1. There are 4 types of introverts.

Researcher Jonathan Cheek states that it’s impossible for there to only be one type of introvert out there. He surveyed roughly 500 participants, ranging from the ages of 18-70 and asked them questions pertaining to how much solitude they need and how often they daydream. From the answers he gathered, Cheek created a model that spells the acronym STAR that explains the four different types of introverts that exist:

1. **S**ocial: Social introversion is what is commonly accepted and understood as being the archetypal definition of introversion. People who identify as social introverts prefer small groups over large ones, or may prefer solitude altogether. According to Cheek, they like to stay at home with a book or computer, or hang out with close friends instead of going to parties with many unfamiliar faces. It’s different, however, from shyness, because there’s no anxiety attached to their driven needs of solitude.
2. **T**hinking: Thinking introversion is one of the newer concepts of introversion today. People who identify as thinking introverts are introspective, thoughtful, and self-reflective. Unlike social introverts, they don’t have a strong need to stray from large social scenes. They’re often avid daydreamers with rich imaginations and a high capacity for creativity.
3. **A**nxious: Anxious introverts seek time to be alone, because they often feel awkward and self-conscious. Unlike social introverts, anxious introverts experience painful shyness when they’re around new people. The anxiety doesn’t necessarily go away either when they’re alone because they let things play over and over again in their heads over what could’ve gone or went wrong.
4. **R**estrained: People who identify as restrained introverts function on a slower pace and prefer to think before they speak and act. They are also known for being reserved. Restrained introverts take time to get things going, because they don’t let impulse affect their decision-making.

### 2. Introverts react quickly to new information, but are slower to monitor change.

According to Australian psychologist John Brebner, the brains of introverts create more excitation in the phase of stimulus analysis when situations call for them to analyze what is required of them to do next. For instance, when a phone rings, introverts generate more excitation in their brains; whereas, extroverts need to inhibit everything else going on in their heads in order to make a decision. When an introvert needs to prepare for action, however, they may hesitate longer to pick up the phone. An extrovert, on the other hand, answers the phone right away. While introverts are quick to reacting strongly to new situations, extroverts, in contrast, are quicker to register changes.

### 3. Introverts dread small talk.

Psychologist Laurie Helgoe, author of *Introvert Power: Why Your Inner Life Is Your Hidden Strength*, states that small talk blocks honest interaction. Introverts might come off as being disinterested in others, because they don’t like taking part in small talk. But, they only dread it because of the barriers it creates between them and others. Introverts want to feel connected; however, they prefer to make connections through authenticity. Deep and meaningful conversations are what they often crave for that help lower the walls.

### 4. Introverts need alone time.

This goes back to fact #1 for individuals who strongly identify as social introverts. According to research, the reason introverts need alone time is because they respond differently than extroverts do to rewards. Rewards include food, money, sex, and social status. Although introverts do care about eating, the income that they earn, and cultivating relationships with others, they are less driven and experience less enthusiasm for the possibilities of them. Extroverts, in contrast, are more energized by working for those rewards, which is why they are also prone to instant gratification more often than introverts.

### 5. Introverts aren’t risk-averse, but they are more careful and calculated about what risks they choose to take.

This is due to the biological makeup of the brain. Dopamine is a neurotransmitter associated with sensation-seeking, risks, and new adventures. According to research, there is a difference of dopamine activity in the brains of introverts compared to those of extroverts. This isn’t because introverts have less dopamine in their brains than extroverts. Both have the same amount. However, introverts use less activity from the region of their brain that generates dopamine.

### 6. Introverts are deep thinkers.

This goes back to fact #1 for individuals who strongly identify as thinking introverts. Since introverts use less activity from dopamine, they rely more often on a neurotransmitter called acetylcholine. Acetylcholine, just like dopamine, is linked to pleasure. The difference, however, lies in pleasure that is produced from turning inwards. This allows the individual to ponder and reflect deeply, and focus on one task with great attention for an extended period of time. Acetylcholine also influences one to prefer calm, quiet settings over loud, crowded places.

### 7. Introverts are more creative.

Introverts need solitude to recharge, but it is also within solitude that they find creativity. Psychologist Mihaly Csikszentmihalyi discovered that teenagers who have a hard time being alone were less likely to develop their creative skills. Most artists and writers who identify as introverts do their best work when they’re by themselves as opposed to working in group settings. Researcher Reed Larson also found that adolescents feel less self-conscious when they’re alone; therefore, it helps individuals feel safe taking more risks that allows their creative juices to flow.

### 8. Introverts like the rain.

Rain creates white noise that often attracts introverts, because of the opportunities it brings to seek solitude. Its calming effect also helps introverts derive pleasure from it as they can turn inwards and escape within themselves for the time being. Rain helps lower expectations for the day and isn’t as overstimulating as other weather days with the overbearing sun.

### 9. Pretending to be extroverted for introverts can affect their performance negatively.

Researchers discovered that introverted participants who act extroverted have showed slower reaction times on cognitive tests than introverts who were allowed to be themselves. This is because the time introverts spend on pretending to be the people they aren’t naturally wired to be causes depletion that distracts and disrupts their usual ways of performance. It’s important to realize and acknowledge this, since the world is so used to trying to mold introverts into becoming extroverts.

### 10. Happiness might not be a top priority for introverts, and it’s actually okay.

Sounds strange, right? Especially when we live in a culture that emphasizes happiness so much. But, according to psychologist Maya Tamir of Boston College, introverts prefer to maintain a neutral emotional state when presented with tasks, such as taking a test, giving a speech, or thinking rationally. This is because happiness, an arousing emotion, may cause introverts to feel distracted that get in their way of performing those tasks efficiently. Extroverts, however, prefer happiness when completing such tasks because it acts as a motivator.

## **The INTP Personality Type**

INTPs are philosophical innovators, fascinated by logical analysis, systems, and design. They are preoccupied with theory, and search for the universal law behind everything they see. They want to understand the unifying themes of life, in all their complexity.

INTPs are detached, analytical observers who can seem oblivious to the world around them because they are so deeply absorbed in thought. They spend much of their time focused internally: exploring concepts, making connections, and seeking understanding. To the Architect, life is an ongoing inquiry into the mysteries of the universe.

## **What does INTP stand for?**

INTP is an acronym used to describe one of the sixteen personality types created by [**Katharine Briggs**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography) and [**Isabel Myers**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography). It stands for Introverted, iNtuitive, Thinking, Perceiving. INTP indicates a person who is energized by time alone (Introverted), who focuses on ideas and concepts rather than facts and details (iNtuitive), who makes decisions based on logic and reason (Thinking) and who prefers to be spontaneous and flexible rather than planned and organized (Perceiving). INTPs are sometimes referred to as Architect personalities because of their intuitive understanding of complex systems.

## **How Others See the INTP**

INTPs are often thoroughly engaged in their own thoughts, and usually appear to others to be offbeat and unconventional. The INTP’s mind is a most active place, and their inward orientation can mean that they neglect superficial things like home décor or appropriate clothing. They don’t tend to bother with small talk but can become downright passionate when talking about science, mathematics, computers, or the larger theoretical problems of the universe. Reality is often of only passing interest to the Architect, as they are more interested in the theory behind it all.

INTPs are typically precise in their speech, and communicate complex ideas with carefully chosen words. They insist on intellectual rigor in even the most casual of conversations, and will readily point out inconsistencies of thought or reasoning. Social niceties may fall by the wayside for an INTP who is more interested in analyzing logic, and they may offend others by submitting their dearly held values and beliefs to logical scrutiny.

## **INTP Hobbies and Interests**

Popular leisure activities for an INTP include reading, art and cultural events, chess and other strategy games, writing, taking classes, working with computers, backpacking, hiking, and meditation.

## **Facts about INTPs**

Interesting [**facts about the INTP**](https://www.truity.com/intp):

* On personality trait measures, score as Candid, Ingenious, Complicated, Independent, and Rebellious
* More likely than other types to study a foreign language
* Most frequent type among college students committing alcohol and drug policy violations
* Have lowest level of coping resources of all the types (with ISTPs)
* One of types least likely to believe in a higher spiritual power
* Highest of all types in career dissatisfaction (with INFPs)
* In school, have lower grades than would be predicted from aptitude scores
* More likely than average to complete engineering programs
* Personal values include Autonomy, Freedom, and Independence
* Overrepresented among working MBA students
* Commonly found in science and technical occupations

# **ISFJ Personality Type – The “Defender”**

#### **Introverted (I), Sensing (S), Feeling (F) and Judging (J)**

The ISFJ personality type is nicknamed the "Defender" and belongs to the [SJ Protector](https://personalitymax.com/personality-types/temperaments/sj-protector/) temperament. ISFJs are kind, loyal and considerate. They desire to serve and protect others sacrificially. They serve behind the scenes without seeking recognition. Defenders like routine and have excellent follow-through skills. They possess rich inner lives, are private and quietly friendly.

ISFJs direct their energy inward. They are energized by spending time alone. They are private and deliberate. ISFJs usually have a small circle of close friends. As [Sensors](https://personalitymax.com/personality-types/preferences/sensing-intuition/), Defenders process information through their senses. They are concrete, realistic, practical and live in the moment. Defenders give attention to details. ISFJs are [Feelers](https://personalitymax.com/personality-types/preferences/thinking-feeling/) and make decisions with their heart. They are gentle and empathetic. They are warm and caring. ISFJs strongly dislike conflict. Defenders are organized and plan ahead. Their lives are scheduled and structured. Defenders are responsible when it comes to finishing tasks. They get satisfaction from closure.

ISFJs define love in terms of caring and support. They are utterly committed and dedicated in their relationships. They are often trustworthy and can be counted upon through thick and thin. They cherish deep connections and seek lifelong friendships. They sometimes have a hard time standing up for themselves. Defenders have a great sense of humor and love to laugh.

*"Cherish your human connections—your relationships with friends and family." — Barbara Bush*

Defenders are concrete learners. They are drawn to subjects that are practical. They learn best with caring and organized teachers. They need clear and detailed directions. Teachers appreciate their willingness to work hard and turn in assignments on time. ISFJs often pursue training for service-oriented careers.

## **The INFP Personality Type**

INFPs are imaginative idealists, guided by their own core values and beliefs. To a Healer, possibilities are paramount; the realism of the moment is only of passing concern. They see potential for a better future, and pursue truth and meaning with their own individual flair.

INFPs are sensitive, caring, and compassionate, and are deeply concerned with the personal growth of themselves and others. Individualistic and nonjudgmental, INFPs believe that each person must find their own path. They enjoy spending time exploring their own ideas and values, and are gently encouraging to others to do the same. INFPs are creative and often artistic; they enjoy finding new outlets for self-expression.

## **What does INFP stand for?**

INFP is an acronym used to describe one of the sixteen personality types created by [**Katharine Briggs**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography) and [**Isabel Myers**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography). It stands for Introverted, iNtuitive, Feeling, Perceiving. INFP indicates a person who is energized by time alone (Introverted), who focuses on ideas and concepts rather than facts and details (iNtuitive), who makes decisions based on feelings and values (Feeling) and who prefers to be spontaneous and flexible rather than planned and organized (Perceiving). INFPs are sometimes referred to as Healer personalities due to their sympathetic idealism and gentle compassion for other people.

## **How common is the INFP personality type?**

[**INFP**](https://www.truity.com/infp) is the ninth most common type in the population. They make up:

* 4% of the general population
* 5% of women
* 4% of men

## **Famous INFPs**

[**Famous INFPs**](https://www.truity.com/infp) include Princess Diana, Audrey Hepburn, Fred Rogers, John Lennon, Kurt Cobain, Tori Amos, Morrissey, Chloe Sevigny, William Shakespeare, Bill Watterson, A.A. Milne, Helen Keller, Carl Rogers, and Isabel Briggs Myers (creator of the Myers-Briggs Type Indicator).

## **INFP Values and Motivations**

INFPs value authenticity and want to be original and individual in what they do. They are often concerned with a search for meaning and truth within themselves. Following tradition holds little appeal for the INFP; they prefer to do their own exploration of values and ideas, and decide for themselves what seems right. INFPs are often offbeat and unconventional, but they feel no desire to conform. The INFP would rather be true to themselves than try to fit in with the crowd.

INFPs are accepting and nonjudgmental in their treatment of others, believing that each person must follow their own path. They are flexible and accommodating, and can often see many points of view. It is important to the INFP to support other people; however, the INFP may react strongly if they feel their own values are being violated. They especially hate being steamrolled by people who insist there is one right way to do things. INFPs want an open, supportive exchange of ideas.

## **How Others See the INFP**

INFPs may initially seem cool, as they reserve their most authentic thoughts and feelings for people they know well. They are reflective and often spiritual, and often interested in having meaningful conversations about values, ethics, people, and personal growth. Typically curious and open-minded, the Healer continually seeks a deeper understanding of themselves and of the people around them. They are passionate about their ideals, but private as well; few people understand the depth of the INFP’s commitment to their beliefs.

INFPs are sensitive and empathetic, and engage themselves in a lifelong quest for meaning and authenticity. The mundane aspects of life are of less interest to this type, and they are more excited by interesting ideas than by practical facts. They typically accept others without question, and may take special interest in offbeat points of view or alternative lifestyles. They often have a special affection for the arts, especially the avant garde, as they love experiencing new concepts in self-expression.

## **INFP Hobbies and Interests**

Popular hobbies for INFPs include poetry, creative writing, music, photography, theater, and visual art.

## **Facts about INFPs**

Interesting [**facts about the INFP**](https://www.truity.com/infp):

* On personality trait measures, score as Artistic, Reflective, Careless, Sensitive, Flexible, and Appreciative
* Among least likely of all types to suffer heart disease
* In men, among least likely to report chronic pain
* Second highest of all types to report marital dissatisfaction
* Among most likely to have suicidal thoughts in college
* Tend to be more successful than the average in learning a foreign language
* Among types most likely to be dissatisfied with their work
* Personal values include Autonomy and Creativity
* Overrepresented in occupations in counseling, writing, and the arts

## **The INTJ Personality Type**

[**INTJs**](https://www.truity.com/intj) are analytical problem-solvers, eager to improve systems and processes with their innovative ideas. They have a talent for seeing possibilities for improvement, whether at work, at home, or in themselves.

Often intellectual, INTJs enjoy logical reasoning and complex problem-solving. They approach life by analyzing the theory behind what they see, and are typically focused inward, on their own thoughtful study of the world around them. INTJs are drawn to logical systems and are much less comfortable with the unpredictable nature of other people and their emotions. They are typically independent and selective about their relationships, preferring to associate with people who they find intellectually stimulating.

## **What does INTJ stand for?**

INTJ is an acronym used to describe one of the sixteen personality types created by [**Katharine Briggs**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography) and [**Isabel Myers**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography). It stands for Introverted, iNtuitive, Thinking, Judging. INTJ indicates a person who is energized by time alone (Introverted), who focuses on ideas and concepts rather than facts and details (iNtuitive), who makes decisions based on logic and reason (Thinking) and who prefers to be planned and organized rather than spontaneous and flexible (Judging). INTJs are sometimes referred to as Mastermind personalities because of their strategic, logical way of thinking.

## **How common is the INTJ personality type?**

INTJ is the third rarest type in the population, and the rarest type among women (with [**ENTJ**](https://www.truity.com/entj)). INTJs make up:

* 2% of the general population
* 3% of men
* 1% of women

## **Famous INTJs**

[**Famous INTJs**](https://www.truity.com/intj) include Hillary Clinton, Al Gore, Bill Gates, Dwight Eisenhower, Alan Greenspan, Ulysses S. Grant, Stephen Hawking, John Maynard Keynes, Ayn Rand, Isaac Asimov, Lewis Carroll, Cormac McCarthy, and Sir Isaac Newton.

## **INTJ Values and Motivations**

INTJs are perceptive about systems and strategy, and often understand the world as a chess board to be navigated. They want to understand how systems work, and how events proceed: the INTJ often has a unique ability to foresee logical outcomes. They enjoy applying themselves to a project or idea in depth, and putting in concentrated effort to achieve their goals.

INTJs have a hunger for knowledge and strive to constantly increase their competence; they are often perfectionists with extremely high standards of performance for themselves and others. They tend to have a keen interest in self-improvement and are lifelong learners, always looking to add to their base of information and awareness.

## **How Others See the INTJ**

INTJs are typically reserved and serious, and seem to spend a lot of time thinking. They are curious about the world around them and often want to know the principle behind what they see. They thoroughly examine the information they receive, and if asked a question, will typically consider it at length before presenting a careful, complex answer. INTJs think critically and clearly, and often have an idea about how to do something more efficiently. They can be blunt in their presentation, and often communicate in terms of the larger strategy, leaving out the details.

Although INTJs aren’t usually warm or particularly gregarious, they tend to have a self-assured manner with people based on their own security in their intelligence. They relate their ideas with confidence, and once they have arrived at a conclusion they fully expect others to see the wisdom in their perceptions. They are typically perfectionists and appreciate an environment of intellectual challenge. They enjoy discussing interesting ideas, and may get themselves into trouble because of their take-no-prisoners attitude: if someone’s beliefs don’t make logical sense, the Mastermind typically has no qualms about pointing that out.

## **INTJ Hobbies and Interests**

Popular hobbies for the INTJ include reading, cultural events, taking classes, appreciating art, computers and video games, and independent sports such as swimming, backpacking, or running marathons.

## **Facts about INTJs**

Interesting [**facts about the INTJ**](https://www.truity.com/intj):

* On personality trait measures, score as Discreet, Industrious, Logical, Deliberate, Self-Confident, and Methodical
* Among types least likely to suffer heart disease and cardiac problems
* Least likely of all the types to believe in a higher spiritual power
* One of two types with highest college GPA
* Among types with highest income
* Personal values include Achievement
* Of all types, least likely to state that they value Home/family, Financial security, Relationships & friendships, and Community service
* Overrepresented among MBA students and female small business owners
* Commonly found in scientific or technical fields, computer occupations, and legal professions

## **The ISTP Personality Type**

ISTPs are observant artisans with an understanding of mechanics and an interest in troubleshooting. They approach their environments with a flexible logic, looking for practical solutions to the problems at hand. They are independent and adaptable, and typically interact with the world around them in a self-directed, spontaneous manner.

ISTPs are attentive to details and responsive to the demands of the world around them. Because of their astute sense of their environment, they are good at moving quickly and responding to emergencies. ISTPs are reserved, but not withdrawn: the ISTP enjoys taking action, and approaches the world with a keen appreciation for the physical and sensory experiences it has to offer.

## **What does ISTP stand for?**

ISTP is an acronym used to describe one of the sixteen personality types created by [**Katharine Briggs**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography) and [**Isabel Myers**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography). It stands for Introverted, Sensing, Thinking, Perceiving. ISTP indicates a person who is energized by time spent alone (Introverted), who focuses on facts and details rather than ideas and concepts (Sensing), who makes decisions based on logic and reason (Thinking) and who prefers to be spontaneous and flexible rather than planned and organized (Perceiving). ISTPs are sometimes referred to as Craftsperson personalities because they typically have an innate mechanical ability and facility with tools.

## **How common is the ISTP personality type?**

The ISTP personality type is much more common among men than women. Among men, it is the third most common type in the population. Among women, it is the fourth rarest. ISTPs make up:

* 5% of the general population
* 9% of men
* 2% of women

## **Famous ISTPs**

Famous ISTPs include Lance Armstrong, Bruce Lee, Miles Davis, Tiger Woods, Chuck Yaeger, Katherine Hepburn, Clint Eastwood, and Amelia Earhart.

## **ISTP Values and Motivations**

ISTPs are curious about the mechanics of the world around them and typically have a unique ability to manipulate the tools in their environments. They tend to study how things work and often achieve mastery in the use and operation of machines, instruments, and equipment. They seek understanding, but in a practical sense: they like to be able to put their technical knowledge to immediate use and are quickly bored by theory.

ISTPs tend to be detached and prefer the logic of mechanical things to the complexity of human emotions. Independent and reserved, ISTPs treasure their personal space, and want to be free to be spontaneous and follow their own lead. ISTPs are selective about their relationships, and appreciate others who allow them plenty of freedom to do their own thing.

## **How Others See the ISTP**

ISTPs are typically reserved and even aloof. Tolerant and nonjudgmental, the ISTP calmly takes in the details and facts of their surroundings, noticing sensory data and observing how things work. They often tune into what needs to be done, taking care of the immediate needs of the moment in a modest, inconspicuous way. They tend to prefer action to conversation, and are often private about their personal lives. ISTPs are unlikely to “open up” to new people in a conventional way, but may connect with others by sharing an activity or working together to solve a practical problem.

ISTPs are good with their hands and often mechanical. They are typically attracted to hands-on hobbies like woodworking or crafts, and may be found tinkering with bicycles, computers, cars, or household appliances. They often have an intuitive understanding of machines and a remarkable ability to fix things. ISTPs have an appreciation for risk and action, and often enjoy thrilling leisure activities like extreme sports, motorcycling, or weaponry.

For more information: [The Art of SpeedReading People](http://www.amazon.com/gp/product/0316845183?ie=UTF8&tag=personalityde-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=0316845183)

## **ISTP Hobbies and Interests**

Popular hobbies for an ISTP include magic and comedy, archery, weaponry, hunting, scuba diving, rappelling, aviation, skydiving, motorcycles, and other extreme sports. They are often drawn to risky or thrilling activities and those that allow them to work with something mechanical.

## **Facts about ISTPs**

Interesting facts about the ISTP:

* On personality trait measures, score as Critical, Detached, Guarded, Independent, and Resourceful
* Commonly found in populations of male college scholarship athletes
* More likely than other types to suffer cardiac problems
* Lowest ranked of all types in using social coping resources
* One of four types least satisfied with their marriage or intimate relationship
* Among types least likely to complete college
* Personal values include Autonomy; at work, value Stability, Security, Independence, and Achievement
* Commonly found in skilled trades, technical fields, agriculture, law enforcement, and military occupations

## **The INFJ Personality Type**

INFJs are creative nurturers with a strong sense of personal integrity and a drive to help others realize their potential. Creative and dedicated, they have a talent for helping others with original solutions to their personal challenges.

The Counselor has a unique ability to intuit others' emotions and motivations, and will often know how someone else is feeling before that person knows it himself. They trust their insights about others and have strong faith in their ability to read people. Although they are sensitive, they are also reserved; the INFJ is a private sort, and is selective about sharing intimate thoughts and feelings.

## **What does INFJ stand for?**

INFJ is an acronym used to describe one of the sixteen personality types created by [**Katharine Briggs**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography) and [**Isabel Myers**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography). It stands for Introverted, iNtuitive, Feeling, Judging. INFJ indicates a person who is energized by time alone (Introverted), who focuses on ideas and concepts rather than facts and details (iNtuitive), who makes decisions based on feelings and values (Feeling) and who prefers to be planned and organized rather than spontaneous and flexible (Judging). INFJs are sometimes referred to as Counselor personalities.

## **How common is the INFJ personality type?**

INFJ is the rarest type in the population. It is the least common type among men, and the third least common among women (after [**INTJ**](https://www.truity.com/intj) and [**ENTJ**](https://www.truity.com/entj)). INFJs make up:

* 2% of the general population
* 2% of women
* 1% of men

## **Famous INFJs**

[**Famous INFJs**](https://www.truity.com/infj) include Mohandas Gandhi, Eleanor Roosevelt, Emily Bronte, Carl Jung, Fyodor Dostoevsky, Florence Nightingale, Shirley MacLaine, Jimmy Carter, and Edward Snowden.

## **INFJ Values and Motivations**

INFJs are guided by a deeply considered set of personal values. They are intensely idealistic, and can clearly imagine a happier and more perfect future. They can become discouraged by the harsh realities of the present, but they are typically motivated and persistent in taking positive action nonetheless. The INFJ feels an intrinsic drive to do what they can to make the world a better place.

INFJs want a meaningful life and deep connections with other people. They do not tend to share themselves freely but appreciate emotional intimacy with a select, committed few. Although their rich inner life can sometimes make them seem mysterious or private to others, they profoundly value authentic connections with people they trust.

## **How Others See the INFJ**

INFJs often appear quiet, caring and sensitive, and may be found listening attentively to someone else’s ideas or concerns. They are highly perceptive about people and want to help others achieve understanding. INFJs are not afraid of complex personal problems; in fact, they are quite complex themselves, and have a rich inner life that few are privy to. They reflect at length on issues of ethics, and feel things deeply. Because Counselors initially appear so gentle and reserved, they may surprise others with their intensity when one of their values is threatened or called into question. Their calm exterior belies the complexity of their inner worlds.

Because INFJs are such complex people, they may be reluctant to engage with others who might not understand or appreciate them, and can thus be hard to get to know. Although they want to get along with others and support them in their goals, they are fiercely loyal to their own system of values and will not follow others down a path that does not feel authentic to them. When they sense that their values are not being respected, or when their intuition tells them that someone’s intentions are not pure, they are likely to withdraw.

## **INFJ Hobbies and Interests**

Popular hobbies for the INFJ include writing, art appreciation, cultural events, reading, socializing in small, intimate settings, and playing or listening to music.

## **Facts about INFJs**

Interesting [**facts about the INFJ**](https://www.truity.com/infj):

* Least common type in the population
* On personality trait scales, scored as Sincere, Sympathetic, Unassuming, Submissive, Easygoing, Reserved and Patient
* Among highest of all types in college GPA
* Among most likely to stay in college
* Most likely of all types to cope with stress by seeing a therapist
* Highest of all types in marital dissatisfaction
* Personal values include Spirituality, Learning, and Community Service
* Commonly found in careers in religion, counseling, teaching, and the arts

## **The ISFJ Personality Type**

ISFJs are industrious caretakers, loyal to traditions and organizations. They are practical, compassionate, and caring, and are motivated to provide for others and protect them from the perils of life.

ISFJs are conventional and grounded, and enjoy contributing to established structures of society. They are steady and committed workers with a deep sense of responsibility to others. They focus on fulfilling their duties, particularly when they are taking care of the needs of other people. They want others to know that they are reliable and can be trusted to do what is expected of them. They are conscientious and methodical, and persist until the job is done.

## **What does ISFJ stand for?**

ISFJ is an acronym used to describe one of the sixteen personality types created by [**Katharine Briggs**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography) and [**Isabel Myers**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography). It stands for Introverted, Sensing, Feeling, Judging. ISFJ indicates a person who is energized by time spent alone (Introverted), who focuses on facts and details rather than ideas and concepts (Sensing), who makes decisions based on feelings and values (Feeling) and who prefers to be planned and organized rather than spontaneous and flexible (Judging). ISFJs are sometimes referred to as Protector personalities because of their interest in keeping people safe and well cared for.

## **How common is the ISFJ personality type?**

ISFJ is the most common type in the U.S. population, and the most common type among women. ISFJs make up:

* 14% of the general population
* 19% of women
* 8% of men

## **Famous ISFJs**

Famous ISFJs include Mother Teresa, George H.W. Bush, Laura Bush, King George VI, Kate Middleton, Rosa Parks, Princess Mary of Denmark, and Clara Barton.

## **ISFJ Values and Motivations**

ISFJs are driven by their personal values, and are conscientious in their behavior. They typically want to work hard, get along with others, and make sure they do what is expected of them.

ISFJs value relationships highly and strive to cooperate and maintain harmony with others. They want stability and longevity in their relationships, and tend to maintain a deep devotion to family. They feel most connected with people they know they can rely upon over the long term.

ISFJs appreciate tradition and like knowing how things were done in the past. They are loyal to established methods and values, and want to observe the proper, accepted way of doing things. They place great importance on fitting in with established institutions and contributing what they can to maintain strong, stable social structures. In groups, they often take on the role of historian, ensuring that new members respect and value the established customs.

## **How Others See the ISFJ**

ISFJs are characteristically humble and unassuming, and rarely call attention to themselves. They can often be found offering assistance to others in a modest, understated way. They are loyal and hardworking, and often commit themselves to tasks and projects with the aim of being helpful to their families, friends, and communities. They are typically involved in social groups, but do not want the spotlight: they are more likely to be found behind the scenes, working diligently to fulfill their role.

ISFJs are oriented to relationships, but can be reserved with new people. They rarely disclose personal information quickly. They tend to be focused and aware of their surroundings, and relate details from their own personal experience. They often converse in terms of what has happened to them and what they have seen first-hand. They are compassionate listeners, and typically remember details about people. They often enjoy hearing the facts about others in the process of making a connection.

For more information: [The Art of SpeedReading People](http://www.amazon.com/gp/product/0316845183?ie=UTF8&tag=personalityde-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=0316845183)

## **ISFJ Hobbies and Interests**

Popular leisure activities for ISFJs include cooking, gardening, painting, crafts, picnics, nature walks, and watching movies. They are also often found supporting their loved ones in their interests and activities.

## **Facts about ISFJs**

Interesting facts about the ISFJ:

* On personality trait measures, score as Conservative, Conventional, Guarded, and Reserved
* Among types most likely to believe in a higher spiritual power
* More likely than average to experience chronic pain
* Among types most likely to suffer heart disease
* Second most common type among education majors in college
* More likely than other types to watch more than 3 hours of television per day
* Personal values include Happy family, Health and Spirituality
* Overrepresented among MBA students and male small business owners
* Among three types with the lowest income
* Commonly found in education, health care, and religious occupations

## **The ISTJ Personality Type**

ISTJs are responsible organizers, driven to create and enforce order within systems and institutions. They are neat and orderly, inside and out, and tend to have a procedure for everything they do. Reliable and dutiful, ISTJs want to uphold tradition and follow regulations.

ISTJs are steady, productive contributors. Although they are Introverted, ISTJs are rarely isolated; typical ISTJs know just where they belong in life, and want to understand how they can participate in established organizations and systems. They concern themselves with maintaining the social order and making sure that standards are met.

## **What does ISTJ stand for?**

ISTJ is an acronym used to describe one of the sixteen personality types created by [**Katharine Briggs**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography) and [**Isabel Myers**](https://www.truity.com/story/story-of-mbti-briggs-myers-biography). It stands for Introverted, Sensing, Thinking, Judging. ISTJ indicates a person who is energized by time spent alone (Introverted), who focuses on facts and details rather than ideas and concepts (Sensing), who makes decisions based on logic and reason (Thinking) and who prefers to be planned and organized rather than spontaneous and flexible (Judging). ISTJs are sometimes referred to as Inspector personalities because of their focus on details and interest in doing things correctly.

## **How common is the ISTJ personality type?**

ISTJ is the third most common type in the population and the most common type among men. ISTJs make up:

* 12% of the general population
* 16% of men
* 7% of women

## **Famous ISTJs**

Famous ISTJs include Queen Elizabeth II, Harry Truman, Warren Buffett, Queen Victoria, George H.W. Bush, and J.D. Rockefeller.

## **ISTJ Values and Motivations**

ISTJs like to know what the rules of the game are, valuing predictability more than imagination. They rely on their past experience to guide them, and are most comfortable in familiar surroundings. ISTJs trust the proven method, and appreciate the value of dedicated practice to build confidence in their skills.

ISTJs are hardworking and will persist until a task is done. They are logical and methodical, and often enjoy tasks that require them to use step-by-step reasoning to solve a problem. They are meticulous in their attention to details, and examine things closely to be sure they are correct. With their straightforward logic and orientation to detail, ISTJs work systematically to bring order to their own small parts of the world.

## **How Others See the ISTJ**

ISTJs have a serious, conservative air about them. They want to know and follow the rules of the game, and typically seek out predictable surroundings where they understand their role. You may find the ISTJ doing something useful even in social situations (for instance, organizing coats and hats at a party) as they’re often more comfortable taking charge of a task than they are chatting up strangers. When given something to do, they are highly dependable, and follow it through to the end.

ISTJs are practical and no-nonsense, and rarely call attention to themselves. Their clothes and possessions tend to be chosen based on utility rather than fashion, and they have an affection for the classics. ISTJs typically speak in a straightforward manner and have a good head for details. They are usually more enthusiastic about sharing factual information than exploring abstract concepts or unproven ideas.

For more information: [The Art of SpeedReading People](http://www.amazon.com/gp/product/0316845183?ie=UTF8&tag=personalityde-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=0316845183)

## **ISTJ Hobbies and Interests**

Popular hobbies for the ISTJ include concentration games like chess and Trivial Pursuit, playing computer games, watching sporting events, pursuing physical fitness, and playing solitary sports such as golf.

## **Facts about ISTJs**

Interesting facts about the ISTJ:

* On personality trait measures, score as Calm, Stable, Steady, Cautious, and Conventional
* More likely than other types to experience cardiac problems and hypertension
* More likely than other types to experience chronic pain
* Among four highest types in college GPA
* More frequent among African Americans
* Personal values include Financial Security
* Most likely of all types to enjoy a work environment where “everything is done by the book”
* Overrepresented among bank officers, financial managers, MBA students, and small business owners
* Often found in careers in management, administration, law enforcement, and accounting