

INFP

INFPs ideally should have F-shirts not T-shirts



INTROVERTED INTUITIVE FEELING PERCEIVING

In general, INFPs focus deeply on their values, and they devote their lives to pursuing the ideal. They often draw people together around a common purpose and work to find a place for each person within the group. They are creative, and seek new ideas and possibilities. They quietly push for what is important to them, and rarely give up. While they have a gentleness about them and a delightful sense of humor, they may be somewhat difficult to get to know and may be overlooked by others. They are at their best making their world more in line with their internal vision of perfection.

- INFPs are Super Feelers – they have a strong sense of honor concerning their personal values and are often motivated by deep personal beliefs/devotion to a cause they feel is worthy
- INFPs are compassionate, sympathetic, understanding, and very sensitive to the feelings of others
- They value inner harmony above all else
- INFPs can be tireless in the pursuit of their ideals

Choosing a Major

- Always dreaming of new possibilities
- Want their work to contribute to a purpose beyond the paycheck, aiding human development
- Usually found majoring in counseling, teaching, writing, science, or psychology

Learning Style

- Like general concepts and original or complex material
- Seek patterns among seemingly unrelated events and ideas
- Value artistic expression and the written word
- Say they spend up to nine hours a week in serious nonrequired reading
- Want instructors to arouse enthusiasm for learning

Reading, Writing, Studying

- Need quiet to study or do serious work
- May be surprised in college because they did not have to study to achieve good grades in high school
- Usually interested in literature
- Write best from inner inspiration, drawing ideas from diverse sources and showing conceptual links
- When revising, may need to shorten sentences, simplify overly complex ideas, get to the point quicker, and provide factual data to illustrate points

Playing

- Frequently serve on campus publications
- Very adaptable as roommates, but sometimes may be oblivious of others' concern for order or possessions
- Report they don't like casual dating; want to find a long-term partner
- Often find it hard to pull themselves away from intriguing reading or projects to engage in physical recreation or play

Possible Causes of Stress

- May feel a sense of inadequacy despite objective performance
- Among the least assertive of the types in college
- May find reality does not match their perfectionistic idealism
- May have trouble with time management and organization
- May delay finishing projects because they never feel complete

Dealing with Stress

- Naturally find ways, often by writing, to express ideals
- Learn to trust objective evidence for performance
- Learn ways to act assertively
- Learn time management skills
- May need to turn project in even though it feels incomplete

Work Related Strengths:

- Prefer working toward causes they endorse
- Work well alone, with frequent, meaningful supportive interaction with others they admire
- Faithful to duties and obligations
- Inspired when working at a job they believe in
- Able to understand and communicate one-on-one with other people

Work Related Weaknesses:

- Can be unrealistic in planning a project
- Want control of their projects and may lose interest if control is lost
- Can become discouraged if work is not directed toward purpose they believe in
- May be inflexible about making necessary changes in their ideas
- Can have trouble working in competitive environments

CAREER SATISFACTION means doing work that:

1. Is in harmony with my own personal values and beliefs and allows me to express my vision through my work
2. Gives me time to develop substantial depth to my ideas and maintain control over the process and product
3. Is done autonomously, with a private work space and plenty of uninterrupted time, but with periodic opportunities to bounce my ideas off people I feel respect me
4. Is done within a flexible structure with a minimum of rules or regulations, letting me work on projects when I feel inspired
5. Is done with other creative and caring individuals in a cooperative environment free from tension and interpersonal strife
6. Lets me express my originality and in which personal growth is encouraged and rewarded
7. Does not require me to present my work frequently in front of groups of people or be called upon to share before it is completed to my satisfaction
8. Allows me to help others grow and develop and realize their full potential
9. Involves understanding people and discovering what makes them tick; allows me to develop deep one-to-one relationships with others
10. Allows me to work toward fulfilling my ideals and not be limited by political, financial, or other obstacles

Popular Occupations for INFPs

In listing occupations that are popular among INFPs, it is important to note that there are successful people of all types in all occupations. However, the following are careers INFPs may find particularly satisfying and some of the reasons why. This is by no means a comprehensive listing but is included to suggest possibilities you may not have previously considered. Although all of these occupations offer the potential for career satisfaction, the future demand for some careers is anticipated to be greater than for others.

Creative/Arts

Artist	Writer: poet/novelist
Journalist	Entertainer
Architect	Actor
Editor	Musician
Informational-graphics designer	Editor/art director (magazine)
Multimedia producer	Editor/art director (web site)
Composer	Film editor
Set designer	Interior designer
Desktop publisher	

The appeal of the arts to INFPs is the ability to express themselves and their ideas in creative and personal ways. The personal freedom and flexibility of a working artist is a lifestyle often embraced by INFPs. Whether they work with the written word, a paint brush or other medium, use their building designs or their own bodies as actors or musicians, INFPs strive to create original products that are authentic expressions of their inner voice. Many INFPs describe themselves as artists “deep down,” even if that is not how they earn their living. Some INFPs would even say that being an artist is not something they would choose to be, rather that it’s a cross they have to bear.

Education/Counseling

College professor: humanities/arts	Researcher
Clinical psychologist	Counselor
Social worker	Librarian
Educational consultant	Special education teacher
Bilingual education teacher	Early childhood education teacher
Employee assistance counselor	Child welfare counselor
Substance abuse counselor	Social worker (elderly and child day care issues)
Translator/interpreter	Legal mediator
Planned-giving officer	Philanthropic consultant
Career counselor/coach	Grant coordinator
Genealogist	Curator
Public health educator	

Both teaching and counseling are career areas that enable the INFP to work with others to help them grow and develop their human potential. INFPs can be truly noble in their desire and efforts to improve the quality of life for others. They often prefer the college atmosphere to elementary or even secondary education because the motivation of the students is higher. They enjoy the process of learning and enjoy exploring deeper and more meaningful levels of understanding as researchers or

librarians. INFPs make compassionate and insightful counselors, psychologists, and social workers and strive toward helping their students gain self-understanding and harmony within their relationships and their lives. As counselors, they enjoy the process of understanding others as they come to understand themselves.

Religion

Minister/priest	Religious educator
Missionary	Church worker
Pastoral counselor	

For many INFPs the commitment of a religious career is rewarding. INFPs enjoy helping other people develop their spiritual side and receive pleasure from striving for an attaining their vision for themselves and others. They often prefer a one-on-one setting but with experience can come to enjoy preaching or lecturing. The bottom line for INFPs is to do work that is in harmony with their inner values and beliefs, and often careers within religion provide that.

Health Care

Dietitian/nutritionist	Physical therapist
Home health social worker	Occupational therapist
Massage therapist	Speech-language pathologist/audiologist
Manual arts therapist	Holistic health practitioner (alternative medicine)
Geneticist	Ethicist

The appealing aspects of these health care fields for many INFPs is the ability to work closely and intimately with clients or patients. INFPs generally prefer the autonomy that most of these careers provide them, working in their own practice or as a consultant to a larger health care institution. The creative and often spiritual elements of diagnosis and treatment of physical therapy, holistic therapies, and massage are satisfying uses of an INFP's intuition and feeling preferences.

Organizational Development

Social scientist	Employment development specialist
Industrial-organizational psychologist	Human resources development specialist
Diversity manager—human resources	Outplacement consultant
Labor relations specialist	Consultant: team building/conflict resolution
Corporate team trainer	

Although INFPs are not usually satisfied in business careers, there are some selected fields that offer potential for success and satisfaction. Some INFPs enjoy a corporate setting when their work involves helping other people find jobs that are right for them. They often enjoy jobs in personnel, human resources development, or designing and instituting jobs within a company. They need to work with other supportive people and feel that their contributions are valued and unique in order to find satisfaction in the tough and competitive world of business.

Technology

Customer relations manager

Coach

Engagement manager

Educational software developer

Staff advocate (technology consultant)

Project manager

Human resources recruiter

With the proliferation of technology, there is a rapidly growing need for people who understand technology but also have good people and communication skills. Being the liaison between the technology people and the end users appeals to many INFPs, who find these jobs satisfy their need to help and be connected with their co-workers.

Remember, these are only some areas that provide satisfying expression for the unique natural talents of the INFP.