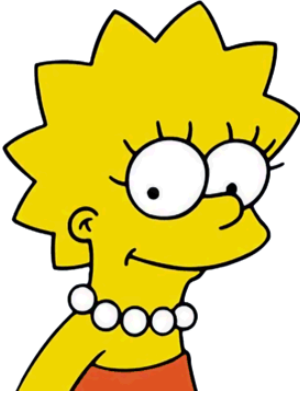


# The Protector



As an INFJ, your primary mode of living is focused internally, where you take things in primarily via intuition. Your secondary mode is external, where you deal with things according to how you feel about them, or how they fit with your personal value system.

INFJs are gentle, caring, complex and highly intuitive individuals. Artistic and creative, they live in a world of hidden meanings and possibilities. Only one percent of the population has an INFJ Personality Type, making it the most rare of all the types.

INFJs place great importance on having things orderly and systematic in their outer world. They put a lot of energy into identifying the best system for getting things done, and constantly define and re-define the priorities in their lives. On the other hand, INFJs operate within themselves on an intuitive basis which is entirely spontaneous. They know things intuitively, without being able to pinpoint why, and without detailed knowledge of the subject at hand. They are usually right, and they usually know it. Consequently, INFJs put a tremendous amount of faith into their instincts and intuitions. This is something of a conflict between the inner and outer worlds, and may result in the INFJ not being as organized as other Judging types tend to be. Or we may see some signs of disarray in an otherwise orderly tendency, such as a consistently messy desk.

INFJs have uncanny insight into people and situations. They get "feelings" about things and intuitively understand them. As an extreme example, some INFJs report experiences of a psychic nature, such as getting strong feelings about there being a problem with a loved one, and discovering later that they were in a car accident. This is the sort of thing that other types may scorn and scoff at, and the INFJ themselves does not really understand their intuition at a level which can be verbalized. Consequently, most INFJs are protective of their inner selves, sharing only what they choose to share when they choose to share it. They are deep, complex individuals, who are quite private and typically difficult to understand. INFJs hold back part of themselves, and can be secretive.

But the INFJ is as genuinely warm as they are complex. INFJs hold a special place in the heart of people who they are close to, who are able to see their special gifts and depth of caring. INFJs are concerned for people's feelings, and try to be gentle to avoid hurting anyone. They are very sensitive to conflict, and cannot tolerate it very well. Situations which are charged with conflict may drive the normally peaceful INFJ into a state of agitation or charged anger. They may tend to internalize conflict into their bodies, and experience health problems when under a lot of stress.

Because the INFJ has such strong intuitive capabilities, they trust their own instincts above all else. This may result in an INFJ stubbornness and tendency to ignore other people's opinions. They believe that they're right. On the other hand, INFJ is a perfectionist who doubts that they are living up to their full potential. INFJs are rarely at complete peace with themselves - there's always something else they should be doing to improve themselves and the world around them. They believe in constant growth, and don't often take time to revel in their accomplishments.

## The Simpsons MBTI Personality Profile

They have strong value systems, and need to live their lives in accordance with what they feel is right. In deference to the Feeling aspect of their personalities, INFJs are in some ways gentle and easy going. Conversely, they have very high expectations of themselves, and frequently of their families. They don't believe in compromising their ideals.

INFJ is a natural nurturer; patient, devoted and protective. They make loving parents and usually have strong bonds with their offspring. They have high expectations of their children, and push them to be the best that they can be. This can sometimes manifest itself in the INFJ being hard-nosed and stubborn. But generally, children of an INFJ get devoted and sincere parental guidance, combined with deep caring.

In the workplace, the INFJ usually shows up in areas where they can be creative and somewhat independent. They have a natural affinity for art, and many excel in the sciences, where they make use of their intuition. INFJs can also be found in service-oriented professions. They are not good at dealing with minutia or very detailed tasks. The INFJ will either avoid such things, or else go to the other extreme and become enveloped in the details to the extent that they can no longer see the big picture. An INFJ who has gone the route of becoming meticulous about details may be highly critical of other individuals who are not.

The INFJ individual is gifted in ways that other types are not. Life is not necessarily easy for the INFJ, but they are capable of great depth of feeling and personal achievement.

## Personal Growth

### Working with Your INFJ Talents

As an INFJ, you have gifts that are specific to your personality type that aren't natural strengths for other types. By recognizing your special gifts and encouraging their growth and development, you will more readily see your place in the world, and be more content with your role.

Nearly all INFJs will recognize the following characteristics in themselves. They should embrace and nourish these strengths:

- They're extremely insightful, and see things that are not obvious to others. This ability to see patterns and meanings in the world can help the INFJ in many different ways. INFJs usually have a great deal of insight into different people and situations.
- When given a goal or context, an INFJ is able to generate all kinds of possibilities. They're able to see the problem from many different angles.
- They understand how others are feeling, and are genuinely concerned with others. This natural empathy and caring helps to be really effective at helping others through problems. In this manner, they make great friends, counselors, teachers, and mates.
- An INFJ has a "stick to it" attitude. They're not afraid of hard work, and will put forth a great deal of effort towards something that they believe in. This persistence will help the INFJ to achieve an identified goal.
- Perfectionistic and idealistic, they always strive for the best.
- Usually intelligent and able to concentrate and focus, the INFJ can usually grasp difficult ideas and concepts.

INFJs who have a well-developed Extraverted Feeling function to complement their dominant Introverted iNtuition will enjoy these very special gifts:

- They can turn their insightful understanding about a situation into a successful plan of action.
- The INFJ with well-developed judgment will be able to grasp and process concepts that are beyond what their natural intelligence appears to be able to handle.
- They may achieve a level of understanding that makes them appear wise.
- The INFJ's perfectionism and idealism, when combined with their empathy and genuine concern for others, can cause them to be true servants for people in some fashion. They may be great doctors or ministers or counselors. If they have also achieved a good amount of life wisdom, they can become powerful forces, such as Jesus (INFJ) and Mahatma Ghandi (INFJ).

### Areas for Development

With any gift of strength, there is an associated weakness. Without "bad", there would be no "good". Without "difficult", there would be no "easy". We value our strengths, but we often curse and ignore our weaknesses. To grow as a person and get what we want out of life, we must not only capitalize upon our strengths, but also face our weaknesses and deal with them. That means taking a hard look at our personality type's potential problem areas.

INFJs are rare and intelligent people with many special gifts. This should be kept in mind as you read some of the more negative material about INFJ weaknesses. Remember that these weaknesses are natural. We offer this information to enact positive change, rather than as blatant criticism. We want you to grow into your full potential, and be the happiest and most successful person that you can become.

Most of the weaker characteristics that are found in INFJs are due to their dominant function (Introverted iNtuition) overtaking their personality to the point that the other forces in their personality exist merely to serve the purposes of Introverted iNtuition. In such cases, an INFJ may show some or all of the following weaknesses in varying degrees:

- May be unaware (and sometimes uncaring) of how they come across to others
- May quickly dismiss input from others without really considering it
- May apply their judgment more often towards others, rather than towards themselves
- With their ability to see an issue from many sides, they may always find others at fault for any problems in their lives
- May have unrealistic and/or unreasonable expectations of others
- May be intolerant of weaknesses in others
- May believe that they're always right
- May be obsessive and passionate about details that may be unimportant to the big picture

- May be cuttngly derisive and sarcastic towards others
- May have an intense and quick temper
- May be tense, wound up, have high blood pressure and find it difficult to relax
- May hold grudges, and have difficulty forgiving people
- May be wishy-washy and unsure how to act in situations that require quick decision making
- May have difficulty communicating their thoughts and feelings to others
- May see so many tangents everywhere that they can't stay focused on the bottom line or the big picture

### Ten Rules to Live By to Achieve INFJ Success

1. **Feed Your Strengths!** Do things that allow your brilliant intuition and service-oriented manner to flourish.
2. **Face Your Weaknesses!** See your weaknesses for what they are, and seek to overcome them. Especially, strive to use your judgment against your internal ideas and intuitions, rather than as a means of disregarding other people's ideas.
3. **Talk Through Your Thoughts.** You need to step through your intuitions in order to put them into perspective. Give yourself time to do this, and take advantage of discussing ideas with others. You'll find externalizing your internal intuitions to be a valuable exercise.
4. **Take in Everything.** Don't dismiss ideas prematurely because you don't respect the person generating the ideas, or because you think you already know it all. After all, everybody has something to offer, and nobody knows everything. Steven Covey says it so well when he says: "Seek first to understand, and then to be understood."
5. **When You Get Angry, You Lose.** Your passion and intensity are strong assets, but can be very harmful if you allow yourself to fall into the "Anger Trap". Remember that Anger is destructive to your personal relationships. Work through your anger before you impress it upon others, or you will likely find yourself alone. Disagreements and disappointments can only be handled effectively in a non-personal and dispassionate manner.
6. **Keep Your Eye on the Big Picture** Watch out for your tendency to become obsessed with details. If you find yourself feeling very, very strongly about a small detail, take a big step back and make sure that you can still see the goal. You're not going to get there if you get mired in the details.
7. **Be Accountable for Yourself.** Don't blame the problems in your life on other people. Look inwardly for solutions. No one has more control over your life than you have.

8. **Be Humble.** Judge yourself at least as harshly as you judge others.
9. **Assume the Best.** Don't distress yourself and others by dwelling on the dark side of everything. Just as there is a positive charge for every negative charge, there is a light side to every dark side. Remember that positive situations are created by positive attitudes. Expect the best, and the best will come forward.
10. **Relax!** Do yourself a favor and learn how to effectively unwind. Get exercise and restful sleep. Take vacations. Engage in relaxing activities. Take care of yourself and your loved ones by learning to let go of your passion and intensity for a respite.

### Career

Whether you're a young adult trying to find your place in the world, or a not-so-young adult trying to find out if you're moving along the right path, it's important to understand yourself and the personality traits which will impact your likeliness to succeed or fail at various careers. It's equally important to understand what is really important to you. When armed with an understanding of your strengths and weaknesses, and an awareness of what you truly value, you are in an excellent position to pick a career which you will find rewarding.

INFJs generally have the following traits:

- Intuitively understand people and situations
- Idealistic
- Highly principled
- Complex and deep
- Natural leaders
- Sensitive and compassionate towards people
- Service-oriented
- Future-oriented
- Value deep, authentic relationships
- Reserved about expressing their true selves
- Dislike dealing with details unless they enhance or promote their vision
- Constantly seeking meaning and purpose in everything
- Creative and visionary
- Intense and tightly-wound
- Can work logically and rationally - use their intuition to understand the goal and work backwards towards it

The INFJ is a special individual who needs more out of a career than a job. They need to feel as if everything they do in their lives is in sync with their strong value systems - with what they believe to be right. Accordingly, the INFJ should choose a career in which they're able to live their daily lives in accordance with their deeply-held principles, and which supports them in their life quest to be doing something meaningful. Since INFJs have such strong value systems, and persistent intuitive visions which lend them a sense of "knowing", they do best in positions in which they are leaders, rather than followers. Although they can happily follow individuals who are leading in a direction which the INFJ fully supports, they will very unhappy following in any other situation.

The following list of professions is built on our impressions of careers which would be especially suitable for an INFJ. It is meant to be a starting place, rather than an exhaustive list. There are no guarantees that any or all of the careers listed here would be appropriate for you, or that your best career match is among those listed.

### **Possible Career Paths for the INFJ:**

- Clergy / Religious Work
- Teachers
- Medical Doctors / Dentists
- Alternative Health Care Practitioners, i.e. Chiropractor, Reflexologist
- Psychologists
- Psychiatrists
- Counselors and Social Workers
- Musicians and Artists
- Photographers
- Child Care / Early Childhood Development