

INFJ

INFJs are an inspiration to others



INTROVERTED INTUITIVE FEELING JUDGING

In general, INFJs are future oriented, and direct their insight and inspiration toward the understanding of themselves and thereby human nature. Their work mirrors their integrity, and it needs to reflect their inner ideals. Solitude and an opportunity to concentrate thoroughly on what counts most is important to them. INFJs prefer to quietly exert their influence. They have deeply felt compassion, and they desire harmony with others. INFJs understand the complexities existing within people and among them. They do not call a great deal of attention to themselves, preferring that their contributions speak for them. They are at their best concentrating on their ideas, ideals, and inspirations.

- INFJs are independent, original thinkers with strong feelings, firm principles, & personal integrity
- They trust their own ideas and decisions even in the face of skepticism
- INFJs are original, visionary, and creative; they have a clear vision of what is best for the common good
- They are empathetic and compassionate and have a strong desire to contribute to the welfare of others

Choosing a Major

- Usually decide after careful research, but often trust an inner vision
- Tend to seek work where they can quietly aid in the personal development of people, including their colleagues
- Found frequently in fields such as teaching, counseling, ministry, science, research, training and/or development

Learning Style

- Tend to focus on theory and underlying meaning
- Independent and willing to challenge authorities, even their professors
- Learn best when they study alone, with quiet for concentration
- Prefer to express creative ideas in writing
- Want instructors who arouse enthusiasm for learning

Reading Writing, Studying

- Prefer quiet for study and concentration
- Do well academically because of good time management and organization
- Report no non-required reading per week; they do so much required reading
- Best writing will be done when they can freely express their strong convictions
- Need to revise final drafts by fitting original ideas to the instructor's requirements

Playing

- Tend to join campus groups where they can put their ideals into practice or serve others
- Roommates may find them quiet, steady friends with unique interests who will follow through on their commitments
- Report that they do not date much
- Usually want work to be done before relaxing

Possible Causes of Stress

- May ignore information that might challenge what they believe because of single-minded devotion to their cause
- May have definite expectations of others that are not expressed
- May have difficulty seeing why others aren't as interested in their ideals
- May have high expectations for self
- May have difficulty following instructions because of individualism

Dealing with Stress

- Naturally trust in their inner vision or values
- Need to make their expectations clear to others
- Learn to seek and give criticism more often
- May need to set realistic goals for self
- Learn to compromise to meet professors' expectations

Work Related Strengths:

- Good at thinking up alternative and creative approaches to problems
- Able to understand complex concepts
- Promote harmony among others
- Persuasive leaders and committed to what they believe in
- Like to help others develop

Work Related Weaknesses:

- Can be inflexible and single-minded
- Can be impractical about the viability of ideas
- Can be a perfectionist and too independent for corporate culture
- May communicate in ways too complex for others to understand

CAREER SATISFACTION means doing work that:

1. Lets me consider and create new ideas and/or approaches to a variety of problems, mostly those that help others to grow and develop
2. Lets me produce a product or service that I believe in and am proud of
3. Recognizes my authorship and ownership and my unique contributions
4. Lets me express myself and see the results of my vision
5. Lets me implement my ideas for the good of people or in the service of others; lets me work with others on a one-to-one basis
6. Is done in a friendly and tension-free environment where my ideas are seriously considered and where I am psychologically supported for my efforts
7. Can be done independently but with the opportunity to share frequently with others in an environment that is friendly and free of interpersonal conflict
8. Lets me organize my own time and work environment and exert significant control over both the process and product
9. Gives me adequate time to formulate and process my ideas so they are thoroughly prepared
10. Is in harmony with my personal values and beliefs and lets me maintain a high degree of personal and professional integrity

Popular Occupations for INFJs

In listing occupations that are popular among INFJs, it is important to note that there are successful people of all types in all occupations. However, the following are careers INFJs 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.

Counseling/Education

Career Counselor	Clinical psychologist
Educational consultant	Librarian
Special education teacher	Bilingual education teacher
Early education teacher	Employee assistance counselor
Child welfare counselor	Substance abuse counselor
Sociologist	Social worker (elderly or child day care issues)
Museum research worker	Public health educator
Occupational therapist	Educational program director
Developmental psychologist	Parenting instructor, child development course
Teacher: high school or college English, art, music, social sciences, drama	

These occupations allow INFJs to use their ideas and knowledge to help others. The counseling and teaching fields require very personal interaction, often on a one-to-one basis, allowing INFJs to make in-depth connections with others. INFJs also enjoy studying, learning, and the growth opportunities found in an educational context, so they are usually quite comfortable in an academic setting.

Religion

Priest/clergy/monk/nun	Religious worker
Director of religious education	

Religious work requires a deep and personal commitment and a work philosophy that can be characterized as a mission. INFJs frequently see their work that way and find deep satisfaction in sharing their philosophy and beliefs with others.

Creative

Artist	Playwright
Novelist	Poet
Interior designer	Informational-graphics designer
Universal design architect	Freelance media planner
Editor/art director (magazine)	Genealogist
Desktop publisher/editor	Multimedia producer
Editor/art director (web sites)	Film editor
Documentary filmmaker	Set designer
Educational software developer	Exhibit designer
Costume and wardrobe specialist	Merchandise designer and displayer

The appeal of the arts to the INFJ is the ability to create unique works, using their own ideas and vision. The arts enable INFJs to express themselves in a personal way, and the result is often to have an impact on others. With these occupations, the work is generally done independently, allowing the INFJ to organize and control the environment, the process, and the product.

Health Care/Social Services

Health care administrator	Director, social service agency
Mediator/conflict resolver	Social scientist
Social worker	Mental health counselor
Dietitian/nutritionist	Speech-language pathologist/audiologist
Massage therapist	Holistic health practitioner (alternative medicine)
Occupational therapist	Chiropractor
Grant coordinator	Fund-raising director
Legal mediator	Adult day care coordinator
Corrective therapist	Crisis hotline operator
Legislative assistant	

The social service occupations require a commitment to helping others, often within an organizational structure. Most INFJs enjoy working in such a setting, especially when it involves a small and close-knit staff. Social service enables the INFJ to consider and develop new approaches to the problems of individuals or society. Many times social workers work independently on a caseload allowing them to have frequent and one-on-one interaction with clients and colleagues.

Business

Human resources manager	Marketer (of ideas and/or services)
Organizational development consultant	Employee assistance program coordinator/counselor
Job analyst	Diversity manager—human resources
Corporate/team trainer	Preferred customer sales representative
Merchandise planner	Environmental lawyer
Interpreter/translator	Planned-giving officer
Philanthropic consultant	Curator
Literary agent	Outplacement consultant

Although INFJs do not tend to gravitate toward business careers in large numbers, there are areas of business in which INFJs may find satisfaction.

Human resources, or personnel, and organizational development consulting are the “people” parts of business, requiring an interest in and facility with many different types of people. These occupations enable the INFJ to help others find jobs, structure effective work environments, and engage in creative problem solving in which people are the focus.

The marketing occupations enable INFJs to use their creative problem-solving abilities, often working on a team. If INFJs have significant input into the process and are able to maintain a comfortable level of personal and professional integrity, they can find this type of work satisfying.

Technology

Customer relations manager

Coach

Engagement manager

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 INFJs, who find these jobs satisfy their need to help and be connected with their co-workers.

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