

## **INFJ: Introverted, Intuitive, Feeling, Judging**

An Overview of the Advocate (Idealist, Confidant) – the rarest MBTI Personality Type

If you are an INFJ, it means that you are likely to have certain characteristics. These characteristics include:

- **Compassionate:** With their strong sense of intuition and emotional understanding, INFJs can be soft-spoken and empathetic. This does not mean that they are pushovers, however. INFJs have deeply held beliefs and the ability to act decisively to get what they want.
- **Helper:** While they are introverted by nature, people with an INFJ personality type can form strong, meaningful connections with other people. They enjoy helping others, but they also need time and space to recharge.
- **Idealist:** What sets the INFJ apart is their ability to translate their idealism into action. They don't just dream about changing the world—they make it happen.
- **Organized:** People with an INFJ personality type like to exert control by planning, organizing, and making decisions as early as possible.
- **Both emotional and logical:** When making decisions, INFJs place a greater emphasis on their emotions than objective facts. But this doesn't mean they see the world through rose-colored glasses. INFJs understand the world, both the good and the bad, and hope to be able to make it better.

### **Strengths**

- Sensitive to the needs of others
- Reserved
- Highly creative and artistic
- Focused on the future
- Values close, deep relationships
- Enjoys thinking about the meaning of life
- Idealistic

### **Weaknesses**

- Can be overly sensitive
- Sometimes difficult to get to know
- Can have overly high expectations
- Stubborn
- Dislikes confrontation

### **INFJs You Might Know**

- Al Pacino
- Carl Gustav Jung
- Cate Blanchett
- Daniel Day Lewis
- Johann Wolfgang von Goethe
- Lady Gaga
- Mahatma Gandhi
- Martin Luther King, Jr.
- Morgan Freeman
- Nelson Mandela
- Nicole Kidman
- Oprah Winfrey
- Taylor Swift

### **Career Paths for INFJs**

INFJs do well in careers where they can express their creativity. Because people with INFJ personalities have such deeply held convictions and values, they do particularly well in jobs that support these principles. INFJs often do best in careers that mix their need for creativity with their desire to make meaningful changes in the world.

INFJs are usually high achievers and excel in academics and the workplace. They can be perfectionists at times and put a great deal of effort into their work. Co-workers tend to feel that INFJs are hardworking, positive, and easy to get along with. Because they are introverted, however, they may find that they need to retreat at times to recharge.

In managerial roles, INFJs can sometimes struggle to exert authority. They tend to lead with sensitivity and are good at helping subordinates feel appreciated in the workplace. Jobs that require a great deal of routine or adherence to strict rules can be difficult for INFJs.

### **Popular INFJ Careers**

- Alternative Medicine
- Artist
- Child Care Worker
- Child Development
- Counselor
- Consultant
- Designer
- Doctor
- Educational Consultant
- Entrepreneur
- Human Resources Manager
- Marketer
- Missionary
- Musician
- Photographer
- Psychiatrist
- Psychologist
- Social Worker
- Systems Analyst
- Trainer
- Teacher
- Writer