

Myers-Briggs Type Indicator®

Type Description



INFP

Introversion ▪ Intuition ▪ Feeling ▪ Perceiving

The 16 MBTI® Types

| | | | |
|------|------|-------------|------|
| ISTJ | ISFJ | INFJ | INTJ |
| ISTP | ISFP | INFP | INTP |
| ESTP | ESFP | ENFP | ENTP |
| ESTJ | ESFJ | ENFJ | ENTJ |

INFPs represent approximately 4% of the U.S. population.

INFPs are idealistic and loyal to their values and to the people important to them. They are curious and quick to see possibilities, and often are catalysts for implementing new ideas. They want to understand people and help them fulfill their potential. They are adaptable until one of their cherished values is threatened.

They value home, family, autonomy, health, and creativity.

INFP Descriptors

- Idealistic
- Sensitive
- Concerned
- Faithful
- Understanding
- Caring
- Warm
- Loyal
- Curious
- Original
- Visionary
- Creative
- Complex
- Introspective
- Reserved
- Adaptable
- Accepting
- Flexible
- Tolerant
- Open minded



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Characteristics of INFPs

- INFPs are idealistic and may be perfectionists.
- They have an inner core of values that guides all their interactions and decisions.
- They are loyal to their values and want to live their life in a way that is congruent with those values.
- They are often good at expressing themselves in writing.

INFPs with others

- INFPs value relationships based on depth, authenticity, true connection, and mutual growth.
- They are fascinated by opportunities to explore the complexities of human personality.
- They seek to understand people and help them fulfill their potential.
- INFPs tend to be reserved and are selective about sharing their most deeply held values and feelings.
- The people they appreciate most are those who take the time to understand their values and the goals they are working toward.
- Their expression of value judgments can come out with an intensity that is surprising to others.
- INFPs tend to have romantic views of intimate relationships.

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INFPs at work

- INFPs' main interest lies in seeing the possibilities beyond what is present, obvious, or known.
- They tend to work in bursts of energy and are capable of great concentration and output when fully engaged in a project.
- They are perfectionists when they care deeply about something.
- INFPs are curious about new ideas and tend to have insight and long-range vision.
- They are interested in books and language and are likely to have a gift for writing.
- They can be persuasive when talking about their passions, which are quiet but deep rooted.
- INFPs are often attracted to positions in counseling, teaching, literature, art, science, or psychology.
- They may have difficulty performing routine tasks or doing work that has little meaning for them.

Potential blind spots for INFPs

- If INFPs have not developed their Feeling preference, they may not take the time to consult their inner values and thus may go from one possibility to another, achieving little.
- If they rely too much on their Feeling preference, they may make decisions based solely on personal values and find it difficult to translate their values into action.
- If they have not developed their Intuition preference, INFPs may not have reliable ways of taking in information and may then fail to notice the realities of situations.
- Also, they may spend their time dreaming of the impossible and accomplish very little.
- INFPs may feel such a contrast between their ideals and their accomplishments that they burden themselves with a sense of inadequacy. They may then become overly sensitive and vulnerable, with dwindling confidence in themselves.

