



INEJ

Introverted Intuitive Feeling Judging

The *Myers-Briggs Type Indicator*[®] (MBTI[®]), based on Jung's theory of psychological type, reports your preferences on four scales. Each scale represents two opposite preferences. The four letters that make up your type can help you understand yourself and your interactions with others.

Your type is the combination of preferences you chose when you answered the MBTI. It is up to you to decide what type you truly are, since only you know your true preferences. The scores on the MBTI indicate clarity of preference, not strength or ability to perform in the various areas. All of us use all of the functions at different times; your type indicates those functions you prefer to use most often.

There are no "good" or "bad" types. All types contribute special gifts to the world. Knowing your type can help you understand and develop both your most and least preferred functions, as well as help you understand and work with other people.

The information presented in this booklet was derived from various MBTI sources: the MBTI Manual by Isabel Myers and Mary McCaulley, *Introduction to Type* by Isabel Myers, *Introduction to Type in Organizations* by Sandra Hirsh and Jean Kummerow, and *Work, Play, and Type* by Judith Provost. CPP would like to thank these authors for their invaluable contributions to the world of type.

Useful Resources:

Gifts Differing (1980) by Isabel Briggs Myers with Peter Myers

The Inner Image (1990) by William Yabroff

LIFETypes (1989) by Sandra Hirsh and Jean Kummerow

Manual: A Guide to the Development and Use of the Myers-Briggs Type Indicator (1985) by Isabel Briggs Myers and Mary McCaulley

Portraits of Type (1991) by Avril Thorne and Harrison Gough

Work, Play, and Type (1990) by Judith Provost

E Extraversion

People who prefer Extraversion tend to focus on the outer world of people and things.

S Sensing

People who prefer Sensing tend to focus on the present and on concrete information gained from their senses.

T Thinking

People who prefer Thinking tend to base their decisions on logic and on objective analysis of cause and effect.

J Judgment

People who prefer Judgment tend to like a planned and organized approach to life and prefer to have things settled.

I Introversion

People who prefer Introversion tend to focus on the inner world of ideas and impressions.

N iNtuition

People who prefer Intuition tend to focus on the future, with a view toward patterns and possibilities.

F Feeling

People who prefer Feeling tend to base their decisions primarily on values and on subjective evaluation of person-centered concerns.

P Perception

People who prefer Perception tend to like a flexible and spontaneous approach to life and prefer to keep their options open.

Description of an INFJ

People with INFJ preferences are great innovators in the field of ideas. They trust their intuitive insights into the true relationships and meanings of things, regardless of established authority or popularly accepted beliefs. Problems only stimulate them—the impossible takes a little longer, but not much.

They are independent and individualistic, being governed by inspirations that come through intuition. These inspirations seem so valid and important that they sometimes have trouble understanding why everyone does not accept them. Their inner independence is often not conspicuous because INFJs value harmony and fellowship; they work to persuade others to approve of and cooperate with their purposes. They can be great leaders when they devote themselves to carrying out a sound inspiration, attracting followers by their enthusiasm and faith. They lead by winning (rather than demanding) acceptance of their ideas.

They are most content in work that satisfies both their intuition and their feeling. The possibilities that interest them most concern people. Teaching particularly appeals to them, whether in higher education, or through the arts or the ministry. Their intuition provides insight into the deeper meanings of the subject and they take great satisfaction in aiding the development of individual students.

When their interests lie in technical fields, INFJs may be outstanding in science, or research and development. Intuition suggests new approaches to problems and feeling generates enthusiasm that sparks their energies. Intuition powered by feeling may be of immense value in any field if not smothered in a routine job.

Some problems *may* result from the INFJ's single-minded devotion to inspirations. They may see the goal so clearly that they fail to look for other things that might conflict with the goal. It is also important that their feeling is developed, since this will supply necessary judgment. *If* their judgment is undeveloped, they will be unable to evaluate their own inner vision and will not listen to feedback from others. Instead of

shaping their inspirations into effective action, they may merely try to regulate everything (small matters as well as great ones) according to their own ideas, so that little is accomplished.

Leisure Activities of an INFJ

Their originality is often expressed through reflective, solitary activities such as reading and music (playing, composing, or appreciating it). The quiet warmth characteristic of this type may show in their social preference for small intimate gatherings. Their energy for physical activity may seem low to more exuberant types. Other play activities that appeal to INFJs include artistic and cultural events, informational reading, and collecting aesthetic objects.

Descriptive Adjectives of Your Type

committed	deep	intense
compassionate	determined	loyal
conceptual	holistic	reserved
creative	idealistic	sensitive

Personal Strengths of Your Type

I	Depth of concentration
N	Grasp of possibilities
F	Warmth of sympathy
J	Organization

Dynamics of Your Type

Dominant function	Intuition
Secondary function	Feeling
Tertiary function	Thinking
Least preferred function	Sensing

Organizational Preferences of an INFJ

INFJs trust their own vision, quietly exert influence, have deeply felt compassion, are insightful, and seek harmony.

Contributions to the Organization

- Provide future-oriented insights directed at how to serve human needs
- Follow through on commitments
- Work with integrity and consistency
- Prefer jobs which require solitude and concentration
- Organize complex interactions between people and tasks

Leadership Style

- Lead through their vision of what is best for others and the organization
- Win cooperation rather than demanding it
- Utilize a quiet yet persistent course of action
- Work to make their inspirations real
- Inspire others with their ideals

Preferred Work Environment

- Contains people strongly focused on ideals that make a difference to human well-being
- Provides opportunities for creativity
- Harmonious
- Quiet
- Has a personal feel to it
- Allows time and space for reflection
- Organized

Potential Pitfalls

- May find their ideas overlooked and underestimated
- May not be forthright with criticism
- May be reluctant to intrude upon others and thus keep too much to themselves
- May operate with single-minded concentration, thereby ignoring other tasks that need to be done

Problem-solving Approach

- Generate all the possibilities
- Consider the impact on others
- Examine the logical consequences
- Gather all the facts

Suggestions for Development

- May need to develop political savvy and assertiveness skills to champion their ideals
- May need to learn to give constructive feedback to others on a timely basis
- May need to check their visions with others
- May need to relax and be more open to what can be accomplished in the present situation

Characteristics Frequently Associated with Each Type

Sensing Types

Intuitive Types

<p>ISTJ Serious, quiet, earn success by concentration and thoroughness. Practical, orderly, matter-of-fact, logical, realistic, and dependable. See to it that everything is well organized. Take responsibility. Make up their own minds as to what should be accomplished and work toward it steadily, regardless of protests or distractions.</p>	<p>ISFJ Quiet, friendly, responsible, and conscientious. Work devotedly to meet their obligations. Lend stability to any project or group. Thorough and painstaking, accurate. Their interests are usually not technical. Can be patient with necessary details. Loyal, considerate, perceptive, concerned with how other people feel.</p>	<p>INFJ Succeed by perseverance, originality, and desire to do whatever is needed or wanted. Put their best efforts into their work. Quietly forceful, conscientious, concerned for others. Respected for their firm principles. Likely to be honored and followed for their clear convictions as to how best to serve the common good.</p>	<p>INTJ Usually have original minds and great drive for their own ideas and purposes. In fields that appeal to them, they have a fine power to organize a job and carry it through with or without help. Skeptical, critical, independent, determined, sometimes stubborn. Must learn to yield less important points in order to win the most important.</p>
<p>ISTP Cool onlookers—quiet, reserved, observing and analyzing life with detached curiosity and unexpected flashes of original humor. Usually interested in cause and effect, how and why mechanical things work, and in organizing facts using logical principles.</p>	<p>ISFP Retiring, quietly friendly, sensitive, kind, modest about their abilities. Shun disagreements, do not force their opinions or values on others. Usually do not care to lead but are often loyal followers. Often relaxed about getting things done because they enjoy the present moment and do not want to spoil it by undue haste or exertion.</p>	<p>INFP Full of enthusiasms and loyalties, but seldom talk of these until they know you well. Care about learning, ideas, language, and independent projects of their own. Tend to undertake too much, then somehow get it done. Friendly, but often too absorbed in what they are doing to be sociable. Little concerned with possessions or physical surroundings.</p>	<p>INTP Quiet and reserved. Especially enjoy theoretical or scientific pursuits. Like solving problems with logic and analysis. Usually interested mainly in ideas, with little liking for parties or small talk. Tend to have sharply defined interests. Need careers where some strong interest can be used and useful.</p>
<p>ESTP Good at on-the-spot problem solving. Do not worry, enjoy whatever comes along. Tend to like mechanical things and sports, with friends on the side. Adaptable, tolerant, generally conservative in values. Dislike long explanations. Are best with real things that can be worked, handled, taken apart, or put together.</p>	<p>ESFP Outgoing, easygoing, accepting, friendly, enjoy everything and make things more fun for others by their enjoyment. Like sports and making things happen. Know what's going on and join in eagerly. Find remembering facts easier than mastering theories. Are best in situations that need sound common sense and practical ability with people as well as with things.</p>	<p>ENFP Warmly enthusiastic, high-spirited, ingenious, imaginative. Able to do almost anything that interests them. Quick with a solution for any difficulty and ready to help anyone with a problem. Often rely on their ability to improvise instead of preparing in advance. Can usually find compelling reasons for whatever they want.</p>	<p>ENTP Quick, ingenious, good at many things. Stimulating company, alert and outspoken. May argue for fun on either side of a question. Resourceful in solving new and challenging problems, but may neglect routine assignments. Apt to turn to one new interest after another. Skillful in finding logical reasons for what they want.</p>
<p>ESTJ Practical, realistic, matter-of-fact, with a natural head for business or mechanics. Not interested in subjects they see no use for, but can apply themselves when necessary. Like to organize and run activities. May make good administrators, especially if they remember to consider others' feelings and points of view.</p>	<p>ESFJ Warm-hearted, talkative, popular, conscientious, born cooperators, active committee members. Need harmony and may be good at creating it. Always doing something nice for someone. Work best with encouragement and praise. Main interest is in things that directly and visibly affect people's lives.</p>	<p>ENFJ Responsive and responsible. Generally feel real concern for what others think or want, and try to handle things with due regard for the other person's feelings. Can present a proposal or lead a group discussion with ease and tact. Sociable, popular, sympathetic. Responsive to praise and criticism.</p>	<p>ENTJ Hearty, frank, decisive, leaders in activities. Usually good in anything that requires reasoning and intelligent talk, such as public speaking. Are usually well-informed and enjoy adding to their fund of knowledge. May sometimes appear more positive and confident than their experience in an area warrants.</p>

Introverts

Extraverts