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# What is an infj personality trait

How Does INFJ Personality Type Behave in Personal and Business Relationships INFJs have a way of playing with words and of articulating their views effectively. Even though they rarely make good speakers, they mostly use writing as their medium of communication. This is one of the reasons why INFJs tend to prosper in the creative industry where they can express their views fully. People exhibiting these personality traits are deep and complex. They are unique, searching for meaning in multiple life areas, including friendship and relationships. They don't have wide social networks, but the connections they have are strong and long-lasting. INFJs are good listeners and very attentive when interacting with their acquaintances. Therefore, INFJs might feel drained after long social interactions and might take some time to recharge after them. Due to their reserved nature, it can be an uphill task to get an INFJ into your friend circle. These are people who prioritize only their closest friends. So trying to invade their privacy can hurt them. Even though they may never show, you can quickly get yourself the INFJ door slam – a situation in which an INFJ cuts off someone from their lives. If you want to be friends and catch up well with an INFJ, try to understand their perspectives and life views as the cheap talk will not get you far. When you think that introverts don't say much, you can get a big surprise with INFJs. If advocates accept you to their inner circle, you can find them much more communicative than your typical extrovert. INFs are silent influencers. While they may never say much, some people can interpret it as a sign of power. This reputation and influence can grow over time as they surround themselves with such people. One of the ways to win advocate's trust is to give them space to recharge. People with INFJ personality do not require full-time attention. Quality means everything to them; they forge long-lasting friendships based on mutual understanding and beliefs. INFJ tend to be good parents because of their ability to connect and understand people. They transfer this talent to their children and have high expectations of who their kids should be. They also set the bar high in all children matters and push their children to reach the highest excellence marks. Since they are kind, caring, and compassionate, INFJs will inspire their kids to pursue their interests and realize their full potential. INFJs are arguably the best when it comes to understanding feelings and emotions. They take issues of relationships seriously and do not engage in casual encounters. They stick to the partners with whom the same values. They crave for sincere, authentic, romantic, and honest partners. The best way to win an INFJ is to focus on these qualities. Advocates are perfectionists; therefore, they'll look for truly compatible partners. They believe partners should help each other grow and improve. So be ready to challenge and be challenged. Advocate personalities are not afraid to outrightly show their love to the ones they love. They'll do everything to keep their partners happy. They are wise and spontaneous, keeping their love flame blazing. They are full of occasional surprises to their loved ones, making them very romantic partners. INFJs are high achievers and aim only at excellent results. You may find an INFJ easy going and hardworking, but don't take advantage of that. Give them space to recharge and to be by themselves to be most productive. They will rarely air their problems publicly, even if these problems affect their performance. For you, as their manager, it's important to reach out to them if you notice anything disturbing them to address the issue at the root. Famous INFJ You Might Know INFJs are known idealists who see the world as it should be and not as it is. Their ideals may wear them down and frequently turn them into disillusioned individuals. But mostly it gives them, as system disruptors, the drive to change the world for the better. A few have made it possible through consistency and determination, which are their backbones. Below are famous INFJs who have weathered the storm and rose to the limelight: Plato, a famous Greek philosopher Geoffrey Chaucer, an author. J.K Rowling, an English novelist. Garry Trudeau, US-based cartoonist Jimmy Carter Edward Snowden Best Quotes From Famous INFJ Personalities "The visions of the INFJs tend to concern human welfare, and their contributions are likely to be made independent of a mass movement" – Isabel Briggs Myers. "Some failure in life is inevitable. It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all – in which case, you fail by default." – J.K Rowling "We gain strength, courage, and confidence by each experience in which we really stop to look fear in the face... we must do that which we think we cannot." – Eleanor Roosevelt "Wise men speak because they have something to say; Fools because they have to say something" – Plato "Love is the only force capable of transforming an enemy into a friend" – Martin Luther King Jr. 5 Interesting Facts About Advocates These are some of the interesting facts you should know: INFJs are born helpers. They are empathetic by nature and offer help freely to those who need it. In fact, they don't get along well with people who reject their help. INFJs can dwell on negative events in their life. Any incident can go a long way in affecting their performance in all areas of life. This is why the career choice is very important in an INFJ life. They are choosy when it comes to romantic relationships. They will relentlessly pursue a partner who shares their values, yet can quickly switch to a new target if their feelings will not be reciprocal. Such situations can lead to what psychologists refer to as an INFJ door slam. Due to their caring and empathetic nature, INFJs thrive in careers that relate to serving humanity. For example, you'll find them in community service groups, spiritual leaderships, and volunteering campaigns. They are the rarest of the 16 personality types in the human population. Therefore, it is so hard to find a true INFJ, despite many people imagining they are one of the advocates. Frequently Asked Questions About INFJ How do others see and perceive the INFJ? On the positive side, people view INFJs as gentle, sensitive, and caring people who have an infinite sense of responsibility. Due to their endless helpfulness, many people perceive them as very resourceful. Advocates are committed to helping people achieve best solutions and are not afraid of difficult situations. On the negative side, advocates can be perceived as stubborn. This is due to their unrelenting spirit when pursuing their life ideals and goals. At the start of the relationship, an INFJ can do small things like taking you out for dinner, asking about your family, etc. Advocates take falling in love seriously and so they are never in a hurry. The moment they decide to love someone, they do it wholeheartedly. When it happens, they can do everything to please you. INFJ stare refers to the direct, steady focus to one thing or direction by an INFJ. When the focus changes to a different direction, the whole head changes direction too. Are INFJs rare? And how rare? Yes. INFJs are the rarest of the Myers-Briggs personality types. INFJs constitute only about 2% of the total population. Women take a larger share of all INFJs with 2% of the population, while among men they are even rarer with only 1% being advocates. If you exhibit the character traits above and you suspect to be an INFJ, you shouldn't be worried. It is just a psychological classification and doesn't mean you will suffer INFJ personality disorders. At the contrary, you should embrace your nature and focus on its strengths. Test Types Premium Resources Log In Introduction Strengths and Weaknesses Romantic Relationships Friendships Parenthood Career Paths Workplace Habits Conclusion Premium Profile Advocates You May Know INFJ is one of the 16 personality types identified by the Myers-Briggs Type Indicator (MBTI). Scoring as an INFJ means your personality type is best described as Introverted, Intuitive, Feeling, and Judging. Sometimes referred to as the "Advocate" or the "Idealist," people with this personality type often feel misunderstood. Perhaps it's because they're the rarest MBTI personality type, making up only 1% to 3% of the U.S. population. Or maybe it's because they're walking, talking contradictions. They're easy-going perfectionists. Both logical and emotional, creative and analytical. Learn more about the INFJ personality type below. While the MBTI is extremely popular, it has also been the source of considerable criticism due in part to its poor validity and reliability. If you do take the MBTI, use caution when considering the meaning of your results. 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. They have deeply held beliefs and an ability to act decisively to get what they want. Helper: While they are introverted by nature, people with this 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 this 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 This video has been medically reviewed by Rachel Goldman, PhD, FTOS. The MBTI was created by Isabel Myers and her mother Katherine Briggs in the 1940s based on the theories of Swiss psychoanalyst Carl Jung. Jung believed that several mental processes made up each individual's psychological type. He identified four key psychological functions: thinking, feeling, sensation, and intuition. Each of these functions then tends to be either outwardly focused (extraverted) or inwardly focused (introverted). MBTI advocates often utilize what they refer to as a functional stack when analyzing results. You can think of the different cognitive functions as the ingredients that go into making up a personality type. The specific recipe for each type is controlled by how these different ingredients combine and interact. The MBTI itself relies on two key factors that combine in different ways to give us the 16 different types. First is the functions themselves, and second is the hierarchical order of those functions. Each type possesses a dominant function that is the core characteristic of each type. This is then supported by an auxiliary function which is another well-developed aspect of personality. The tertiary and inferior functions are less conscious and not as well-formed. INFJs tend to rely more on four primary cognitive functions: This means that they tend to be highly focused on their internal insights. Once they have formed an intuition about something, they tend to stick to it very tightly, often to the point of being single-minded in their focus. Because of this, they are sometimes viewed as being stubborn and unyielding. This characteristic of this type makes INFJs highly aware of what other people are feeling, but it means they are sometimes less aware of their own emotions. INFJs sometimes struggle to say no to other people's requests for this reason. They are so attuned to what other people are feeling that they fear causing disappointment or hurt feelings. INFJs make decisions based on ideas and theories that they form based on their own insights. INFJs rely primarily on their introverted intuition and extroverted feeling when making decisions, particularly when they are around other people. When they are alone, however, people with this personality type may rely more on their introverted thinking. In stressful situations, an INFJ might try to rely on emotions when making decisions, especially if it means pleasing other people. Under less stressful conditions, however, an INFJ is more likely to rely more on their intuition. While this is a less developed and largely unconscious aspect of the INFJ, it does have an impact on personality. This aspect of personality helps INFJs pay attention to the world around them and stay aware of their surroundings. Extroverted sensing also helps INFJs better live in the present moment, rather than simply worrying about the future. This aspect of personality also helps INFJs appreciate physical activities such as hiking and dancing. Oprah Winfrey, television personality Martin Luther King, Jr., civil rights leader Atticus Finch, character in Harper Lee's "To Kill a Mockingbird" Carl Jung, psychoanalyst Taylor Swift, musician INFJs also have a talent for language and are usually quite good at expressing themselves. They have a vivid inner life, but they are often hesitant to share this with others except for perhaps those closest to them. While they are quiet and sensitive, they can also be good leaders. Even when they don't take on overt leadership roles, they often act as quiet influencers behind the scenes. INFJs are driven by their strong values and seek out meaning in all areas of their lives including relationships and work. People with this type of personality are often described as deep and complex. They may not have a huge circle of acquaintances, but their close friendships tend to be very close and long-lasting. INFJs are interested in helping others and making the world a better place. They tend to be excellent listeners and are good at interacting with people which whom they are emotionally close and connected. While they care deeply about others, INFJs tend to be very introverted and are only willing to share their "true selves" with a select few. After being in social situations, INFJs need time to themselves to "recharge." 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 tend to 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. Artist Actor Entrepreneur Religious worker Musician Librarian Counselor Psychologist Writer Teacher Photographer Because they are reserved and private, INFJs can be difficult to get to know. They place a high value on close, deep relationships and can be hurt easily, although they often hide these feelings from others. Interacting with an INFJ involves understanding and supporting their need to retreat and recharge. People with this personality type sometimes feel misunderstood. You can be a good friend by taking the time to understand their perspective and appreciating their strengths. Because INFJs are so skilled at understanding feelings, they tend to be very close and connected to their children. They have high standards and can have very high behavioral expectations. They are concerned with raising children that are kind, caring, and compassionate. INFJs encourage their children to pursue their interests and talents to fully realize their individual potential. INFJs have an innate ability to understand other people's feelings and enjoy being in close, intimate relationships. They tend to flourish best in romantic relationships with people with who they share their core values. As a partner, it is important to provide the support and emotional intimacy that an INFJ craves. Sincerity, honesty, and authenticity are all traits that the INFJ appreciates in their partner.



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