

# Advocate

Personality

INFJ-A / INFJ-T



## Strengths & Weaknesses

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### Advocate (INFJ) Strengths



- **Creative** – Advocates aren't exactly like everyone else – and that's a wonderful thing. People with this personality type embrace their creative side, always on the lookout for opportunities to express themselves and think outside the box.
- **Insightful** – These personalities know all too well that appearances can be misleading. Advocates strive to move beyond superficiality and seek out the deeper truths in life. This can give them an almost uncanny ability to understand people's true motivations, feelings, and needs.
- **Principled** – Advocates tend to have strong beliefs and values, particularly when it comes to matters of ethics. When Advocates talk about topics close to their heart, their conviction and heartfelt idealism can inspire and persuade even the sternest of skeptics.
- **Passionate** – Advocates crave a sense of purpose in life. Rather than living on autopilot or sticking to the status quo, they want to chase after their ideals. This isn't a personality type that shies away from big

dreams – in fact, Advocates are energized and impassioned by the beauty of their visions for the future.

- **Altruistic** – People with this personality type aren't happy to succeed at another person's expense. Advocates want to use their strengths for the greater good, and they rarely lose sight of how their words and actions might affect others. In their heart of hearts, they want to make the world a better place, starting with the people around them.

## Advocate (INFJ) Weaknesses



- **Sensitive to Criticism** – Advocates aren't averse to feedback – that is, unless they believe that someone is challenging their most cherished principles or values. When it comes to the issues that are near and dear to them, people with this personality type can become defensive or dismissive.
- **Reluctant to Open Up** – Advocates value honesty and authenticity, but they're also private. They may find it difficult to open up and be

they're also private. They may find it difficult to open up and be vulnerable about their struggles, not wanting to burden someone else with their issues. Unfortunately, when Advocates don't ask for help, they may inadvertently hold themselves back or create distance in their relationships.

- **Perfectionistic** – The Advocate personality type is all but defined by idealism. While this is a wonderful quality in many ways, it doesn't always leave room for the messiness of real life. Advocates might find it difficult to appreciate their jobs, living situations, or relationships if they're continually fixating on imperfections and wondering whether they should be looking for something better.
- **Avoiding the Ordinary** – Advocates yearn to do extraordinary things with their lives. But it's hard to achieve anything extraordinary without breaking it down into small, manageable steps. Unless they translate their dreams into everyday routines and to-do lists, Advocates may struggle to turn their grand visions into reality.
- **Prone to Burnout** – Advocates' perfectionism and reserve leave them with few options for letting off steam. People with this personality type can exhaust themselves if they don't balance their drive to help others with necessary self-care and rest.

