

INFP

Introvert, Intuitive, Feeling, Perceiving

INFPs represent approximately 1% of the American population.

Potential Strengths

INFPs are sensitive and idealistic people who strive for inner harmony. Devoted to the people and things they care deeply about, they can be loyal and empathetic friends. While they appear cool and even detached, INFPs have private feelings which are strong and passionate. They trust their personal reactions and perceptions, and use their own set of values to rule their lives.

Curious about possibilities, INFPs enjoy all sorts of creative endeavors. Often insightful, they can be original thinkers who enjoy using their imagination to consider new ways of doing things. They can be very persuasive about their dreams and ideas, but only with people they trust, because they make such a personal investment in everything they do. Thoughtful and complex, INFPs are not especially interested in imposing their views on others but are very protective of their privacy and are highly selective about their friends.

Potential Weaknesses

When working on a cause INFPs believe in, they can lose themselves in the project and ignore the pressing realities of life around them. INFPs are very sensitive to interpersonal tension and tend to avoid conflict. They have trouble letting go of hurts and often hold grudges. Because they see only the good in those they care about, they run the risk of being disillusioned and disappointed easily.

INFPs need to find creative ways of expressing themselves. Not very realistic or logical, they sometimes get off track with their projects. They usually set impossibly high standards for themselves and are often not willing to share their ideas until they are flawless. They can be hypersensitive to criticism and tend to take all feedback personally. Without outside reactions, they may never make the necessary alterations and end up with unworkable or unfinished projects. If they view these as failures, they may see everything as negative. INFPs need to ask for constructive advice and then be willing to listen to it with objectivity.

As an INFP, I am good at . . .

- Throwing myself into projects I believe in and causes I care about
- Working alone, without a lot of supervision
- Solving challenges as they arise in original and creative ways
- Listening carefully to people and engendering trust
- Empathizing with the concerns and problems of others
- Getting past the superficial and right to the meaning of issues

I need to watch my tendency to . . .

- Get discouraged if I don't feel my contributions are appreciated
- Be unrealistic in planning my work and make mistakes in fact
- Lose interest if I no longer control my projects
- Become exhausted from competition
- Not make the effort to organize projects that aren't original

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What I need in a career for it to be satisfying

1. To believe completely in the value of my work and be rewarded for my unique contribution
2. The freedom to work on projects that inspire me, with plenty of time for reflection and quiet to focus in depth
3. A supportive and friendly environment, where I work with people I trust and respect
4. The opportunity to grow personally and professionally where my originality is appreciated and encouraged
5. The chance to consider and try creative approaches to solve problems that help other people improve their lives

Careers to consider

Therapist	Social Worker	Artist
College Professor: Humanities/Arts	Journalist	Poet
Architect	Educational Consultant	Novelist
Researcher	Speech Pathologist	Actor
Psychologist	Religious Educator	Editor
Minister/Priest	Missionary	Musician
Church Worker	HR Development Worker	Entertainer
Employee Development Specialist	Social Scientist	Career Counselor

Recommendations for the job search

1. **Using my strengths, I excel when I:**
 - Carefully think through my goals and objectives before starting
 - Begin networking with people I know well and trust
 - Communicate with warmth, especially in writing
 - Easily see possibilities and generate creative options
 - Show employers my commitment to work I believe in
2. **Avoiding my weaknesses, I need to:**
 - Work at staying objective - not just relying on my personal feelings
 - Keep my energy up and work hard at my job search
 - Be realistic about what the job search requires
 - Not take rejection or criticism personally and get discouraged
 - Spend time organizing myself and not get sidetracked
 - Consider the logical consequences of my decisions and choices