

INFJ Overview

Order of Preferences	Type Dynamics
<ul style="list-style-type: none"> ❖ 1st Intuition: Dominant ❖ 2nd Feeling: Auxiliary ❖ 3rd Thinking: Tertiary ❖ 4th Sensing: Inferior 	<ul style="list-style-type: none"> ❖ Introverted Intuition: Inwardly focused on integrating ideas to benefit people ❖ Extraverted Feeling: Outwardly decisive, collaborative, and considerate ❖ Thinking: As you mature, assess situations more objectively ❖ Extraverted Sensing: Developmental challenge is acting on immediate realities

INFJ Brief Description:

- ❖ Leads by encouraging others to cooperate working towards a vision
- ❖ Influences by being creative and dedicated
- ❖ Focus on creative insight and strong values

INFJ Characteristics Frequently Associated:

- ❖ Seek meaning and connection in ideas, relationships, and material items
- ❖ Clear vision to serve common good and are insightful about others
- ❖ Organized, decisive, committed, firm, conscientious to values and implementing vision

Managing Stress:

Appreciate your stress triggers and figure out ways to minimize them: Stress triggers for INFJs may include dealing with details, experiencing unexpected events, and too much extroverting.

Understand how your type displays stress: Under stress, INFJs may become overindulgent in sensing (TV, food), approach the world as an enemy or become overwhelmed by sensory data.

Situations that are stressful for INFJs:	
I = Typical Work Stressors for Introverts <ul style="list-style-type: none"> ❖ Noisy ❖ Constant supervision ❖ Leading discussions ❖ Public speaking or large group presentations ❖ Frequent interruptions ❖ Too much time outside oneself 	N = Typical Work Stressors for Intuitive Types <ul style="list-style-type: none"> ❖ Having to attend to realities ❖ Having to do things the proven way ❖ Having to attend to details ❖ Checking the accuracy of facts ❖ Needing to focus on past experience ❖ Being required to be practical
F = Typical Work Stressors for Feeling Types <ul style="list-style-type: none"> ❖ Analyzing situations objectively ❖ Setting criteria and standards ❖ Critiquing and focusing on flaws ❖ Focusing on tasks only ❖ Being expected to use logic alone to make decisions ❖ Asking questions that are divisive 	J = Typical Work Stressors for Judging <ul style="list-style-type: none"> ❖ Waiting for structure to emerge from process ❖ Being expected to use “inner timing” ❖ Too much flexibility around time frames and deadlines ❖ Having to marshal energy at the last minute ❖ Staying open to re-evaluation of tasks ❖ Dealing with surprises

Managing Stress Tips for INFJs:

- ❖ In your dominant, you demonstrate intellectual clarity, sort intuitive hunches accurately, and have novel long-term perspectives.
→ **TIP:** Think about how you perform at your best. Try to proactively create more situations like these. Recognize when you're working on tasks that you prefer not to do over an extended period of time. Find quiet space and natural surroundings to unplug. Use your thinking function to find solutions so you allow yourself to become less serious.
- ❖ When you are under stress, you may become overindulgent in sensing activities such as watching too much TV, overeating, or spending too much money.
→ **TIP:** Learn to recognize when you are becoming stressed, so you can pause and reflect. Be open with others about being stressed and build in time for solitude and rest.
- ❖ Your desire to help others and achieve goals can lead you to become overcommitted and overwhelmed with projects.
→ **TIP:** Focus on meeting your needs as well as the needs of others. Set and define your limitations and avoid taking responsibility for other people's roles. Delegate the details and ask for help.
- ❖ Be careful not to interpret corrective feedback as personal criticism.
→ **TIP:** Acknowledge and reflect on the feedback. Consider it a helpful tool for your growth and development.
- ❖ To maintain a balance, carefully balance time spent with others with time to reflect so that you don't become overwhelmed.
→ **TIP:** Schedule personal breaks during long periods of intense interaction.
- ❖ Document actions to help you adapt and flex outside your preferences to manage stress triggers.
→ **TIP:** Conduct a continue, start, and stop exercise that can help you simplify ways to implement actions on a regular basis. For example:

Continue	Start	Stop
<ul style="list-style-type: none">❖ <i>Being supportive, encouraging of others</i>❖ <i>Providing innovative ideas for long-term goals</i>	<ul style="list-style-type: none">❖ <i>Incorporating feedback from others earlier in your thinking process</i>❖ <i>Presenting information in a sequential, logical order, and show pros and cons</i>	<ul style="list-style-type: none">❖ <i>Taking feedback as personal criticism</i>❖ <i>Presenting your beliefs in an emotional or moralistic way</i>