

# Self Assessment Report

Submitted by

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**Personality Type : INFJ-T (Advocate)**

## Personalised Test Result

## Personality Type Description

According to Myers-Briggs Personality Types, I am an Advocate. Advocates are quiet visionaries, often serving as inspiring and tireless idealists. These rare types are open-minded and imaginative, applying care and creativity.

### **1. Personality Traits**

According to my personality test, I have a unique blend of idealism and insight that distinguishes me in today's world. My rich inner life features complex emotions, vivid imagination, and deep empathy, allowing me to connect profoundly with others. I am committed to my principles and strive to make a positive impact.

My ability to understand others' feelings is both a gift and a challenge ; it helps me form meaningful connections but can also leave me overwhelmed. My perfectionist tendencies drive my pursuit of growth, though they can be exhausting. I see potential where others don't, but self-doubt may hinder my ability to realise visionary ideas.

With a combination of creativity and analytical skills, I can devise innovative solutions, yet my sensitivity to criticism can hold me back. Balancing my idealism with practicality and self-care is crucial to my personal journey.

### **2. Career Paths**

In my professional life, I seek work that aligns with my values and enables me to make a meaningful difference. I thrive in environments that foster personal growth, creativity, and positive impact, making me well-suited for roles in counselling, healthcare, education, or non-profits. However, my idealism can clash with workplace realities, making mundane tasks and office politics challenging. Balancing my desire for meaningful work with practical career aspects is essential for my satisfaction. I look for opportunities that allow me to express my creativity and work independently while still contributing to a larger purpose.

### **3. Personal Growth**

My personal growth journey is closely linked to my quest for authenticity and self-understanding. I have a strong drive to improve myself and realise my potential, which involves deep introspection and aligning my actions with my core values. This exploration often leads me to various philosophies, spiritual practices, and creative pursuits.

A key challenge I face is balancing my idealism with practical realities, which may require developing assertiveness to express my needs and set boundaries, as well as cultivating resilience to cope with criticism and setbacks. Embracing imperfection and valuing my unique gifts without constant comparison to others are essential steps toward self-acceptance and fulfilment.

### **4. Relationships**

In my relationships, I seek deep, authentic connections beyond surface-level interactions. My empathy and intuitive understanding make me a valued friend, enabling me to provide support and insights. I create safe spaces for others to share themselves, which brings me satisfaction as I help them grow.

However, my need for privacy and tendency to hide my feelings can create barriers. I often struggle to open up, fearing vulnerability or misunderstanding. Balancing my desire for deep connection with my need for independence is crucial. By communicating my needs clearly and managing my idealistic expectations, I can build and maintain meaningful relationships.