**INFJ Overview**

For INFJs the dominant quality in their lives is their attention to the inner world of possibilities, ideas, and symbols. Knowing by way of insight is paramount for INFJs, and they often manifest a deep concern for people and relationships as well. INFJs often have deep interests in creative expression as well as issues of spirituality and human development. While the energy and attention of INFJs are naturally drawn to the inner world of ideas and insights, what people often first encounter with INFJs is their drive for closure and for the application of their ideas to people's concerns.

Ideas and symbols are real for INFJs. They live for insight and imagination, and they move freely in the inner world of ideas. The reasoning of INFJs is abstract, conceptual, complex, and metaphorical. INFJs naturally take multiple or creative perspectives on people, situations, and problems. At times there may also be a philosophical, romantic, or even mystical quality to the way their minds work. Introverted Intuition gives a certainty to their insights, and with development of extraverted Feeling they may work in a determined way to make their visions a reality.

Feeling provides INFJs with a way of giving structure to and critiquing their vision, and thus their visions are often about possibilities for people or for humanity as a whole. Though Feeling is important and necessary, Intuition is primary for INFJs, and it pulls them to look to patterns and to possibilities. Feeling puts their future-orientation in a people context, and thus issues of self-realization and human development are often of great import to INFJs. They are usually concerned in an ongoing way not only with their own growth but with the growth of others as well.

INFJs are deeply concerned with fellowship and harmony, and with development of Feeling, they are caring and compassionate. They are concerned with what is good for people, and they often see people's hidden beauty. INFJs can be exquisitely empathic, and their sensitivity may almost border on the psychic;· at times they may even feel a need to shut out their perceptions of what others are experiencing. With developed empathic skills, INFJs can become powerful and dramatically insightful helpers of others, and indeed they are often found in the fields of psychology, spirituality, education, or in the helping professions.

INFJs usually have a love of learning and they are typically academically inclined. No matter what their field, their great powers of concentration can make them excellent researchers. INFJs need to find a place in the world where their unique gifts can be expressed and used, and they may feel like outsiders in a society that does not have a clear place for those with their unique blend of gifts. They need work that provides opportuni­ ties to make use of their creativity, insight, and ability to organize. In their work, INFJs are willing to take on responsibility, and they complete tasks through their quiet perseverance. They may be a behind-the-scenes person who drives and gets things done, or with good development of extraverted Feeling, they may be found in positions of leadership. INFJs win followers through magnetism and harmony, through quiet firmness and through a deep-felt belief in their insights. Their certainty of the truth of their intuitions also leads to their developing a strong sense of independence.

INFJs are often quiet observers of people and the human condition. They have an ability to capture the essence of an interaction, a people situation, and to be aware of the timeless qualities of the human condition. With artistic or creative interests (which they often have), they may express these insights in art or writing. INFJs often have facility with the written or spoken word, and with foreign languages, and reading is usually a source of great joy for them.

In relationships, INFJs can be quiet and insightful friends. Idealists at heart, they greatly value trust and authenticity in relationships. At times, however, others may experience INFJs as certain of-or even stubborn about-their own correctness. Though they typically are concerned with maintaining harmonious relationships and with pleasing others, INFJs may be surprised to hear that others view them as pushy or controlling. Others may also experience them as hard to know or easily hurt, and confrontations and conflict can indeed be terribly painful for INFJs. They are private individuals who may share only a small portion of their inner world with others, not only because they may have difficulty verbalizing their inner experiences, but because they believe others may not understand their insights.

INFJs need development of extraverted Feeling to tell them which of their visions or dreams are the most important to pursue. Without that development, they may have difficulty hearing feedback or alternative views from others, and they may neglect to attend to outside realities that contradict their inner vision. Development of Feeling and a willingness to move into action will help INFJs avoid becoming trapped in their inner visions of the possibilities, with no way of bringing them into fruition in the pragmatic world. In other words, their dreams and plans will stay just those: dreams and plans. With maturity, INFJs are also able to take in new information and change their stance if they see the need for doing so. Development of Thinking and Sensing will help them take a hardnosed look at how they can translate their inner images into outer realities.

Under stress, INFJs may compulsively attempt to organize their outer world but achieve no real embodiment of their visions and ideals. They may also be or appear to be surprisingly critical, perfectionistic, or moralistic. Under stress INFJs may also become self-absorbed in their inner world, have difficulty articulating their needs, and become exceptionally self-critical. Under extreme stress INFJs may become overinvolved in physical experiences (too much exercise), or neglect their physical experience (eat too little), or they may possibly drive themselves to exhaustion.