

INFP: Introverted, Intuitive, Feeling, Perceiving

An Overview of the Mediator (Dreamer) Personality Type

The INFP personality type is often described as an "idealist" or "mediator" personality. People with this kind of personality tend to be introverted, idealistic, creative, and driven by high values.

INFPs want to make the world a better place and are interested in how they can best help others. They also strive to gain a greater understanding of themselves and how they fit into the world. People with this personality type spend a lot of time exploring their own purpose in life and thinking about how they can use their skills and talents to best serve humanity.

Key INFP Characteristics

INFPs are known to be introverted, quiet, and reserved. Being in social situations can drain their energy, and they prefer interacting with a select group of close friends. While they like to be alone, this should not necessarily be confused with shyness.² Instead, it simply means that INFPs gain energy from spending time alone. On the other hand, they have to expend energy in social situations.

INFPs typically rely on intuition and are more focused on the big picture rather than the nitty-gritty details. They can be quite meticulous about things they really care about or projects they are working on but tend to ignore mundane or boring details.

INFPs place an emphasis on personal feelings, and their decisions are more influenced by these concerns rather than by objective information.

When it comes to making decisions, INFPs like to keep their options open. They often delay making important decisions just in case something about the situation changes. When decisions are made, they are usually based on personal values rather than logic.

INFP Strengths

- Loyal and devoted
- Sensitive to feelings
- Caring and interested in others
- Works well alone
- Value close relationships
- Good at seeing "the big picture"

INFP Weaknesses

- Can be overly idealistic
- Tends to take everything personally
- Difficult to get to know
- Sometimes loses sight of the little things
- Overlooks details

INFPs You Might Know

- Alicia Keys
- Audrey Hepburn
- Bjork
- J.R.R. Tolkien
- J.K. Rowling
- Heath Ledger
- John Lennon
- Princess Diana
- William Shakespeare
- William Wordsworth

Career Paths for INFPs

INFPs typically do well in careers where they can express their creativity and vision. While they work well with others, they generally prefer to work alone.

INFPs tend to be very creative, artistic, and spiritual. They are often skilled with language but may prefer to express their thoughts and feelings through writing rather than speaking.⁵

Because they have strong ethics and values, INFPs also become passionate about advocating or defending their beliefs. While they feel strongly about their own values, they are also interested in learning more about others and are willing to listen and consider many sides of an issue.

Popular INFP Careers

- Activist
- Actor
- Architect
- Artist
- Educational Consultant
- Employee Development Specialist
- Fashion Designer
- Filmmaker
- Graphic/Web Designer
- Holistic Health Practitioner
- Human Resources Manager
- Legal Mediator
- Massage Therapist
- Missionary
- Musician
- Photographer
- Physical Therapist
- Psychologist
- Researcher
- Social Scientist
- Social Worker
- Teacher/Professor
- Writer