INFJ

(Introversion, Intuition, Feeling, Judging)

Overview

INFJs are generally compassionate, creative, helpful, and are often known for their integrity. They tend to focus their energy inward and reenergize through spending time on their own. INFJs are typically private and generally share their thoughts and feelings with people they know. The INFJ may also have a high commitment to their strong value system.

They are often guided by their convictions and may become assertive and persistent if these values are violated. An INFJ will often reflect on their intuitions and may be seen as deep and at times complex. They may get a feeling about something and although they experience difficulty in describing these feelings, they are often motivated to act based on these inner thoughts, ideas, visions, and hunches. They may not share these intuitive feelings with others because they want to avoid scrutiny.

INFJs generally focus on people and look for ways to contribute to the betterment of others. They are usually caring and will often use their creativity and problem-solving abilities to help people. The INFJ tends to have an intuitive understanding of people and issues and has the ability to present their ideas in a manner that inspires others. The information that an INFJ gathers will often reflect their people-focused approach. The INFJ may also have a difficult time confronting people and are often adversely affected by conflict.

The INFJ generally sees the long-term, big-picture possibilities. They can be idealistic and often look for new ways to do things through generating ideas. They do not usually rely on specifics unless these details can be incorporated into their grander vision. The INFJ will often mull over their insights, are perceptive to the underlying meaning, and tend to express their inner thoughts through metaphors. The INFJ also believes that the most effective change occurs over time. They generally have a focus on continuous improvement and may question whether they are in the right place in their lives or whether they are living up to their potential. The INFJ is also able to see what needs to be done and will work hard to accomplish these tasks. They are generally organized in their work but may be more flexible and unplanned in their personal lives.

Procrastination

The INFJ may delay their work when they are reviewing and debating possible ideas. It can be difficult for the INFJ to start writing out their thoughts when they are unsure of where to begin. This can be exceptionally frustrating because their intent is to complete the task. Essentially, one side of the INFJ wants to explore the possibilities and the other is looking for closure. This may result in feelings of pressure and frustration.

Students can benefit from understanding their type and subsequently learning the root cause of their frustration and tension. It may also be beneficial for an INFJ to discuss their ideas in order to find a starting point to begin their project or writing.
Career Exploration

An INFJ tends to find career satisfaction with careers that have the following characteristics:
- Fosters the continual use of creativity and imagination
- Helps people through creative and solution-focused programs and services
- Produces a product or service that evokes pride
- Allows for the unique expression of their interests and abilities
- Provides an opportunity for one-on-one interaction
- Supports their ideas, efforts, and skill development
- Ensures a feeling of control over organizing and carrying out the processes of their job
- Mirrors their personal values and upholds their integrity

When exploring career options, an INFJ will often...
- Set idealistic long-term goals
- Create a plan to meet their goals
- Research information on possible future career opportunities
- Need to consider the specific details of potential careers
- Incorporate their values and trust their intuition when making a career decision
- Need to be cautious that their career choice is not overly influenced by others opinions

Careers to Consider
The following is a list of suggested occupations that fit the qualities of an INFJ or are careers that other INFJs have found to be satisfying. Use this list as a starting point for further investigation but do not limit your options to only this list.

- Architect
- Career Counselor
- Clergy & Religious Orientated
- Designer
- Director: Social Services
- Doctor of Osteopathy
- EAP Coordinator/Counselor
- Educational Consultant
- Fine Artist
- Health Care Administrator
- Human Resource Manager
- Job Analyst
- Librarian
- Marketer (ideas/services)
- Marketing Professional
- Media Specialist
- Mediator/Conflict-Resolver
- Medicine
- Mental Health Worker
- Novelist
- Organizational Consultant
- Physician: Pathology, Psychiatry
- Playwright
- Poet
- Psychologist
- Research Assistant
- Social Scientist
- Social Worker
- Teacher: Humanities/Arts
**Work**

At work, the INFJ will often...
- Value harmony, cooperation, consideration, and integrity
- Inspire coworkers to adopt their ideas
- Provide unique contributions and creative solutions
- Require enough time to thoroughly complete their assigned tasks
- Want full control and responsibility over their work
- Work to complete tasks and exceed expectations
- Encourage coworkers and help them personally develop
- Be organized in their approach to work
- See the big picture and understand difficult concepts
- Desire an atmosphere that is efficiently run and considers the needs of all employees
- Require a quiet work environment that fosters independent thought and creativity

At work, the INFJ should be aware that they may...
- Be stubborn and single-minded when others disagree with their ideas
- Feel irritated when their ideas are not possible
- Need to remember to include the facts and details in their work
- Need to remain open to information that conflicts with their passionately pursued ideas
- Be negatively affected by conflict or tension
- Avoid conflict and potentially withdraw from confrontational situations
- Feel overwhelmed when inundated with multiple demands
- Benefit from focusing on the underlying significance of their work
- Be unaware of the realistic amount of time required to complete some tasks
- Have trouble adapting to or making quick changes
- Hold back information, make judgments without sufficient information, or withdraw when their contributions are not valued

**Life**

**Decision Making**

When it comes to decision making, the INFJ will often...
- Base a decision on what they value
- Do an in-depth reflection that considers all implications of their choice
- Take their time in making a decision
- Experience internal conflict when choosing between the organization and people
- Need to review the practical components of each option

**Playing**

The INFJ has a tendency to want to complete their work before relaxing. As a result, their personal needs may be neglected as they pursue their passions. On campus, an INFJ may be drawn towards joining a campus group in order to implement their ideals or help others. Their roommates generally see them as a consistent friend who is unique and reliable. As well, the INFJ student reports that they tend to go on minimal dates.
**Stress**

An INFJ will often experience stress when...

- Juggling too many details
- Expectations of themselves are too high
- Required to follow instructions that violate their individuality
- Required to perform a lot of extraverted activities
- Trying to complete everything on their own without delegating tasks
- Required to consider additional information that challenges what they believe
- Surrounded by a disorganized work environment

When they are affected by stress, an INFJ will often...

- Become too focused on information they would usually not see as important
- Overeat, purchase items of little value, watch reruns on television, or overexert themselves with cleaning, exercising, or repairing
- Become cynical when they are otherwise usually optimistic
- Experience health problems from constant conflict and stress
- With chronic stress, become irritable, tired, tense, or angry
- Focus all their attention on what is causing their stress

An INFJ can reduce stress by...

- Delegating tasks, especially detail-oriented tasks
- Selecting and completing a project that requires following directions
- Clearly expressing their expectations to others
- Trusting in their values and intuition
- Providing constructive criticism to others
- Reviewing goals and making appropriate changes to ensure they are realistic
- Spending time alone to re-energize