INTP

(Introversion, Intuition, Thinking, Perceiving)

Overview

INTPs are generally flexible, analytical, conceptual, independent, and private. They tend to focus their energy on their internal world and logically analyze theories and abstract concepts to facilitate their understanding of conceptually difficult issues. The INFP often focuses on organizing their internal thoughts. However, their ability to maintain order does not naturally transfer to their external world and the INTP may be seen as disorganized and struggle with time management. The INTP is also typically shy and may experience difficulty when talking with people they do not know. However, when they are comfortable with people or knowledgeable about a topic, the INTP can be very outgoing and talkative.

The INTP will often use an objective and impersonal approach to gather and assess information. They generally view details as boring and are only interested in realities that relate to a theory or insight. They tend to have the ability to critique, analyze, describe, and see the underlying explanation for topics and issues. They also see the patterns within information and are motivated to explain these patterns and understand how things work. The INTP is often able to creatively solve problems due to their big picture thinking and their ability to see future possibilities. The INTP enjoys a challenge and dislikes routine tasks or set procedures that restrict their freedom to use their own unique method for finding a solution.

An INTP tends to set high standards for their work. They may find it difficult to draw a line at ‘good enough’ because they continually see how things can be improved. The INTP has a natural tendency to organize their thoughts, they are rarely interested in organizing people or situations and often prefer working on their own. The INTP tends to remain flexible and accepting of people’s views unless their own personal ideas are challenged. Also, due to an INTP’s objective focus on logic, they are often unaware of the emotional needs and feelings of people.

Procrastination

The INTP often procrastinates as a result of their high work standards. They prefer to spend their time researching and planning a project. Subsequently, their focus on these initial stages can result in neglecting deadlines or not starting a project. This can lead the INTP to become critical and result in further delays. The INTP also has a tendency to become consumed in one project and may neglect beginning other necessary tasks. The INTP may also use cleaning or organizing their outside world as a mechanism to avoid internally organizing and clarifying the information they have gathered.

The INTP may find it beneficial to set multiple deadlines throughout a project’s duration in order to keep them on task. They may also find it helpful to have someone assist them in staying within their timelines. As well, discussing their high standards for a project may help them determine whether their expectations are realistic and attainable.
Career Exploration

An INTP tends to find career satisfaction with careers that have the following characteristics:
- Involves working on one stimulating project at a time
- Ensures freedom to develop and create ideas, techniques, systems, and solutions
- Involves long-term planning with a focus on intellectually stimulating topics
- Limits the emphasis on rules, restrictions, or procedures
- Creates a professional atmosphere that fosters independent thought
- Involves respectful colleagues
- Allows input on evaluation and compensation systems
- Provides an opportunity to evaluate current processes and make recommendations

When exploring career options, an INTP will often...
- Identify new and future career possibilities
- Creatively design a career to meet the employer’s needs
- Need to narrow the list of potential careers to avoid becoming overwhelmed with their options
- Need to incorporate their values when logically assessing their career options
- Benefit from setting a decision deadline

Careers to Consider

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

- Agent
- Archaeologist
- Architect
- Artist
- College Professor
- Computer Professional
- Computer Programmer
- Computer Software Designer
- Creative Writer
- Database manager
- Economist
- Entertainer/Dancer
- Financial Analyst
- Fine Artist
- Food Service Worker
- Historian
- Investigator
- Lawyer
- Manager: Executive
- Mathematician
- Musician
- Neurologist
- Scientist: Chemistry or Biology
- New Market/Product Designer
- Pharmacist
- Philosopher Inventor
- Photographer
- Physicist
- Plastic Surgeon
- Psychoanalyst
- Psychologist
- Research/Development Specialist
- Social Scientist
- Surveyor
- Systems Analyst
- Writer or Editor
Work

At work, the INTP will often...

- Work hard to meet and exceed their own high standards
- See new and innovative future possibilities and applications
- Be able to manage multiple projects simultaneously
- Prefer freedom to set their own goals without stringent requirements
- Work independently in a private environment
- Understand complex issues and create innovative solutions
- Confidently and objectively assess information and build on their knowledge
- Take risks and be motivated to continuously improve
- Ascribe authority to people who have proven their competence
- Identify the simplest way to complete a task
- Readily adapt to quick changes and new directions
- Desire to be appreciated and respected for their contributions

At work, the INTP should be aware that they may...

- Become frustrated with people they perceive to be incompetent
- Neglect seemingly obvious details and minimize their effort level
- Experience difficulty taking action on their conceptualized ideas within a specified timeframe
- Need to realistically evaluate their self-imposed deadlines and conceived possibilities
- Experience difficulty completing repetitive tasks or remaining organized
- Have trouble saying ‘no’ to exciting opportunities
- Lose motivation when required to complete uninteresting projects or adhere to traditional policies and procedures
- Benefit from developing a greater sense of structure
- Become argumentative, remove themselves from the situation, or use critical remarks when feeling unappreciated

Life

Decision Making

When it comes to decision making, the INTP will often...

- Internally evaluate the situation or problem
- Identify potential alternatives
- Need to intentionally evaluate whether their options are realistic
- Need to ensure they consider their values and the impact on people
- Postpone the decision-making process and potentially run out of options

Playing

The INTP will often consider their work to be an area of play because of their strong interest in evaluating and assessing situations, information, and ideas. As such, the INTP may need to incorporate activities and fun to balance their exhausting approach to work. When participating in activities, the INTP is often drawn to lectures, music and drama. In their personal lives, they tend to maintain close relationships unless one of their closely held values is violated. In these circumstances, they may end the relationship without warning or explanation. Some
INTPs may need to intentionally socialize with friends and roommates in order not to offend them. When it comes to relationships, the postsecondary INTP student will often limit their dating.

**Stress**

An INTP will often experience stress when...

- Dealing with the excessive emotions of others
- Required to work within specified guidelines and follow strict procedures
- Freedom is restricted by too many commitments or assigned tasks
- Others do not comprehend their ideas
- Coworkers or supervisors are perceived to be incompetent
- Unable to gain necessary feedback from others
- Situations cannot be explained by logic
- Required to participate in too many extraverted activities

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

- Become expressive about anything that frustrates them
- Negatively judge themselves
- Become too focused on insignificant details
- Use a tone that is underlined with complaining or sulking
- Become overly sensitive to how they think other people view them
- With extreme stress, express emotions through outbursts of anger or tears

An INTP can reduce stress by...

- Clarifying what they value
- Paying closer attention to the needs of others
- Stepping back from a situation to determine additional possibilities
- Participating in physical activities to distract their minds
- Denying the inner fears that pertain to how people view them
- Spending time on their own to re-energize