ideology in matters that are best solved with a practical approach.

Independence

INFJs can’t, and should not, try to fit or adhere to a certain traditional recipe of life. You don’t need to follow or succeed in traditional ladders and you don’t need to take over business or expectations from your family or parents. You don’t need success in the traditional sense, and you will do far better if you understand this. The INFJ is one of the four most original types, along with ENFJs, ENTJs, and INTJs.

Usually, these types have all made major mistakes in their youth, in school, or in the traditional corporate ladder. Often, these mistakes will teach us one thing - we are not meant to copy or simply go along with what we are given, we are supposed to pave our own path and to design our own success.

Because of this, most NJs will end up starting or designing their own workplace, career, or environment. The downside of this originality is

a tendency to dismiss all outside influence: to disregard what other people say, to ignore advice and information, because you seek to maintain said originality. Often, the ideal is to turn outside inspiration and to find your own perspective on what you hear. While the INFJ is very original, the INFJs are also often the most likely to disregard circumstance and physical needs.

Private

You can tell an INFJ what the truth is, and they may still not believe it until they have seen it for themselves to be true. This is one of the more infuriating things to friends and family members of INFJs, the stubbornness in how we see the world and our tendency to cling to our own personal theory. We are theoretically inclined - we live in a world of ideas, and we find our answers through silent contemplation in the safe confines of our mind palace. The INFJ is all about finding answers and insights and revelations to the world around them.

As an INFJ, it can feel like you're constantly looking for something, like there's a crucial piece of insight that you've missed. So you're thinking, and searching inside yourself to find what it is. The same goes for when you are presented with an outside truth: often, the INFJ struggle to take in the literal message. We're so focused on

what's around the literal message, what's underneath it, that we don't even take in the immediate truth of what we are told. We're flicking immediately to "why" and we're scrolling past "what". What is usually just less fun. This is also why in class, I would never really be interested in the current subject the teacher was talking about. I was always more interested in what his next subject would be.

What was in the chapter we were not allowed to read? What were we going to be reading next year? I remember a classroom dedicated to the study of viking history. As a kid I found myself far more interested in the vikings and how they lived, and instead of answering questions about the viking kings, when they were born, and what wars they participated in, I was more interested in how the vikings lived, what their beliefs were, and the various nordic gods. Because that was not on the actual curriculum, my teacher gave me a "D". This illuminates a key INFJ weakness: a tendency to be too far away from present events and present realities, because we are so focused on the future.

Wisdom

INFJs can find themselves obsessed with questions of 'why' - 'why' everything? Why are we here? What is your purpose? What do you mean, if we look deeper, what is hidden behind everything? INFJs

never take emotions literally, but always want to look below. No emotion, no expression, no social or cultural ritual, is ever as simple as it is presented. We believe there's a deeper natural truth or an essence of things.

While we all know that there are chairs, and that we can sit on chairs, INFJ philosophers such as Plato were more interested in what the essence of a chair was, what it's purpose was. Another INFJ may be investigating how we are affected by sitting on chairs, and what existential implications chairs pose to humanity. Ridiculous questions, sure. But at times, INFJs can actually hit the nail right on the head. For most people, these questions pass above our heads, we are all affected by these things - but we don't realise how. Chairs exist - tables exist - cars exist - we all get stuck in traffic jams - we all live in this world, but we often forget what it means to live in this world, with all this technology, and we don't see the connections. In other ways, it just shows how sensitive the INFJ personality type is. Like the INFPs, we dwell and grumble and simmer on people's choice of tone and their actions. We take things seriously. We hold things deep inside for a long time, and the effect can be quite profound. We can take the smallest things and find the most significant of meaning.

We do not always want what we say we want, and we do not always know what we mean. INFJs know this more than anyone: we are inclined to doubt our own experiences, feelings, and emotions, and to want to take time to process and to understand to ensure that we truly understand. What is love really? Is this really love that I am feeling or is it something else? Why am I angry? Is it really just because of what that person said or is it because it hit me somewhere deeper? This sense of ambivalence and care and sensitivity towards your own emotional state allows you to look deeper - you feel the same emotional responses as everyone else, but you see the smaller pixels that make up emotions. Everything you see and feel becomes rich nuance. So when people say something that they will dismiss as insignificant, to you, it's not. And when you show to them the deeper meaning, you confound them. People don't always know what they mean and just how they mean things. How far do our emotions stretch and how deep is our humanity? In my experience, endlessly deep.

The INFJs exhibit a wisdom that INTJs can't compete with, unique to them as introverted and feeling types. This is an intrapersonal wisdom, an awareness of the hidden truth of the people. Where INTJs are driven to understand how things work, INFJs focus their analysis on people's hidden meanings and intentions instead. How do

people intend for things to work, and why do things not always go the way we want it to? This can lead the INFJ towards deeper introspective pursuits. But this is a highly unpragmatic approach. It requires you to disregard power games, power dynamics, hierarchies, and the day to day rules of the game.

Kindness

The INFJ work hard to gain the trust of the people they care about. It is important for an INFJ to know that people will take their words seriously and that people will not dismiss our promises and ideals as “just words”. INFJs tend to work hard on, and pride themselves, on their charisma and their ability to communicate their values and to influence people in a positive direction. This includes keeping people’s mood up when people have doubt. It involves making other people believe them when they make a promise. And it includes getting people to unite and work together and to trust one another.

INFJs will, in the name of this, work to present an image of an ideal or to become a symbol that other people can count on. They will be working on maintaining this ideal and to appear like the manifestation of their beliefs and ideology. In this, it’s important for an INFJ to practice morally coherent actions, to act in accordance

with your beliefs at all times and to show that you practice what you preach.

INFJs practice careful diplomacy and bridge-building, and will voluntarily let go of personal ambitions and prestige when necessary to advance their beliefs and to connect more with other people. In personal interactions, INFJs are prestigeless, goofy, and friendly, sparking trust and a good chance for connections. When other people resort to games, INFJs tend to remain unengaged, more focused on being liked and connecting than on winning or being the best in the group.

When INFJs do win in a game or when they make other people feel inferior, they will often feel a tinge of shame at the same time, or worry that they are starting to alienate other people. At times, INFJs can have so strong ideals, that they will naturally alienate other people somewhat from their cause. The changes INFJs propose for their community can appear so radical that people simply find them impossible.

Being a visionary sets an additional challenge for you as a communicator - you have to be a diplomat for your ideals and your visions, even if your ideas are difficult to explain, or sound impossible.

You have to express the values you believe in without risk of becoming seen as a saint or somehow impossibly good, to the point where other people start to see you as fake or inauthentic, or secretly malicious. The idea of the INFJ as a saint or a somehow higher person is completely incorrect but as many INFJs will want to appear as if they are perfect or somehow without flaws many will still get this idea about the INFJ. It is not uncommon for an INFJ to attempt to cover up major character flaws or to hide personal problems out of a belief that it will alienate their followers.

But often, it is more true that INFJs only tend to seem more human when they can speak up about personal issues and show how they struggle. This level of authenticity demands tremendous vulnerability from an INFJ, and it is more difficult when an INFJ has become a public figure. It is typically that the INFJ has a deep level of caring for other people and that they will act proactively to give people things other people do not even know that they need. INFJs will speak to and try to soothe and guide people who struggle and will anticipate people and find ways to be there for other people. At other times, INFJs have a clear flaw in which they will believe something to be true just because other people will agree with it. Belief is an important part of gaining knowledge in various areas, but it is not the

only requirement to have a scientific worldview. Many INFJs may miss that.

The INFJ Consciousness

The normal state for an INFJ is to hold a mental monologue, or an uninterrupted, coherent stream of thought. They will imagine themselves talking for a long time without being interrupted or without changing the nature of the conversation. This stream of thought can naturally be channeled into blogging, writing, or speaking. For an INFJ, this stream of thought usually requires an active or perceived recipient.

They will imagine themselves talking with someone or engaging someone somehow. Or they will channel someone else's thoughts, from within, imagining what another person would say if they got to talk for a long time without anyone interrupting them. The INFJ monologue is usually of an original nature, and the INFJ avoids repeating themselves, by thinking of new, and new, and new ways to speak about a topic. INFJs are unusually focused and disciplined thinkers, and can think about one particular subject for a long time, without changing the conversation or bouncing between different ideas. The INFJ's thoughts are however typically of a general and

broad nature, and INFJs will often consider or explore an idea or a topic from multiple situations or contexts.

They will find new perspectives or viewpoints to engage a situation from and will constantly reinvent themselves and how they act and behave. The INFJ is typically focused on their own, or someone else's hidden intentions and purpose. They will be introspecting and reflecting on why people do what they do and will be seeking answers within to who they are and what they need to do to move forward in life. INFJs will typically think in the term "we". They will see themselves as a group of people or as a representative of a group of interests.

They will see themselves as diplomats and will see their experiences as universal and shared with other people across the world. The INFJ will see themselves as "spokespersons" of a collective unconscious or of shared human interests. An INFJ will have no problem compromising their own needs to fit with these general values and interests. The healthy INFJ will have a strong code of conduct and a set of fluid social laws and open-ended rules that they live and behave in accordance with. They will see the world operating according to these laws and according to this idea of how life is intended to be. They will notice when the world is not acting in

accordance with these laws, and will act to correct and intercept bad intentions.

The leader temperament is a core part of the INFJ and their inner wiring. HSP is also a crucial component you need to learn to navigate to be healthy as an INFJ. As a leader, you are independent, autonomous, and self-oriented. You are in your comfort zone when you think about how you can respond to emotions in a longer perspective and you prefer to take responsibility for your own feelings than to share your emotional state and your thoughts with other people. INFJs can appear to keep their own thoughts and emotions more or less confined and carefully composed. While this can help them solve many problems and to hold on in situations that are more chaotic and disorienting, it can cause them to neglect short term feelings.

INFJs can struggle with being unaware of what they feel in the moment as they focus narrowly on how they want to feel in the future. They can tell themselves short-term emotions are fleeting and unimportant and can discipline themselves to keep a solid or composed emotional state outwards. This is what makes the INFJ a great leader, their ability to take responsibility over things that happen in the world, making the issues of the world their own

problems. But also the ability to set aside their personal feelings to focus on the feelings of the group and on long-term strategies. On the negative end of things, INFJs can struggle with being too much in their own heads. It can appear as if, to the INFJ, the only person with any power or significance is themselves, and they take responsibility for both all the good, and all the positive that occurs in the world.

They can also appear to ignore real feelings and issues that pop up, pretending it, or certain evidence does not exist, until they are ready to accept it. It takes time for an INFJ to process their feelings, and because of their inclination to push down their feelings, their feelings can often become intense, deep, contained, condensed, and focused. To become the target of an INFJs complete focus, attention, and their deep emotions, that is quite an experience. If you're not the target, however, INFJs can strike you as cold, unfeeling, oblivious, and distant. But don't be fooled. INFJs are deeply feeling types that constantly keep a distance and controlling hand over their own emotions, reigning themselves in.

INFJs are often highly passionate, and emotionally involved, with their goals and with the people or ideals they care about, but cold about everything and everyone else. Not that they are actually cold

types, but that they just don't see anything but what they envision and hope for.

The Big Four: Issues INFJs Need To Confront

Here is a collection of struggles and issues that I have found that all INFJs need to learn to confront and manage. The INFJ has a unique flow type, but also four key blocks, four experiences that are detrimental to their growth. Life demands that we not only confront the best in ourselves but also the things we struggle with the most and often, our inferior functions are easy to find in our environment and in our surroundings.

While we personally do not get any value from sensing or thinking, sensing and thinking is still a necessity and a struggle that we must develop intelligent responses to. What I advice all INFJs to do is not develop their inferior functions, but to learn strategies to manage them without becoming drained, overwhelmed, or deadened by them. INFJs that force themselves to overuse their inferior values will often find themselves losing their inner zest - becoming less warm, more dead in their eyes, more cold, and more at a loss of energy. No, most self-actualised INFJs do not force themselves to be

this way, but act primarily to reach their dominant needs and values. Only secondarily, do they develop strategies to manage sensory and rational stimulation. Often, they find that by allowing their dominant needs to come first, their secondary needs often follow automatically.

1. Availability and presence to friends and family

The biggest critique online against INFJs revolve around INFJs tendencies to ghost or to “disappear” from the face of the earth. You might notice that things that seem normal to most people, like answering the phone when someone calls, or responding to your email, or saying “yes” at the end of a conversation is difficult for an INFJ personality type. INFJs can struggle with remaining present in their life and showing important things and good conversation their attention. This can lead us to ignore or miss out important truths and things happening around us that match with our intuitive interests. There are new patterns, changes, and new interests waiting for us to listen, but finding the mindset where you can be open to it can be difficult.

So what is going on inside the INFJ? First, you may notice that the INFJ is struggling to remain “present” in reality. Then you may notice

that there’s something else going on inside their minds. The INFJ are prone to inner monologues, and when inside these monologues, they may not pay enough attention to people who may need it. It is often that INFJs appear more present than they are. They can have a strong and attentive gaze but their thoughts are often elsewhere. INFJs often spend more energy on appearing present, than actually being present, covering up for their lack of attention and trying their best to give energy that isn’t there.

This is often a kind of “ghostwalking” as INFJs can appear as zombies from the perspective of, say, an ISTJ. ISTJs who have a distrusting, concerned, meticulous and focused gaze will often notice how peculiar, absent, distant, and detached the INFJ gaze is in comparison. The twilight zone is a good reference to where the INFJ likes to spend the main part of their life. The twilight zone is this inner simulation or idea world often of a philosophical and abstract nature, an abstraction of the reality around them. You could also say that, to the INFJ, it is the ISTJ that is a zombie in this twilight world. The ISTJs presence can appear completely absent from this more imaginative and abstract mind palace. These judgements are however more a question of personal projections and differing ideas of what it means to be attentive and aware. Beyond ghost walking, INFJs have a habit

of walking away or removing themselves from a situation, sometimes without even saying goodbye. We're a bit absent minded.

The twilight zone is where an INFJ likes to spend their time, as this is a place where they can recharge batteries and regain consciousness. Reality is rather where the INFJ goes to "lose" their consciousness. Yes, the more the INFJ pressures their sensing function, the more bored and understimulated they feel. A person that loses their recreative function will also struggle to remember their experiences and to maintain attention and interest in what is said. It is understandable then that the INFJ in extraverted sensing gains a poor and fickle concentration. It can be that INFJs avoid presence because presence makes us slightly anxious: it requires us to go outside our comfort zone and to face a world where our theories and ideas may not apply.

At the same time, I find that it is not possible to force an INFJ or INTJ to pay attention to you. What tends to happen in reality is you, as the good, kind INFJ, want to give other people your attention, but you end up taking more time trying to look like you're paying attention, than actually listening. I think rather, an INFJ has to go somewhere to find attention. Go within, and find a theory you'd like to test, or something you're searching for the answer to. Then go outside to see

if you can find the answer to these questions in whatever conversations or patterns life has decided to throw at you today. If you become a master of the art of listening to yourself, you can actually become more outgoing, more present, and more available to other people.

A lot of INFJs equally struggle with not feeling heard or seen by other people. Because we love the big picture, we're often sitting in the corner of the classroom, or atop a building, looking down at everyone else. Living outside society or behind a counter or in the twilight zone, we're harder to spot than the average person. When they actively do share their energy and when they make an effort to use sensing to make themselves understood, they may overwhelm other people, and risk sending confusing, mixed signals. I often see INFJs that will either switch between a very private and downtuned introverted intuition, and then a full pronged extraverted sensing death ray. Often, the better answer is to tune up your introverted intuition and to share without overwhelming your listeners.

In the end, it is important to realise that attention is overrated. When we tell people to "pay attention" often, surprisingly, what people do is they tense up the muscles around the face. That's it. They frown. It's not that we learn more, but that we try to appear like we're learning,

even though we're not actually interested. Attention is not an off or on switch, and it is definitely not something we can pay. Instead, we make people appear like they are paying attention, when in reality, they are more focused on appearing attentive, than actually paying attention. Take note, teachers.

Often, the surprising secret to attention is this: to get people to pay attention, we have to make attention interesting. And while many will complain that INFJs appear inattentive, the surprising truth is INFJs may just be paying attention on another level. An example is to ask the INFJ certain questions about what you have said or done throughout the day: you'll be surprised to learn that INFJs, while they may seem absent, are constantly absorbing a lot of information, especially subtle information. And I will constantly surprise my friends and family by bringing up things they said or did. Perhaps the surprise is bigger because introverted intuition is often a less conscious learning process, that happens underneath rather than above the surface.

This is often why I describe INFJ-3s as vain. INFJ-3s have been taught to focus more on appearing attentive and energised, because perhaps they have been complimented for it by teachers or their boss at work. This is a shallow attention, that actually runs less deep than the

attention you find in introverted intuition. And the INFJs that can relax the grasp of Enneagram 3 will actually absorb more information than their seemingly "more attentive" INFJ-3 counterparts.

2. Managing your nerves and HSP

Many INFJs struggle with bad nerves and instincts. There is a sense of chronic nervousness over events and actions happening in the real world. Unanticipated events can repeatedly risk spinning the INFJ away from their life path or their vision, and so, mental discipline is important to manage these nerves and to ensure you as an INFJ don't become too antsy. Many young INFJs struggle with getting caught up in this restlessness, making bad calls in the moment. It is the inferior sensing function of the INFJ that is the cause of this.

Many INXJs will often describe themselves as carrying a near constant state of hidden panic, while they will invest much stress and energy to maintain outer calm and patience. While their inner state is nervous and antsy, and their responses to external events are unusually strong, their outer presence will often appear much more calm and grounded than that of the XNXP types.

Another issue here is managing or avoiding interruptions and stressors by remaining in a predictable environment, even if it comes at the expense of your more intuitive needs. Many INFJs seem to exist in a kind of stasis, where they avoid anything that could potentially catch them off their guard. Other INFJs never have the time to hone or direct their intuition because they live in a stressful environment where something is always happening to distract them.

Here, social media flashes, Facebook messenger, Whatsapp, phone calls and distracting sounds can be constantly keeping you from reaching the mental discipline necessary for your intuition to function optimally. But the INFJ compensates for their weak nerves through a stronger than average ability to envision and to get caught up in an imaginative tale or story. The INFJ can share a story or simulate an experience with animated faces and strong expressions. They can experience what they envision as if it was actually happening - right here - right now. The heightened sensory response gives the intuitive types a stronger response not just to sensations but also to imaginative tales.

The INFJ recharges their batteries as they can carry out this tale or fantasy and as they can express this story or play out an idea. INFJs become less stressed as they take deliberate action towards an

intuitive possibility or a vision, and more stressed as they become distracted by demanding sensory stimulation. INFJs can easily become overwhelmed by stress and overwhelming sounds and distractions from the world, and in times of overwhelm, they are prone to getting caught up in the crowd mentality. They can suddenly become prone to lashing out “what the group thinks”, mirroring and making decisions purely based on environmental feedback and not on their personal views or more idealistic goals. It is under the grip of these nerves that the INFJ will suddenly back out of a relationship and decide “it is not going to work” and that it is “impossible”. Nerves will often get INFJs to back away from or pull out of stressful situations completely. It is therefore important that INFJs anticipate and recognise overly stressful situations and that they can avoid them, or, if impossible, at least reassure themselves that they are not currently thinking clearly. That things will pass and get better.

The presence of sensing and perceiving can drive an unusually conservative response in the INFJ as they start becoming preoccupied by the limitations of the present situation. Stress from work and distractions around them can appear suddenly insurmountable, and the INFJ can feel that they will never get back to a peaceful state. Practice calming yourself and your nerves and

soothing yourself, find your way back to focus and flow, and avoid overwhelming yourself when you can.

3. Dealing with a sometimes hard and violent world

INFJs will often elevate themselves to be perfect or near-perfect. They will raise expectations on themselves and will demand themselves to be tough or overly optimistic, as to avoid troubling their friends and family members. They will make a habit of appearing like they have it all together, and that they're fine, when they're in fact struggling with something. Their need to be strong for other people may often put them at odds with friends and family members, who feel that the INFJ is distancing themselves from them. It's the sensitivity of the INFJ that forces them into this corner: fear of pain and conflict. It is important that you both come to understand and confront this inner sensitivity: that you learn and acknowledge that it is there, and that you at the same time don't let it keep yourself from important life experiences.

A fair amount of the sensitive types, INFJs and INFPs, retreat into dream worlds, fiction, and places where emotions are less dangerous, less pressing, and less demanding. Where people just are and where there is no pressure. This mellow, comforting world can serve as an

important processing space for INFJs and fiction and literary analysis can give them the space and time they need to understand and to gain more wisdom and insight into life. But often, this wisdom needs to be tested and put to practice in real relationships. INFJs need to expose themselves to real relationships and campaign and activism to truly become wise, and in a sense, happy. While my own emotional landscape was nice and reassuring, the world of politics, love, and friendship gave me a sense of true happiness and meaning, meaning that went beyond fiction.

This changed my outlook on life and I started to realise that life was not just a story, and that the decisions I made actually had value and an impact on other people. A lot of INFJs don't realise this. I have been lost in stories, art, literature, fiction, and I have found myself unable to participate in life. Sometimes the harshness with how reality was sometimes painted would hit my sensitivity, and I would just run away. When things got real, when things got tough, and when I stood before challenge. At times, I thought life was a choice between hard realism and comforting fiction. At times, I sought to harden myself, to become more tough. Those times were the worst times of my life, because such an armor is too heavy for an INFJ to carry. At other times, I sought to run away and hide. It only went better when I realised life had more to offer than the hard contours I often saw at

work and in school. Beyond the cocky, rough banter of classmates or coworkers, there were people who cared, there were sweet animals, beautiful nature, and kindness and love.

The strength of an INFJ is an area often unexplored. INFJs can put on the resilience and the toughness of an ESTJ type, maintaining this tough front to the world, but you will find, that this toughness is uncomfortable to maintain.

The INFJ are sometimes exaggerated to become extremely violent, destructive, and almost hulk-like under distress, but this is more like a temporary lash-out, than something that can become permanent.

INFJs are inclined to let their guard down, to bear the other cheek, to let others strike the first punch before they fight back. We're far more likely to take a punch than to throw one. We are so aware of our own emotions and so careful with how we show emotions and how we impact others with our emotions. We'll think for a long time before we decide how we really feel and what we want to do about our feelings. When we punch someone, we do so knowing that violence is wrong, and we take full blame for what we did. We don't make excuses and we don't act like what we did was right.

In this you may notice that you are not as strong or as enduring or tough as the average person in society and that it is more difficult for

you than other people to, well, keep your shit together. You're good at understanding how life and people think and you have a knack for reading people and animals and feeling a sense of understanding. But you're not strong and you're not meant to be, either.

Keep yourself in the back lines of the group, don't try to play the role of the tank. INFJs have the weakest defense of all: arms held back, open smile, receptive to others feelings, open to what other people think. We're always forced to feel the blunt edge of what people think and what people go through.

When people are sad, we feel it. When people are angry, we feel it. So keep yourself in a position where you don't have to overdo it. Where you don't have to bear the blunt force and the direct force of people who suffer. Don't put yourself in a relationship where negative emotions and anger is a minute to minute reality. You don't have to live in a world of conflict, violence, war, and constant hardship, but you can instead live in the safe havens, around the campfires, where the music is played and where people can sit down and... finally relax. You can be that place where people come to feel at peace, no matter how stormy the world around you is.

4. Managing expectations and belief

INFJs are sensitive types through and through - sensitive and deep. You will often find the INFJ strike out as if they were tough, only to end the exchange with surprising vulnerability. They want you to know that, no matter how upset or disappointed you have made them, they will always forgive, and they are always open to restart diplomacy again if there is a chance for change. Beyond this sensitivity there is a thirst for the right word, the right way of saying something, the right way of expressing something. INFJs live in a complicated emotional world where things are far from simple.

Emotions run deeper and in more nuance. A lot of emotions are constantly interwoven. We do not just feel one thing - we feel many things and to different degrees. To most people, questions and answers are simple: most questions can be answered with either a yes or a no. No personality type has a stronger personal code of conduct than the INFJ here. We look for the right way to speak, the right way to say things, the right way to communicate to get our opinions and beliefs through.

This includes showing people your personal interests and expressing your personal viewpoints to other people so that they can “get” you and why you are there and what your goals are. The veil of diplomacy

and the tendency for an INFJ to be focused on “everyone’s” needs may shroud their own needs and ideals, and sometimes it can be important for an INFJ to sit down with people or at least with themselves to do a personal reminder: I help other people because it helps me.

Because INFJs value doing things in the right way so much, they may become slower decision makers than average. They produce and do less, but they do what they do with higher quality and with a stronger code of ethics. INFJs may feel bad about this, thinking they need to do as much as other people, while retaining the same high standards of success. You might want to get rich and successful, just as everyone else, but you want to do it in a way that respects human rights and follows your values.

But you’re going to have to make a choice between doing the right thing and doing the efficient thing. So overcome your negative views on prudence: gain a sense of respect towards your own work and the quality of your work. Don’t rush through tasks to compete with others, because that will reduce the gratification and pride you take in what you do. Beyond that, when you do make mistakes, and when you do overextend your values and make promises that you can’t deliver on, you’ll dwell on it more than others. If you find yourself

disrespecting your inner Diplomat, pushing through unfinished work and saying yes to more than you can manage, you'll find yourself becoming more harsh and negative towards yourself. Plenty of INFJs walk with a negative view towards themselves, because they want quality in their work, but never find the time or boundaries to ensure this quality is met.

Sometimes, people give the idea that INFJs actually struggle more than most. This may be true. Society may be poorly adjusted to INFJs, and not as welcoming and inviting as we might have hoped it would be. Sometimes people assume that we struggle more than most just because we are more special than most - we are secretly gifted but our skills and our healing abilities also make us broken or unable to function normally in society. I don't think that's true. We are only broken in the same way a fish is broken because it can't fly. We can only judge ourselves based on how much our environment allows us to flourish.

INFJs are far less efficient in environments that require a lot of critical self-review, and we do badly in environments that require rapid and aggressive decision making. We shine as communicators, and we fade as scientists. We prevail where quality is key and we fail where numbers and quantity matters more. So don't fool yourself

that life or work is just numbers and data, remember that all work can also be translated to people, human quality, and important ethical values. Remember what your work does and how it does things and think ethically about how you want to reach and impact other people through your work. Instead of looking at statistics of how your work performs, look at how people feel about it, and how it impacts the people you care about, including yourself, of course.

Now comes the hard part: managing expectations. INFJs take expectations seriously. We are intensely aware of what other people want and require from us and how we influence other people and the group. When we fail to meet up to human expectations, we feel like bad people, and we dwell on and think a lot about this. Our deep caring nature causes us to walk around with notes scribbled around in our head, notes reminding us of what to do throughout the day in order to make people more happy. Rules to abide by, principles, your integrity is strong and admirable.

The INFJ Men & Women

In my observations and experience, INFJ tend to dance on the borders of both extreme masculinity and extreme femininity. INFJs tend to both embody characteristics of the stereotypical strong male

leader, but also the feminine idealist. The values and goals and needs of an INFJ are feminine, but the comfort zone and the strategy an INFJ will choose when pursuing these goals are masculine. If we assume that you have developed to embody the traditional traits of your gender, which may or may not be the case, you will see yourself tapping on different sides of the INFJ more than others.

INFJ Men

In a general sense, men are often more inclined to leadership and to assume leadership positions than women. They are also more aggressive, need more control, and they are usually more introverted and distanced. This comes at the expense of struggling more with being vulnerable. The INFJ-male is more in touch with their roots and more balanced and calm than the INFJ women. I have found INFJ men to lack however, in a more repressed intuition.

INFJ men may pretend not to have, or ignore their own feelings, as they try to pursue more traditionally male values such as self-enhancement, power, and authority. They may compromise the more vague and abstract characteristics of their intuition, demanding themselves to be more concrete, loud, and direct than an INFJ would normally be comfortable being. There can be this pressure on the

INFJ male to be a “leader” compromising their own values and what they think is right for the sake of the group.







Because of this, INFJ men may seem unfeeling or cold or distanced, as they set aside their emotions, that they deem as “unimportant” more than as a guiding force. Emotions and intuition is not meant to be used when enforcing the decisions, but it is meant to be the direction of the decisions enforced. They may want to aid and to help while at the same time coming off as rational in their quest to help and aid.







INFJ Women

INFJ women are stereotypically more intuitive and emotional than the men. They are beyond this more idealistic and more nurturing and care-taking than the men. They need more freedom and privacy than the men and are more self-directed. They are also more rebellious and more prone to thinking outside the box.

INFJ women may however struggle more with leadership, control, and authority. They may also find it more difficult to establish strong boundaries. INFJ women experience overall less control and less stability, and are more prone to anxiety than the men. But INFJ women are simultaneously more in touch with their inner muse and

far more creative and conscientious than the average INFJ male. For the INFJ female, the process to individuation is also the process of gaining power and maintaining balance.

	Enneagram 1	Dissatisfied	Successful
	Enneagram 2	Failure	Liked
	Enneagram 3	Unpopular	Popular
	Enneagram 4	Outsider	Belonging
	Social instinct	Lonely	Connection
	Sexual Instinct	Unloved	Loved

	Preservation Instinct	Irresponsible	Responsible
	Enneagram 5	Weak	Smart
	Enneagram 6	Instability	Stability
	Enneagram 7	Restless	Stimulation
	Enneagram 8	Powerless	Power
	Enneagram 9	Disharmony	Harmony

INFJ Enneagram Types

Like you see above, a normal INFJ will naturally switch between and deal with all kinds of emotions and experiences at all times throughout a day. Some emotions tend to become more important to

the INFJ. We can be fixated on a certain emotion or experience and we can think “this is how I need to feel” and we can choose to feel that way, to deal with our reality. We can have ideas about how we need to be and what we need to do, and we can use certain cognitive functions more than others, if we have developed to find them more important.

INFJ-1: The Creator

The heavy, burdened visionary, forced to wander and to do what nobody else can do. Sometimes frustrated and annoyed that other people can't see what they can see. But full of energy and purpose and a strong conscience and a need to succeed in their aspirations.

The INFJ-1 will often tense up their cheeks and narrow and focus their eyes, as they focus on a vision, while bracing themselves for what will come as they begin to walk towards it. You will find INFJ-1s to be unusually cold and dispassionate, but at the same time strangely driven and powerful. The coldness of the INFJ-1 can make other people feel slightly put off, as if they had done something wrong. In reality, it is just that the INFJ-1 is so focused on the future possibilities, that they can never take the time to appreciate and understand the present.

The INFJ has within them immense capacities for understanding, empathising, and caring, but at times, their intuition and detachment may cut them off from this part of themselves. The INFJ-1 may believe they have to become “battle-hardened wanderers” who move alone, and with strength and padded leather jackets. The INFJ-1 may mistake their empathy as a crutch, rather than a strength.

Often, the INFJ-1 is constantly working on reaching a higher state of perfection, in moving exactly according to vision, in achieving exactly the results they saw in their vision. This hyper focus will often come at the expense of understanding, and the INFJ-1 does not attempt to understand or rationalise their failures or their path to success. Instead, they will often be hypercritical of their small flaws, and frustrated and dissatisfied with their perceived meagre results.

INFJ-2: The Caregiver

The somewhat tired and bored but loving and kind INFJ, always understanding, always accepting people, and trying their best to help people. Drained and annoyed by a feeling that other people don't try hard enough to change and to make their lives better, but determined to be patient and to remain at people's side until they learn.

The INFJ-2s will often push out their chin and upper lips, which will often take some attention away from their eyes. This marks their increase of warmth, passion and affection, and at the same time signals a loss of interest, as what they believe in somewhat clouds their ability to consider new information and intuitions. So we find the INFJ-2 to be a person that believes that, if you care about someone, in particular a family member, you must be someone that makes them proud.

And the assumption is far too often that intuition is something weird, quirky, and pointless, that will only bring disappointment to the family. In the pursuit of pride then, the INFJ-2 will often compromise their vision for more traditional notions of success. The INFJ-2 will set aside philosophy for more practical and established truth, and will try to fit themselves with the school or family's notion of what truth is. The INFJ-2 has the habit to answer questions based on what they believe other people want to hear, and pursue careers that they believe will make their family proud. What they will find however, is that often, people will not appreciate you as much as you might want.

From the perspective of the INFJ-2, this is a great and noble sacrifice, but family members may actually want to see, and appreciate the

intuitive side of the INFJ. And the INFJ-2 may constantly feel drained trying to hold up this traditional hobby, even though it brings them overwhelm and exhaustion. Other people may pick up on this, and will tell the two that it is okay to let go of some responsibilities, but the INFJ-2 may believe this is just a sign of being dismissed. You may feel that you've worked hard, and that you've done something to be proud of, and if you stop doing it, you lose the pride you invested so much in getting. If you let go, you also have to let go of your pride, and this can be a difficult thing. But there are better emotions around the corner, such as curiosity, and excitement.

INFJ-3: The Performer

The somewhat self-deluded INFJ, passionate and charming, everything everyone admires and looks up to. But sometimes full of air - nice words - but nothing deeper behind it. The INFJ-3 is often overwhelmed by a feeling to be heard and never believes themselves to have the time to sit and listen.

The INFJ-3 aspires towards a higher position of fame, popularity, and visibility. The INFJ-3 follows traditional paths to become more liked, and focuses on catering to what an audience will like, what will make people laugh, and what people will appreciate. The idea is that people

will not appreciate the more philosophical and existential musings you have within, and that your personal visions are too strange and quirky for an audience to understand. The other issue is that the INFJ is trying to measure themselves too much against their audience. The INFJ-3 has come to confuse what the crowd believes to be truth. Just because other people suggest reality is a certain way, or just because other people seem to like or laugh at something, does not mean that it is genuinely true or important.

The INFJ-3 believes their message must be simple, clear, and easy to understand. Their pursuit to get themselves an audience may have gotten them lost from the pursuit to understand and to gain a message or a bigger idea to share with their audience. The INFJ-3 may be echoing the crowd too much, merely repeating jokes and thoughts that they've heard recently that day, rather than exploring thoughts and intuitions that exist inside.

Feeling that their own mind will only bore other people, and that nobody will care for their more creative side, they may overcompensate with a somewhat shallow extraverted sensing. Becoming simply what the crowd wants, and hiding what they really are, INFJ-3s lose a little of the magic they can channel on stage if they become more in touch with their intuition.

INFJ-4: The Rebel

The somewhat torn and conflicted INFJ, torn between two worlds - the real - and the world of dreams and ideals. The INFJ that feels blocked from pursuing their true purpose or passion. Unsure how to proceed, but at the same time determined not to become one of the masses.

The INFJ-4s will have unusually narrow, but open eyes, eyes that let out a signal of focus and determination in spite of a lack of energy and hope. There is a lack of energy and spirit, but at the same time a sense of stubbornness, as the INFJ-4 tend to be determined to try their best to win against all odds. The INFJ-4 is one of the most reckless, and their goals are usually formed as the direct opposite of what present society and the system wants.

The system and mainstream society here is represented by extraverted thinking and sensing, and the INFJ-4 struggles with feeling that their introverted intuition and feeling is at odds with these functions. There is a rivalry or a tug of war here, and an envy, as the INFJ-4 may feel that people who embody extraverted thinking and sensing are far more superior in society. The INFJ-4 may feel that these people are misguided or even evil, and that it is not fair that

their values are predominant in society while the INFJ-4s values and interests are seen as unimportant or less valuable.

At the same time, the INFJ-4 often feels powerless and as if no matter what they do, the system will always win in the end. This can drive a desperation or more destructive action, as the INFJ-4 feels torn between their personal identity and values and what they believe is more successful. The INFJ-4 does not know if they are going to give up on their values and just adjust to the system, or if they are going to maintain their values and interests and keep on going, even if they may fail in the end. At the same time, the 4 may be struggling to direct their personal goals towards a creative or productive approach. They may be too focused on getting other people to accept their ideas, or fighting established ideas that they see as opposed to their own. This can distract them from actually developing and turning their visions into reality.

INFJ-So: The Everyperson

The INFJ who becomes whoever they speak to. The ultimate chameleon, what everyone needs at any time other people need it. The INFJ who has forgotten their true face, who wants to appease people, to meet up to their

expectations, and to make people happy, but unable to represent their own interests.

INFJ-Sos tend to have very warm but expressionless faces and disengaged, unfocused, distracted eyes. The INFJ-So is highly warm and conscientious, always focused on doing the right thing and being the good person. They may do the right thing even when it comes at the expense of themselves and their own interests, constantly sacrificing their hobbies, passions, and personal boundaries to adjust themselves to outer expectations.

There is a high focus on appearance here: appearing beautiful and of qualitative value to other people, possessing positive qualities, virtues, and social value. The INFJ-So simultaneously struggles to see their own value, and need the reaffirmation from other people, feedback that they are good, that they are doing the right thing, and that they are appreciated for what they do. The interest here is to gain the approval of the community, to be a part of the group, and to not stand out. INFJs may easily feel here that there is something wrong with them, that something about them keeps them from fitting in, and that they must hide this part of themselves from other people out of a desire to be accepted.

Acceptance here comes closer as a priority than closeness and at times, this can lead the INFJ to have superficial bonds and friendships with other people. The INFJ may have a deeply philosophical, introspective nature, but around people, the INFJ is like a mirror reflection of their crowd. They mirror and echo the interests and behaviour of other people, pretending to like anything other people like. But they also feel that they can't talk about the things they like with other people. As an INFJ-So you may say that other people "won't get you" and that when you have tried to connect with other people on a more real level, it has not gotten you anywhere. This can lead you to unnecessarily hold back your intuition and your more introverted nature, to the point where it becomes something that you can only truly access when you are alone and away from other people.

INFJ-Sos often describe social relationships as draining. Being so overly adaptive puts a lot of strain on an INFJs sensing and perceiving, and forces them to behave in a way that makes them feel restless and on edge. However, the INFJ-So is often acting out of a strong conscience. They do not wish to make other people feel less than or inferior to themselves. They are modest and do not want to strike themselves apart from others. They want to cooperate and work together with other people, and find their own personality as a

crutch from this feeling mission. The INFJ-So often work hard to present an "easy" version of who they are to other people, oversimplifying their feelings and thoughts to make them more presentable to other people.

There can be a pressure here to "process" your intuition and to make it understood and when other people don't understand, INFJ-Sos will fault themselves for not trying hard enough to get other people to see things their way. Typically, the INFJ-So will grow past this by developing communicative and visionary abilities, finding a message and an idea and mental discipline to keep advancing it until it has become a clear image in other people as well as in themselves.

INFJ-Sx: The Lover

The INFJ that seeks to feel truly seen and connected to someone.

The INFJ in love is like a waitress and counsellor in one. They will put a lot of passion into getting to know you and your inner emotional life, your past experiences, and your deeper essence. They will constantly be scanning you for what you might need, looking to make sure that you always have your base needs met. That you're fed, that you've got your coffee, and that you are in good spirits. They will

often ask you what you want, and they will confirm frequently to see that you are well supplied. Note that this is something an INFJ does despite the fact that it brings them stress and drains them of energy. They do not like to do this: but they see it as an act of love and care. However, to the onlooker, the INFJ who does this may be perceived as restless and bored.

The counselling style may also be difficult for some, as it can feel as if you have been put through an x-ray machine. But it is how an INFJ establishes intimacy. INFJs want to know what you've been through, what life path you are on, where you are headed, what your dreams are. At times, they can be so fascinated with this life path, that they forget their own. Where INFJs are typically fierce visionaries, love is the one thing that can get the INFJ to compromise their vision or their personal life path. The more service-minded mindset is often a consequence of this: the INFJ is so preoccupied making sure all your needs are met, that they have no time left throughout the day to focus on their own mental projects and intuitive aspirations. INFJ-Sxs do not only experience this in relation to someone they love, but they can also experience this conundrum when their "love interest" is work or a particular project that is not their own vision.

This can bring up a struggle in the INFJ, where they begin to perceive a false conflict between love and vision. At some point, INFJs may decide that "this is simply not working out" - as they realise that they've abandoned their personal projects in their aspiration to fulfil the wishes of the one they love. And this is often a drastic experience, suddenly, the partner of the INFJ can feel that "the waiter is gone" - they're looking to make an order, but nobody is there to take it. INFJs are masters of the sudden disappearance act. Intuition is like an invisible tug to the INFJ, a path that is always there, waiting for you to walk on it. When you step your foot on it, it's like standing on a moving escalator, it will just pull you forward, and you're barely given a chance to explain where you're headed to the people close to you. But there are healthy practices in this.

Just because you don't know where you are going, does not mean that you can't ask other people to come with you. Ask people to trust you, and to come with you, and to take a leap of faith with you. If you can take a leap of faith for the sake of your curiosity, so can they. And the journey you take does not always have to translate into a good romantic dinner, a cozy time, or tangible benefits, the journey can be a good time to explore your interests and dreams and to crystallise your intuition into something a little more real. In the prehistoric times, many humans were blind wanderers. There are plenty of

stories of people going out into the wild, with no map, and no clear destination, just looking for something, no clear idea what.

This is a point of recharge for the INFJ, and an INFJ who goes wandering like this will return full of energy and life, even if their walk didn't land in anything fruitful. At the same time, the INFJ may perceive these walks as "selfish". There is this notion that love has to mean sacrifice, when in reality, many potential partners of the INFJ would marvel at the opportunity to go exploring in ways like this. Yes, at times, this waiter like mentality of the INFJ is better switched for the slightly more mysterious approach of your intuition and judging. Instead of moving to respond to your partners interests, predict the future, and use your foresight and your powers of speculation to intercept what is going to happen next. Loosely envision your next getaway, go with your partner where your intuition is pulling you. In these circumstances, the one's that you are intimate with will see you in a more natural setting, where you are truly "you". And often, this is where deeper connection can begin.

INFJ-Sp: The Magician

The INFJ that feels ultimately responsible for the fate of the universe - responsible for the bigger picture and all the events and

eventualities happening across the world. Needing to direct and to ensure peace and harmony prevails, but constantly stressed and tense as they try to keep this peace.

The self-preserving types are overly concerned with maintaining harmony, balance, peace, and order in the world. For the INFJ, this presents itself in unusually sharp abilities of foresight, anticipation, and interpersonal awareness. This INFJ will be unusually aware of the existential state of the world and the concerns of the people across the globe.

This INFJ will also perceive their persuasive gifts and their visions as something dangerous or something to be treated with absolute care, causing them to somewhat hold back their personal ambitions and aims while being overly preoccupied with the aims and opinions of others. To some extent, this will make them susceptible to being manipulated and used by other people. They may distrust their own voice while at the same time overvaluing the opinions and values of their peers and the people they seek to protect. The self-preserving types are suspicious of themselves and fear becoming corrupted or becoming villainous. But the INFJs may be comparing themselves overly harshly with the INFJ-3s and INFJ-8s that are more about using their intuition and feeling towards a personal goal.

At the same time, INFJ-Sps forget that the problem with these INFJs is not their powers of persuasion or their visions in themselves, but the lack of introspection and awareness of the existential consequences of their actions. INFJ-3s and INFJ-8s are not bad because they are visionaries or persuasive powerhouses, but because they forget to introspect on and understand their source. This can cause INFJ-3s and INFJ-8s to take misguided actions. For the INFJ-Sp, the other side of the coin, the problem is not acting on your visions or using your persuasive powers to guide people in the right direction that you, as a self-preserving type, will be so intimately aware of.

The INFJ may feel shame or guilt or harsh judgement towards their own more selfish or personal desires and ambitions, feeling that they must make themselves into a tool for harmony and peace in the world, rather than using their powers and gifts for personal aims. They may as a result find themselves excelling at using their powers to grant the wishes and dreams of others, while struggling to use these powers to achieve results in their personal aspirations. Often, the goal to self-actualisation for this INFJ is recognising their personal desires as something neither good or bad, just human. There is no reason to fear attachment, desire, or to have personal dreams

and aspirations, and your personal aspirations and dreams can be shaped into something positive for the world and for the community.

INFJ-5: The Sage

The INFJ that seeks true objectivity and to confirm and to prove everything they think and feel. Often confined to a drawing table, trying to find answers and explanations that can help make sense of a sometimes strange intuition.

Do you feel like your intuition is a strength or a hinderance? How much do you trust your own perception, and to what extent are you suspicious towards yourself and your own reasoning? Enneagram 5 is intimately tied to our own trust of our own mental state and our own intelligence. 5s worry that they lack the necessary skills and strengths and feel generally sceptical of their own thoughts and reasoning.

Still, because of the INFJs love for thinking, there is a need constantly to prove your own thinking and to verify that what you think is correct. And the enneagram 5 struggles to move forward and to take necessary action based on their thoughts and their intuition, unless they can prove that it is real. This drives a sense of fear of change in

the INFJ-5s. They may feel a pull towards a hard to describe vision, but also a desire to explain and prove that this vision is correct.

There is a pull to investigate a certain theory or hypothesis, but also a need to ensure that you don't act on or shape your world around a theory that could turn out to be incorrect. Objectivity is the core desire of the INFJ-5. That their inner experience can be proven and confirmed by evidence and reasoning. But this troubling suspicion can also cause the INFJs to miss out on important possibilities: by the time they have proven their theories were correct, they may have already missed out on important possibilities and ideas.

INFJ-6: The Hero

The sensitive INFJ that wants to meet up to everyone's expectations. In their pursuit to live a life without flaws, honouring commitments, they may find themselves giving up too much control over their own life and decisions to other people.

INFJs tend to live lives without an active guard or defense towards the world around them. They don't hold up the shields most people hold up, and so, they are exposed and sensitive to the judgements of

other people. The values and opinions of the people will as a result have a risk of hurting you as an INFJ.

The INFJ-6 is here trying, more so than the average INFJ, to shield themselves, and to protect themselves somehow from critique and negative opinions in other people. The INFJ-6 will, unlike most people, do so by trying their best to cover up any flaws, and to live above everyone's critique. Out of a desire to be liked and to protect themselves, they will try to make choices and to conduct themselves in a way that is more or less infallible. This is, however, not possible, as it is human to make mistakes. The fear of becoming the subject of critique can keep you as an INFJ from moving forward on a vision or voicing and communicating your values and standing above the crowd. People look and point to those that walk their own way - and that can be difficult - but it is more difficult to be lost from your own vision and to not be able to trust your own voice.

INFJ-7: The Explorer

The visionary INFJ that sometimes stays a little too far away from others, fearing making friendships and connections because these connections may keep them from their quest and their journey. Secluded, quirky, unique, and original, marching to the beat of their own drum.

The INFJ-7s will typically have detached, but also cunning and clever, focused eyes. They will squint and focus their gaze but will otherwise seem cold and dispassionate. The INFJ-7 is a true dreamer - someone caught in a search for answers and insights, reflective, contemplative, exploring their inner world and their vision and seeing where their ideas will take them. INFJ-7s are the wanderers locked on existential journeys, seeking for an answer they can't communicate yet.

The emptiness that is so strong in the Enneagram 7 and the INFJ-7 as well is found in wondering what the purpose of your ideas and your vision is. Often, when you start up a new quest, you can't really explain meaning yet. Meaning tends to emerge once we are halfway through our path, and we start to make friends and enemies. Perhaps we land ourselves in positions that we desire to keep, or we find hidden treasures that we realise have important value. As an INFJ, in the beginning of an existential pursuit, don't worry about the lack of meaning in something - realise that meaning is everywhere. Make sure you sit down with yourself and think about why you are doing what you are doing, and who you are, and what your latest decisions meant to you. INFJs find meaning inside.

INFJ-8: The Ruler

The INFJ that wants to prove a theory or a belief that they have gathered over the years, getting people to accept and understand their intuition and values. Struggling with boundaries and peace of mind and maintaining the bigger picture.

The INFJ-8s will typically have cunning, clever eyes, eyes of strong focus, but also warm, friendly, expressive upper lips. Their expressions will appear highly deliberate, focused, poised, strategic. INFJs are the visionaries trying to rally people behind their visions: they've found an answer or something important and now they want other people to come on board. They've gotten an idea in their head that they've become obsessed with - perhaps a long-term project of change or some kind of ideology, and now they want other people to come on board, and so, they work with building bridges and getting people to join them in their pursuit.

The anger of the INFJ-8 is found in that other people don't see or understand you. You've got a theory - and now you want to prove it, but people don't seem interested or open minded enough to hear you out. It's important not to lose your normal superhuman INFJ patience in this process. You've got the ability to see clearly and to detach - and to see the bigger picture. You can understand people and why

they don't understand and what they struggle with. Use that ability to make yourself heard.

INFJ-9: The Innocent

The lazy and unfocused INFJ, caught in the twilight zone, and a chaotic and rampant intuition. Seeing every perspective and the bigger picture, but with themselves edited out, struggling to think their own thoughts and to stand up for what they see.

The confusion and uncertainty that plagues the INFJ-9 is in their inability to consider the bigger picture. Staring themselves blind at rapid change and the chaos surrounding them, they are too caught up in the chaos to see the bigger game.

INFJs need to remove themselves from a situation or to look from above, but this can sometimes be difficult when you're dealing with demanding and intense relationships or drama and conflict. INFJs have a very understanding nature, but INFJs can forget to extend that understanding within. INFJ-9s struggle to see their own perspective and to hear their own thoughts - because they're constantly so focused with the thoughts and judgement of others.

Like the Enneagram 6, there is a fear of criticism that holds this creative spirit back: fear of sharing or standing up for their ideas. But the 9 rees themselves from this fear by pretending there is no "I" that can be critiqued. In practical terms: the INFJ-9 can lack the confidence to speak out about their ideas, and in this, they may dismiss their own ideas as a joke or as a mere hobby. If there's no effort, there's nothing that other people can question or attack you for.

INFJ-9s can lose their normal perspective and peace if they don't remind themselves to slow down from time to time. Yes, INFJ-9s tend to be the most creative of all INFJs, as they hold an intuition that is overwhelming and beyond their control. They are creative - and confused - as there are so many ideas and possibilities and not enough time to narrow down a conclusion.

Relationships

ENTJ

ENTJs can push INFJs to set higher standards and to work harder to reach their goals and ambitions. They may get us to look a second time before we put our work out there, and they can encourage us to

work harder and to invest more ambition into what we do. More negatively, ENTJs tend to be inclined to disagree with or disregard INFJs a lot. There is a tendency to applaud the creativity of an INFJ, while simultaneously dismissing their work and what they produce.

And depending on who is in power, this can of course go both ways: both outsourcing a degree of perfectionism on the other, expecting more and different than what the other can deliver. Where the INFJ has the strength of understanding and analysis, the ENTJ may expect more value, more pragmatism, and a deeper understanding of what will work.

Where the INFJ may expect more introspection and reflection, the ENTJ may be too focused on day to day business patterns. This critical dynamic is common in all relationships between NTs and NFs, but more positively, it can drive a more intuitive realism in both parties. While both can be creative, both will work hard to ensure that the other's ideas stay within the range of what will be successful and what will drive more understanding.

ENTP

You will find ENTPs to always have a ton of energy. Their enthusiasm

and sense of humour is always going to be refreshing. Emotionally, you speak the same language, and you can easily gauge the other persons feelings and mood. It's fairly easy to understand and decode their actions and to know why they feel the way they do.

ENTPs and INFJs have an interesting connection - the ENTP is always going to try to argue with the INFJ, and the INFJ is always going to try to counsel the ENTP. So why did you say that? You might ask, as an INFJ. And the ENTP will try to argue around the question, and you'll try to peer deeper behind the ENTPs statements.

This makes the dynamic a great opportunity for learning and reaching insights, but more negatively, it makes reaching clear conclusions and decisions more difficult. A good question to ask at the end of a conversation is: So what did we actually agree upon? Because both types have different motivations or core goals of everything they do, this can be a difficult one. INFJs seek to understand and comprehend, ENTPs to win and to overcome.

INTP

With the INTP, you have one of the most loyal companions. INTPs and INFJs tend to naturally work to support and hold each other up,

backing each other up in advancing various theories. Both will encourage the other to look deeper, but at the same time, feeling that the other has missed something, that the INTP did not consider a personal quality or a hidden reason, or that the INFJ forgot about an important essential mechanic on how people or things work.

At the worst, this can drive a sense of distrust towards the other, that they can't be left alone to execute something, that they didn't listen properly, or did not take enough precautions. This may get us to be overly so on the lookout for the other, but it also adds one extra layer of security and comfort for both types. In case the INTP missed something or forgot something in a social situation, you can act as a backup to ensure that there's no misunderstandings or conflicts. In case the INFJ made a mistake, you can double-check to ensure that everything was done correctly. But it's important that this does not lead to smothering or invalidation of the other's core strengths - that both can recognise that each has skills in different areas. There is a tendency to look at the other as unusually flawed because we are more focused on dimensions where the other type is less skilled.

INTJ

The INTJ is one of the key playmates for an INFJ. It's a type that you can always have fun with, someone who shares your love for exploring projects and intuitive prospects. You can spend hours and hours speculating and discussing various possibilities. There is always something to discuss, and at the same time, a feeling that something has been overlooked.

The INFJ and INTJ will both look at each others as if their thinking is in the right direction, but there's something more that also needs to be considered. This creates a chance to spend ample time thinking, reasoning, predicting, and adding to one another's thoughts, expanding awareness and learning more one insight at a time.

It is important however, that you don't become too dismissive of the other's thoughts and that you take the time to understand the meaning of what it is that you are speculating about. Now that we've run through this theory for a long time, what shall we do with it? Should we do something about it? Does it mean anything? What does it mean to you, compared to what it means to the INTJ? In this, it's okay to diverge in different directions and to move forward alone if you have different intentions for the idea. The INTJ is best embraced as a catalyst and speculation-mate, a companion who is just as good at overthinking as we are.

INFJ

Another INFJ can offer an in-depth look at yourself and your own issues and experiences from the other side. You can suddenly see how you affect other people. How other people see you. This can truly be an experience of learning about ourselves. INFJs tend to naturally take turns counselling one another, asking each others deep questions about personal motivations, experiences, and values. Both encourage and support each others in exploring visions and in going deeper. INFJ conversations tend to be dark and the topics difficult, often focused on human struggles across the world.

There is always an existential drive in these questions, where both will be asking each others why, why this, why that, why everything? In this interaction, INFJs will feel strongly affirmed and accepted, acknowledged for who they are. More negatively, however, the conversations have a risk of becoming one-sided. Both may eventually feel sidelined or ignored by the other. Both want to be the counsellor, but nobody wants to be the one who is being studied. Both want to be the one finding the insight. Both want to be the one giving guidance, and not the one being given guidance.

Both want to be the one with the original answers and ideas, and at times, this can come at the expense of dismissing the others thoughts as too simplistic, not deep enough. At the best, the identical dynamic is a co-hero dynamic, at other times, there may be a degree of sibling rivalry. It is important that this sibling rivalry does not lead to a rejection of the other's natural strengths and qualities. If one gets to shine more brightly than the other, the other can come to falsely hold a negative self-esteem. This means you always have to be careful to ensure that you give the other person space to express themselves.

INFP

The INFPs often tend to serve the roles of healers to INFJs. Together, we tend to both encourage introspection and reflection on our personal experiences and who we are. We are both philosophical types that can go deeper into a multitude of subjects. Both tend to provide counselling and advice towards one another, and the INFPs tend to appreciate the INFJs natural ability in giving guidance. INFJs in turn appreciate the INFPs creative thinking and ability to think outside the box.

The most peculiar thing about the INFP-INFJ dynamic is that both tend to feel an unusually strong responsibility towards the other.

Both will become very careful and nurturing towards the other. You will be strongly aware of the issues and struggles of the other, and you will find yourself thinking frequently about what you could do to help them move forward. At the same time, you will be careful with how you influence them, and afraid that you will damage them in the process.

And so, the overarching goal in this relationship tends to be to heal, guide, and free up potential in the other. More negatively, we can become overprotective of the other, and the relationship runs the issue of becoming stagnant, a refreshing, calm oasis. We become afraid to shake up the boat or to harm the dynamic, but at the same time, we can be frustrated with the lack of progress in the other. We hold back speaking out because we are afraid of saying too much, but can feel annoyed if the other does not change. And so, it's important that we do in fact speak out and that we are not too afraid to push once in a while. It keeps the relationship interesting and it gives both parties a chance to grow and to learn.

ENFP

The ENFP is often like a muse to the INFJ, someone with similar values and interests, but a different way of expressing and channeling

these interests. ENFPs can force INFJs to think outside their comfort zone, entertaining what-ifs they would typically disregard, and pushing forward discussions INFJs would typically postpone or delay.

The muse dynamic has the positive side of driving both types outside their comfort zone, helping them learn new lessons, and showing them things they were not yet aware of. ENFPs give INFJs a chance to test that intuitive wisdom in practice - how does your insight manifest in understanding change and progress in real time? How can your theories be applied in practice? How does your theories hold up to this or this possibility? Have you considered this or that what-if? On the negative end, the muse dynamic can become highly overwhelming.

INFJs may feel that ENFPs have unrealistic expectations on them, and that the ENFP is asking for too much, too fast. ENFPs may feel that INFJs are giving an inauthentic image of themselves, pretending to be more perfect than they actually are. INFJs will go out of their way to try to deliver above and beyond the ENFPs wildest dreams, and the ENFP may feel disappointed by the INFJ making promises they can't deliver on.

The INFJ may leave thinking they can never meet the ENFPs expectations, and the ENFP may feel that the INFJ is constantly talking about changing, but never actually changes. The muse dynamic can drive transformation in both parties: but this requires both parties to rise up to the challenge. For you as an INFJ, this means, don't wait too long to jump if an opportunity presents itself. Don't become too narrow-minded - entertain more possibilities. Don't hold your emotions in too much - speak out more about how you feel. Don't keep your emotions bottled up - express even the feelings you do not yet understand. If there is anything I've learnt it is: ENFPs reward INFJs for being themselves, and that's the strength of the relationship.

When INFJs are less true to themselves, and let their shadows rule, we immediately attract rejection from the ENFPs. I believe inspiration comes to those who can express themselves and explore themselves. And there are many things working to you here: the natural detective mindset of the ENFP makes the ENFP the most fascinated by INFJs. The INFJ is usually the least available, the most hidden away, and the ENFPs are the most interested in what's hidden away. The INFJ is one of the most self-expressive of all types, constantly sharing new things about themselves and communicating their day to day experiences with other people, building bridges the

ENFPs are naturally inclined to want to listen to.

ENFJ

An ENFJ generally becomes a person that encourages the INFJ to chase after their dreams. ENFJs can push INFJs to take new steps, to try new things, and to put themselves out there in ways they normally wouldn't. ENFJs will promote you and your values and beliefs to the world, they'll say, hey, listen to what this guy had to say about this!

They'll give you that push in the back to step out on the spotlight, and they'll have a more hands-on guidance to offer you. More negatively, ENFJs can easily misunderstand the INFJs. They may forget to take the time to process and listen to what you say and may push you too much to share too early. This can cause you to lose some focus and insight and to miss out on important processing time.

ESFJ

ESFJs tend to make INFJs more self-aware of how they come across. ESFJs tend to make us more aware of our audience and how our message is received, and ESFJs teach us to connect more with people, to let loose, and to have fun with the people around us. Still, we can

feel that there is a degree of shallowness. The ESFJ may feel that the INFJ does not truly live, does not truly embrace the present, does not take the value of life seriously enough.

The INFJ may feel that the ESFJ does not look deep enough, does not question reality, does not see the bigger picture. Both may end up feeling that the other is slightly shallow in this. At the same time, conversations are great, discussions are awesome.

There is a great diplomacy and informal casual friendship here: two people who can just have fun and talk about anything. Both share a mutual skill and trust that the other can do well. Both will look at the other as if there were no flaws, no issues, just someone really good at what they do. At the same time, both will also look at the other as a faker: what the other person does is somehow less real, less close to truth.

ISFJ

An ISFJ is typically going to be very nurturing and caring, and they will encourage equal things from you in return. ISFJs tend to instill us with a sense of pride, pride over what we do and who we are. They recognise our strengths and they provide a space for counselling, listening, and acknowledging our feelings. And we can do the same in

return. At times, we may feel however, that the other is not receptive to us, that we care, but that they do not notice.

Interestingly, the feeling is often mutual, with both trying hard to be seen by the other, but failing. In this, it can be important to remember to acknowledge the other, to say, I see you, that is interesting, tell me more. Show an interest in the other for their weird eccentricities and thoughts. The ISFJ is often hiding a world of knowledge and experiences that are important to acknowledge. Everything from day to day experiences, things they've seen, and things that are happening in their life. Similarly, it can be important to get that same respect back from the ISFJ. To let them know of interesting thoughts you are having and experiences that you have found yourself thinking about.

ISFP

ISFPs and INFJs tend to adore one another, and both will be very focused on the other's needs and experiences. Both work hard to be "interesting" and fun to one another. They counsel and listen to one another, but at the same time, can sometimes become bored by the other's tangents and interests. Where the ISFP dreams about motorcycles, or starting family, or getting a tattoo, a good massage or

change of hairstyle. Things an INFJ can find interesting for existential reasons, but not in themselves. In this, INFJs and ISFPs operate on different frequencies.

It can be hard to follow along in how the other person thinks. We want to understand, but it is at the same time difficult to do so. The ISFP appears as if their consciousness is located on another planet than ours. They can seem strangely absent and dreamy, interestingly enough, we appear the same way to them.

ESFP

ESFPs can help INFJs fit in and find a place for themselves in the community. ESFPs tend to create a home for INFJs where they can land and just have fun and meet their peers. ESFPs tend to completely overwhelm INFJs, however, rattling our nerves and overwhelming us with their high energy and their need for attention. The ESFP gives an INFJ a feeling of being alive, but also a feeling of being tired and drained.

The ESFP instills the INFJ with a feeling of thrill and reality, but also a feeling of being nervous and rattled and like you're on a permanent rollercoaster. The INFJ throws the ESFP into the depths, into strange

forests, into unknown terrain, where nothing can be expected, and where everything is uncertain. There is nothing to touch, to feel, or to see, and nothing standing before your eyes, yet something appears to be happening to the INFJ. The INFJs dreamy and clever personality is fascinating here.

ESTP

The main issue with the ESTP friendship or relationship is that in the beginning, we may be prone to invalidating them, focusing overly so on their flaws, be it in communication, diplomacy, existential thinking, or a lack of originality. Over time however, we may gain a sense of respect for their hidden strengths. This is common in rivalry dynamics, often we start out trying to compete with these types, only to later gain an acceptance and even admiration for them and their abilities.

Their attitude and skill for bartering and making good deals is seen as friendly and refreshingly casual. We share the ESTPs strong ability to be amused by life in all its absurdity. We relate to their autonomy and their ability to walk their own path. We recognise their strength and pragmatism as intelligent in its own way. Street smart is a good term for it.

ISTP

ISTPs and INFJs tend to form a bond on the mutual desire to help one another develop strengths and abilities to achieve more success. Both tend to be highly critical of the other, perceptive of the other types flaws, unimpressed by their thoughts and how they see the world. But overtime we can also find ourselves surprised by these types abilities to reach success.

We often underestimate these types, only to later find ourselves realising that they were maybe more skilled than we thought. In learning this, we can only improve and gain a higher awareness than we previously thought possible. We can accept thoughts and ideas that we would normally dismiss, and we can think outside the box. The difficulty can be opening on this level and listening to the other and accepting their insight, and equally, having them listen to us and see our thoughts.

ISTJ

With an ISTJ, you get a comrade that is like a solid pillar, and almost equally effortless to work with and be around. Simple, rigorous,

thorough. At the same time, no type is more difficult to understand for the INFJ than the ISTJ. Not only do they think and communicate differently, but they think on a different level and their awareness is placed differently than in the INFJ. At times, it can lead to a misunderstanding that the other person is somehow less “there” - that they are not thinking, that they are not doing anything, or that they are lazy. I encourage you to look beyond this assumption, and to notice what the ISTJ is actually thinking about, and what they are actually doing.

ESTJ

ESTJs and INFJs tend to hold each other in high regard, admiring the others powers and abilities, while at the same time, being critical of their values and interests. It's important that this bond leads to a mutually affirmed respect for the other without falling into jealousy of the other for their success and achievement.

Often, we can think this type is better than us at everything, only to realise that they feel the same way about us. At times, through envy, we can lend ourselves to the easy thinking that the other person gets everything for free, but at the same time, that the other person does not deserve what they have because their way or methods are

somehow against our values. Growth here is recognising that it is not against our values, it is just different, and their happiness and success does not come at the expense of ours. We can still succeed through being ourselves, just as they can.

Four key archetypes in the INFJs life

The muse

You have a you that you have yet to become. A you representing all the ideas that you haven't had yet, all the options you haven't been able to process yet, all the voices and values that you haven't found a way to integrate with yourself yet. A you representing things that are yet to be found. The secret to this you is found in the muse - the ENFP personality type. The ENFP personality type represents all the what-ifs that you sometimes forget to consider (when you're too narrow minded).

The ENFP also represents all the opportunities that you have yet to realise. The ENFP represents all the opinions and ethical beliefs that you haven't integrated with your personal ideology yet - and all the personal considerations you've forgotten to make. The ENFP, finally, represents the spirit of change, adaptation, and the emerging future that you've been thinking about for so long. Think of it like this: you

have an inner muse inside you, and it's waiting to reward you for seeing the bigger picture, for being true to your ideology, and for walking your own path. When you don't, no big deal, the ENFP muse waits for you, so take all the time you need.

As soon as you think you've found an answer to help you understand the world and who you are, that's when the ENFP shows up to test your resolve. In this, the ENFP also represents your life's difficulty level. The presence of the ENFP can be challenging. You might have a wisdom - but have you been able to translate it into the real world. You may have acceptance, but have you been able to confirm that what you understand about other people is actually true? And you may have vision and originality - but are you sure it's not just you charging forward stubbornly in the same old pattern, over and over? That's where you need the muse. To confirm yourself and who you are and that you are on the right path. And in getting to know the muse, it's not about changing yourself, it's not about becoming the muse. It's about standing in front of the muse authentic and honest with yourself. Typically, it's when we meet the muse in this way that we transform. It's the videogame equivalent to stepping into the fairy pond and gaining a new power or ability.

The rival

We sometimes confuse the rival with being our inner punching bag. Because we don't need these things as much, we may confuse these things with being unimportant or somehow negative. So plenty of INFJs are locked in a pursuit to fight against this inner rival - fighting against their more sensing and thinking self. Fighting against the notion of self-enhancement, pragmatism, or system thinking. Critical of the notion of physical needs, a physical body, or realistic lifestyle.

Plenty of INFJs may find themselves attracted to the thought of freeing themselves from this sense - so that they can just be intuitive, just be feeling, just true compassion, just true wisdom, and no world, body, or personal interest to complicate things. But often, the quest to overcome your rival has nothing to do with your more heroic quest. The rival is not something to overcome, it's something to grow with. The rival is like your inner baby, something to take care of, while remaining true to yourself and your values. The rival is you - when you lash out - when you're tired, hungry, and lacking in confidence, when you get weak, irrational, and lose your temper.

Other INFJs may find themselves locked in envy of this inner rival - somehow thinking they are wired to fail, that who they are is somehow less than what the average person is. Plenty of INFJs are

100% sold on their own values and their way of life, yet feel at the same time, that they are weak or not as good as other people. And so, often, when money or the world gets in the way, they are inclined to just give up and to not even try. And so they lay themselves blindly at the feet of this rival. But as they mature, INFJs may find themselves realising and acknowledging their rival, but not envying them. Realising their rival is not necessarily happier, more fulfilled, or more loved than you, just different. Realising that your rival does not have opposing values to you - just different values to your own. And moving forward without seeking to deny these values, but instead, to pursue your own values and what you want for yourself.

The zombie

The zombie is the representation of your past self - who you used to be, but who you are not anymore. Interests you used to have, that have lost their value. Feelings and values that you used to hold on to, that are no longer true to you. Still, you may cling to these values and actions, as they have become habit. You've learnt to do it, but it doesn't really give you any energy anymore. INFJ - as an introverted intuitive, you have to constantly update your worldview, think bigger, think deeper.

What you used to think is now sensing. What you have yet to think - that's your intuition. What you used to think can become a burden on your wit and can cloud your judgement. The intuitive judging type walks on a hidden path, a path that no person has walked before. That can feel a lot like stumbling. The path you used to walk on, the path your parents used to walk on, that's not for you: you have to find your own footsteps. And be wary here of the autopilot, the archetype of the zombie, because the zombie is not like the rival: the zombie is not an aggressive and irrational lash-out. The zombie is you, when you're lazy. When you stop thinking - stop paying attention - stop seeing - and feeling where you are and where you are headed.

The Hero

And so, the final archetype of importance for us is the hero. The hero is the us that we are - our core - our centre. The hero is peace, satisfaction, joy, passion, comfort, security. Just you, just the way you are, nothing that needs to be faked, changed, or hidden. The hero is sometimes overconfident - yeah, sometimes overestimating themselves. Sometimes thinking everything will be alright, as long as you are true to yourself. A hero is someone that stands out, no matter the personality type. Someone people look and point at. Someone people challenge.

Someone people question. Are they truly heroes? Are they truly as strong as they seem? Are they really able to stand up to the challenge? Who knows. Maybe sometimes. Maybe not all the time. Still, the hero is the ideal archetype, the ideal us, the challenge we need to try to succeed at. Being yourself is no easy task - but nothing is more difficult than wearing a mask, being a fraud, or hiding from yourself. The hero is also constantly in transformation - acquiring new powers, new abilities, learning new things, paying attention, being aware, being conscious. Living life and pushing boundaries.

Final remarks

The INFJ is a person of symbolical importance to our society. INFJs define if the future is something positive or something negative, if we can believe in humanity or not. If we can work together. We define complexity - and we tell people if they should fear the unknown, or if we should embrace it as something positive and complex. We show people what's happening next, making sense of all the crazy changes in the world around us. Emerging technology, new communities, new movements, new people being born. You have the potential to be the person connecting all the dots and showing people what this all means.

What is to become of us? Who are we? Where are we headed? INFJs are more needed than ever, and we do seem to be rare, so try to do your best. If we, as INFJs, get caught up in fakeness, shallowness, if we don't understand enough, if we don't look deep enough, the symbols that we represent will become polluted by falsehood. We will be spreading fake myths about what people are - and what we can be. If what we say and speak out about is less deep or not big enough, people will miss important perspectives, and they'll be walking forward blindly, without them, making bad decisions, based on inaccurate beliefs about the world.

It's a crazy thing, to have a consciousness. We're confined to our own selves and to where we are right now. We only have the experiences that we have had. The thoughts that we have had. The right now, that we are living right now, is the only now. We can't experience more than one thought at a time, there is no such thing as multitasking (just quickly jumping from one thing to another) and there is such a thing as being more and less conscious. There's such a thing as being alive and such a thing as being a zombie, having a closed mind, not thinking big enough. There is such a thing as virtue - and such a thing as vice. There are things that matter - to you - and you will be less happy without them.

I've read many books and many articles about many personality types, and this book feels more like a manifesto than a book in the traditional sense. I think INFJs need that. As an INFJ myself, I can give a personal account of what an INFJ is, and how an INFJ thinks. I can give you a position to orient yourself from, a rock to compare yourself against, someone to bump heads with. I can be a person you send letters to, someone you question, and someone you think with, as you're trying to figure out yourself and your friends and your family. Hopefully this book can serve as a starting point in that journey. You're more than welcome to meet up with me in my communities and to reach out to me, wherever you live. Thank you for taking your time and for joining me in my personal mental monologue. I hope I could meet some of your expectations, though I am sure there is more to be said, and more nuance to be discovered. If you have any notes or thoughts after reading this, let me know, write a blog post, a review, or a comment. Send me an e-mail or a message on social medias. And let's keep the discussion going. Thank you for all your help.