INTJ
(Introversion, Intuition, Thinking, Judging)

Overview

INTJs are often insightful, future-focused, rational, firm-minded, and calm. They are driven to succeed, have high standards, value continuous improvement, and are often seen as perfectionists. The INTJ is often logical and decisive and uses an objective approach to analyzing situations. In a social situation, the INTJ may find it difficult to participate in discussions and may be perceived as hard to get to know. For an INTJ, small talk is often viewed as dull or boring. The INTJ is also generally creative and prefers originality in their work.

The INTJ has a tendency to create and internally evaluate a wealth of new possibilities, ideas, and processes. They have their eye on the big picture and see future possibilities. For an INTJ, their focus tends to be on taking their overall ideas and bringing them to fruition. They usually see the general concept and then gather the specific details and integrate the necessary information. They tend to rely heavily on their inner thoughts for guidance and may experience difficulty with balancing the value they place on these insights. The INTJ is generally confident and will act on their perceived possibilities regardless of their practicality or the caution of others. The INTJ usually enjoys a challenge and is eager to work with theoretical and abstract data.

An INTJ generally has an organized approach to structuring tasks in order to meet the overall objectives and goals. They usually have a dislike for inefficiency or disorder and are often looking for new ways to do things. The INTJ often prefers their independence, are good with time management, and may be seen as single-minded. They are challenged to achieve and accomplish, and often expect those around them to be knowledgeable and competent. The INTJ tends to focus first on the task and secondarily on people. They may value their own thoughts over the opinions of others and when necessary, can be tough. They prefer to remain in control of their behaviors and emotions and may see the contrary as a weakness. The INTJ may have a tendency to be critical and needs to separate their criticism from the person or idea.

Procrastination
The INTJ often procrastinates when they find projects to be uninteresting. They may also delay their work when they are reviewing and debating possible ideas. It can be difficult for the INTJ to start writing out their thoughts when they are unsure of where to begin. This is exceptionally frustrating because they intend to complete the task. Essentially, one side of the INTJ 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 learning their type and understanding the root cause of their frustration and tension. It may also be beneficial for an INTJ to discuss their ideas in order to find a starting point to begin their project or writing.
Career Exploration

An INTJ tends to find career satisfaction with careers that have the following characteristics:

- Involves analysis, creativity, knowledge, and focus
- Challenges their intellect
- Encourages innovative thinking and revolutionary ideas
- Gives the time and freedom to put their ideas into practice
- Provides an opportunity for continuous learning and creative problem-solving
- Ensures full control over completing a project to meet their high standards
- Allows them to create change that promotes system and people efficiency
- Provides an opportunity to work with intelligent and competent colleagues
- Involves a limited amount of routine
- Provides compensation that is based on what they have done and their diligence in completing the task

When exploring career options, an INTJ will often...

- Set various long-term career goals and create an action plan
- Create or design their own career
- Need to be open to tailoring their plan if obstacles arise or alternative plans are required
- Research jobs and their future outlook but may neglect considering specific aspects of a career
- Use an objective approach to evaluate the pros and cons of each potential career

Careers to Consider

The following is a list of suggested occupations that fit the qualities of an INTJ or are careers that other INTJs 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.

- Administrator
- Analyst
- Architect
- Artist
- Astronomer
- Attorney: Litigator/Commercial
- Biomedical Engineer
- Cardiologist
- Computer Professional
- Computer Programmer
- Computer Systems Analyst
- Design Engineer
- Designer
- Engineer
- Environmental Planner
- Human Resource Planner
- Inventor
- Investment/Business
- Judge
- Management Consultant
- Manager
- Neurologist
- News Analyst
- News Writer
- Pharmacologist
- Psychiatrist
- Psychologist
- Research Worker
- Scientist/Scientific Researcher
- Scientist: Life & Physical
- Social Service Worker
- Strategic Planner
- Technician: Electrical
- University Teacher
- Writer/Editor
Work

At work, the INTJ will often...
- Be organized, confident, productive, and committed
- Look at the big picture and see how things are connected
- Be focused on the task and understand what can be accomplished
- Have a vision for the organization’s potential
- Set long-term goals and determine the process to meet those goals
- Enjoy challenging, theoretical, or conceptual work
- Have high standards for all involved in a project
- Objectively examine issues and create workplace systems
- Make future predictions and evaluate the overall impact of their ideas
- Prefer autonomy in their work and find set procedures too restricting
- Work best in an independent environment that is void of interruptions
- Tolerate interruptions from competent colleagues they respect
- Want to be respected by their colleagues

At work, the INTJ should be aware that they may...
- Be unmotivated to complete a project after finishing the creative component
- Experience difficulty changing their ideas, re-evaluating their decisions, or considering opposing viewpoints
- Miss the practical requirements necessary to ensure the success of their plans
- Spend time making unnecessary improvements to projects or workplace systems
- Become impatient with those who do not meet their standards
- Need to intentionally appreciate others and realize the importance of feelings
- Have limited patience for slow-learning coworkers and niceties
- Have a tendency to lack tact when they are in a hurry
- Need to include other people’s ideas throughout a project’s duration
- Have ideas that people find difficult to comprehend
- May excessively gather details without reason or alternatively may neglect all details

Life

Decision Making
When it comes to decision making, the INTJ will often...
- Be logical and objective
- Thoroughly analyze and assess the situation or problem
- Need to consider specific details when evaluating their options
- Make a decision without consulting an outside source
- Need to consider the impact their decisions have on people
Playing
The INTJ may have a difficult time setting aside their work in order to relax. They have a tendency to focus on work while away from their job and this can negatively affect their home life. Their high performance standard transfers to their play world, and their extracurricular activities often include lectures, dramas, and music. The INTJ postsecondary student reports that they are not overly interested in small talk and when dating, they prefer in-depth conversations.

Stress
An INTJ will often experience stress when...
- Required to alter their plans or are given limited time to adjust to variations
- Achieving less than desirable results
- Encountering details that contradict logic
- Working with people they do not perceive to be competent, rational, or logical
- Surrounded by a disorganized work environment
- Pressured to breach policies or accept deception in their workplace

When affected by stress, an INTJ will often...
- Use card playing, excessive eating, watching TV reruns, or focusing on detail-orientated activities as a mechanism to avoid reality
- Gather details to support their self-destructive behavior and attack their self-image
- Become preoccupied with the cause of their stress and have trouble focusing their energy on work
- Mentally review issues which lead to sleepless nights
- With chronic stress, become irritable, tired, tense, or angry

An INTJ can reduce stress by...
- Realigning their perspective by completing a task
- Taking time to reflect and potentially reduce their commitments
- Getting involved in a physical activity with friends
- Allowing other people to help by delegating some responsibilities
- Learning that relaxing does not require pushing themselves to achieve
- Learning how to connect with people