

## **ISFJ: Introverted, Sensing, Feeling, Judging**

An Overview of The Protector (Defender) Personality Type

People who have ISFJ personalities are known for being warm-hearted, responsible, and reserved. The ENTP personality type is the opposite.

### **Key ISFJ Characteristics**

- Caring
- Compassionate
- Dependable
- Industrious
- Kind-hearted
- Loyal
- Organized
- Practical
- Protective
- Sensitive
- Warm

### **ISFJ Strengths and Weaknesses**

Just like with other personality types, the ISFJ type has both strengths and weaknesses.

#### **They Are Observant**

One of their greatest strengths is their ability to notice the people and events happening around them. While people with this personality type are introverted and tend to be quiet, they are keen observers and focused on others. Because they are so perceptive, ISFJs are good at remembering details about other people.

#### **What Is Empathy?**

**They Tend to Repress Their Emotions**

One challenge that ISFJs have to grapple with is their tendency to repress or ignore emotions. Those with this personality type are particularly well-tuned into the emotions and feelings of others. While ISFJs are good at understanding their own emotions, they often struggle to express them. Rather than share their feelings, they may bottle them up, sometimes to the point that negative feelings toward other people can result.

When dealing with life struggles, such as illness or the death of a loved one, they may keep quiet about what they are experiencing to avoid burdening others with their troubles.

#### **They Are Practical**

An ISFJ practicality can be another key strength, but it can also be a weakness when it limits their ability to consider new ideas. People with this personality prefer concrete facts over abstract theories. As a result, they tend to learn best by doing.

This also means that they usually value learning for its practical applications. They also tend to become more interested in new things when they can see and appreciate how they might solve a real-world problem.

#### **They Are Creatures of Habit**

ISFJs enjoy structure and strive to maintain this order in all areas of their lives. They thrive in highly structured and consistent environments where they are given step-by-step instructions and clear expectations.

Their preference to keep things the way they are rather than change. But this does not mean ISFJs aren't adaptable. They simply prefer to have time to think about and prepare for big changes.

### **Strengths**

- Reliable

- Practical
- Sensitive
- Eye for detail

### **Weaknesses**

- Dislikes abstract concepts
- Avoids confrontation
- Dislikes change
- Neglects own needs

### **ISFJs You Might Know**

- Anne Hathaway
- Aretha Franklin
- Beyonce Knowles
- Catherine, Duchess of Cambridge
- Christopher Walken
- Halle Berry
- Kate Middleton
- Kayne West
- Mother Teresa
- Selena Gomez
- Type 50 Cent
- Vin Diesel

### **Career Paths for ISFJs**

ISFJs have many characteristics that make them well-suited to particular careers. Because they are so attuned to the feelings of others, jobs in mental health or the healthcare industry are a good fit.

They are also meticulous and orderly, making them suited to jobs that involve planning, structure, or attention to detail. Their commitment to their work, reliability, and ability to work independently make them attractive to a wide variety of employers.

Because of their solid people skills and desire to create order, they often do well in management or administrative roles. They excel at coming up with plans and helping other people work together to achieve a common goal.

### **Popular ISFJ Careers**

- |                       |                            |
|-----------------------|----------------------------|
| • Accountant          | • Interior Decorator       |
| • Actor               | • Marketer                 |
| • Administrator       | • Medical Technologist     |
| • Artist              | • Military                 |
| • Auditor             | • Nurse                    |
| • Banker              | • Office Manager           |
| • Business Analyst    | • Psychologist / Counselor |
| • Career Counselor    | • Scientist                |
| • Child care provider | • Shopkeeper               |
| • Counselor           | • Social worker            |
| • Designer            | • Teacher                  |
| • Doctor              |                            |
| • Economist           |                            |
| • Entrepreneur        |                            |
| • Gardener            |                            |
| • Health Service      |                            |