INFJ - “The Counselor”

The INFJ personality type is very rare, making up less than one percent of the population, but they nonetheless leave their mark on the world. As Diplomats (NF), they have an inborn sense of idealism and morality, but what sets them apart is the accompanying Judging (J) trait – INFJs are not idle dreamers, but people capable of taking concrete steps to realize their goals and make a lasting positive impact.

INFJ IN A NUTSHELL

INFJs are creative nurturers with a strong sense of personal integrity and a drive to help others realize their potential. Creative and dedicated, they have a talent for helping others with original solutions to their personal challenges.

The Counselor has a unique ability to intuit others’ emotions and motivations, and will often know how someone else is feeling before that person knows it himself. They trust their insights about others and have strong faith in their ability to read people. Although they are sensitive, they are also reserved; the INFJ is a private sort, and is selective about sharing intimate thoughts and feelings.

WHAT MAKES THE INFJ TICK

INFJs are guided by a deeply considered set of personal values. They are intensely idealistic, and can clearly imagine a happier and more perfect future. They can become discouraged by the harsh realities of the present, but they are typically motivated and persistent in taking positive action nonetheless. The INFJ feels an intrinsic drive to do what they can to make the world a better place.

INFJs want a meaningful life and deep connections with other people. They do not tend to share themselves freely but appreciate emotional intimacy with a select, committed few. Although their rich inner life can sometimes make them seem mysterious or private to others, they profoundly value authentic connections with people they trust.

RECOGNIZING AN INFJ

INFJs often appear quiet, caring and sensitive, and may be found listening attentively to someone else’s ideas or concerns. They are highly perceptive about people and want to help others achieve understanding. INFJs are not afraid of complex personal problems; in fact, they are quite complex themselves, and have a rich inner life that few are privy to. They reflect at length on issues of ethics, and feel things deeply. Because Counselors initially appear so gentle and reserved, they may surprise others with their intensity when one of their values is threatened or called into question. Their calm exterior belies the complexity of their inner worlds.

Because INFJs are such complex people, they may be reluctant to engage with others who might not understand or appreciate them, and can thus be hard to get to know. Although they want to get along with others and support them in their goals, they are fiercely loyal to their own system of values and will not follow others down a path that does not feel authentic to them. When they sense that their values are not being respected, or when their intuition tells them that someone’s intentions are not pure, they are likely to withdraw.
FAMOUS INFJ
Famous INFJs include Mohandas Gandhi, Eleanor Roosevelt, Emily Bronte, Carl Jung, Fyodor Dostoevsky, Florence Nightingale, Shirley MacLaine, Jimmy Carter, and Edward Snowden.

INFJ IN THE POPULATION
INFJ is the rarest type in the population. It is the least common type among men, and the third least common among women (after INTJ and ENTJ). INFJs make up:

- 2% of the general population
- 1% of men
- 2% of women

POPULAR HOBBIES
Popular hobbies for the INFJ include writing, art appreciation, cultural events, reading, socializing in small, intimate settings, and playing or listening to music.

WHAT THE EXPERTS SAY
"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, Gifts Differing

"These seclusive and friendly people are complicated themselves, and so can understand and deal with complex ethical issues and with deeply troubled individuals." - David Keirsey, Please Understand Me II

"INFJs' nonstop search for learning, self-growth, and development—and wishing the same for everyone else—makes them very reassuring to others and people worth emulating." - Otto Kroeger, Type Talk at Work

RESEARCH ON INFJ
Interesting facts about the INFJ:

- Least common type in the population
- On personality trait scales, scored as Sincere, Sympathetic, Unassuming, Submissive, Easygoing, Reserved and Patient
- Among highest of all types in college GPA
- Among most likely to stay in college
- Most likely of all types to cope with stress by seeing a therapist
- Highest of all types in marital dissatisfaction
- Personal values include Spirituality, Learning, and Community Service
- Commonly found in careers in religion, counseling, teaching, and the arts