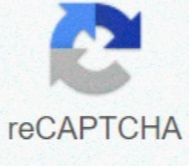




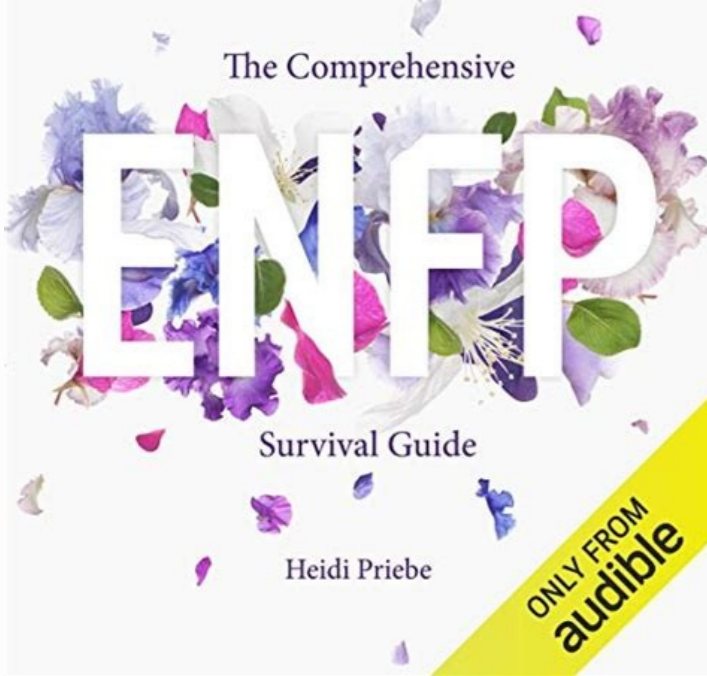
I'm not robot



Continue

The comprehensive infp survival guide

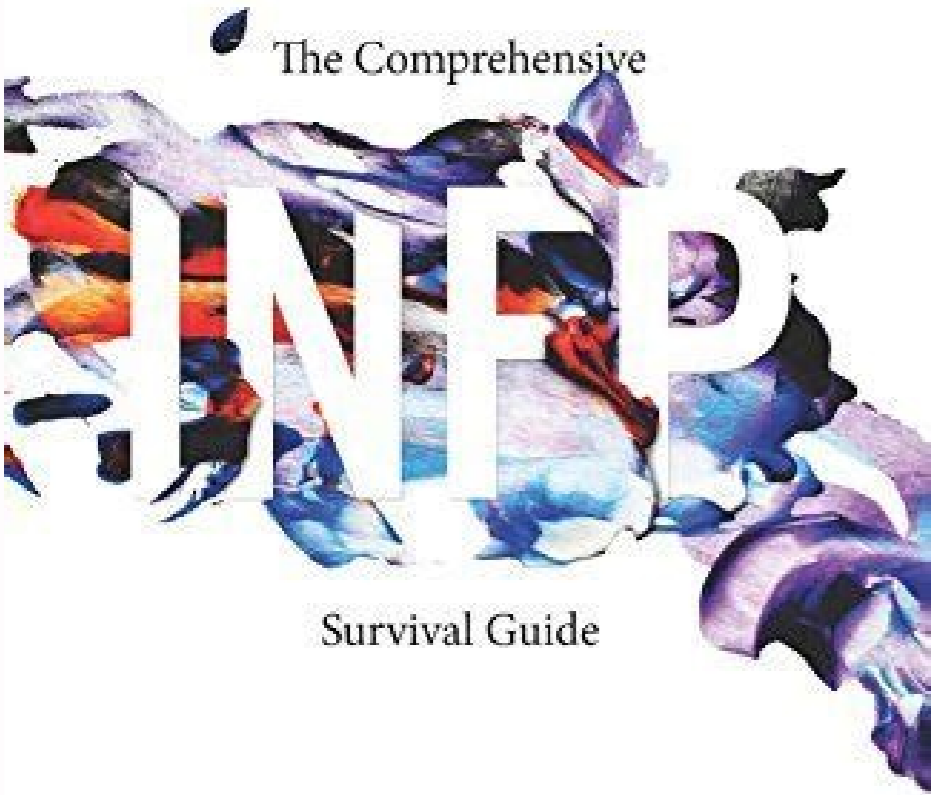
I never knew why I felt like an alien. Always in my head, thinking with my heart. I see beauty in everything. Even the dark ugly stuff. I love this book and what it has taught me, not just about myself but also about my thought process. I know I'll never be fully understood. And I am okay with that. I never wanted to be an INFP before this book, I thought they were wimpy, crybabies who daydream all the time. But after reading this book and doing further research, I LOVE being an INFP. I am special I am kind I am emotionally intelligent and most importantly? I am me. Academia.edu uses cookies to personalize content, tailor ads and improve the user experience. By using our site, you agree to our collection of information through the use of cookies. desde el jardin pelicula completa subtituladoa español gratis To learn more, view our Privacy Policy. Scan this QR code to download the app now Or check it out in the app stores This guide will discuss the INFP type of personality, characteristics of INFP, strengths and weaknesses, career choices & famous personalities having INFP personality. This guide will also discuss who should an INFP marry as well as the MBTI (Myers Briggs Type Indicator) in detail. INFP is the part of 16 personality types given by Myers Briggs in their personality test known as MBTI. The MBTI test assesses the person on four dichotomous domains which have opposing types at each end of the continuum. A person with INFP type remains to themselves, as well as quite imaginative while considering the feelings of others and remaining flexible. To go into details of the INFP personality type, first, we need to understand what is MBTI, what are the four domains and the 16 types of personality. Myers-Briggs Type Indicator (Link to personality test) is based on the idea proposed and developed by Isabel Briggs Myers and her mother Katherine Briggs around 1960. They developed this 16 personality type indicator on the theory introduced by Swiss psychiatrist Carl G.



Jung. This test was originally published in 1962, and since then it is being used to identify the career preferences. Initially, it was used to assess which career is best for women during WWII. MBTI is one of the most widely used personality tests to assess the tendencies of people to work and think in a particular way. Assessment of personality types helps a great deal in differentiating people according to their aptitudes and assigning them particular domains according to their expertise. Myers Briggs gives 16 different types of personality, such as intj, INFJ, INTP, ENFP, ENTJ, ENTP, ISTP, ESFJ, ESTJ, ENFJ, INFP, ESFP, ISFP, ISFJ, ISTJ, ESTP. MBTI is a personality test, in MBTI personality test (which is based on the psychological assessment), it helps the person to decide which career option is best for them. The personality test is based on the four core ideas and the psychological dimensions introduced by Briggs. You can also get to know which professions are best for you on the basis of the scores you got from here. This consists of 16 personality types and four core domains of personality which lie on the continuum at one side of the continuum are the dimension opposite to the other side of the continuum. Such as, if Extroversion, which means a person likes to be outgoing and enjoy social gatherings have Introversion at the other side of the continuum. Either the person lies on one side or the other, which means that anyone domain will be dominant than the other. According to these scores, the personality types will be extracted, which helps in understanding one's own personality and preferences in personal and professional lives. In the age of advancement, people are unable to decide which profession to choose, because there are a number of options available out there and deciding any one profession requires clear thinking. People get confused when they try to subjectively assess themselves and get biased results. MBTI personality test will solve the problem for you and it will only take a few minutes before you will get accurate results around your personality type. The theory describes four core domains that lie on a continuum where one domain is opposing to the other side of the domain. This is also known as dichotomous domains.

The initial domains are based on the writings of Jung, while the last domain was added by Katherine Briggs. Extraversion vs Introversion Sensing vs Intuition Thinking vs Feeling Judging vs Perceiving Let's cover these four core domains in detail: This says that the person high on extraversion likes to join people and participate in gatherings. As well as he feels recharged in the presence of others around. While the introvert tries to keep to himself and spend alone time, as well as they are quite reflective throughout the day. Some people collect the information from the environment directly by their enhanced use of sensation. They use their five senses to make sense of the world. While the intuitive is more imaginative, dreamy, and innovative about the surroundings and what they mean. If you consider yourself a thinker, then you must be considering the logic behind everything and go for the right solution. While feelers use their hearts more than their heads. The person high on feelings understands the situations on the basis of emotions, and consider others. If you have seen someone organized, structured, following schedules then you already have come across the person dominant on judging. Whereas the person high on perceiving, they consider things as open, flexible and easy-going. MBTI says that you are either on one side of the continuum or the other. Once you will be tested on MBTI, your scores will give you your four preferences using four initial letters, such as "INFJ", which shows Introversion, Intuition, Feeling, and Judging as dominant types. As discussed before, the MBTI gives 16 personality domains, based on four domains of personality. These four domains combine in 16 different ways and describe the type of personality according to their preference. Someone more on judging is more organized, and plan ahead and maybe not comfortable with being spontaneous. There is a good piece of writing which extends the learning. MBTI talks about the interaction of four core domains between them, which gives an extended version of one's personality. This understanding regarding oneself is fruitful in a way of deciding the career, and right profession. The person gets to know the flavours of his personality. Whereas there are a lot of other tools available for the personality assessment, such as enneagram, and Big Five, but they just give a brief idea about personality. Following are 16 MBTI domains, for details please follow the links below: ENTJ (Extrovert, Intuitive, Thinking, Judging) INTJ (Introvert, Intuitive, Thinking, Judging) ENTP (Extrovert, Intuitive, Thinking, Perceiving) INTP (Introvert, Intuitive, Thinking, Perceiving) ENFJ (Extrovert, Intuitive, Feeling, Judging) INFJ (Introvert, Intuitive, Feeling, Judging) ISFP (Extrovert, Sensing, Feeling, Perceiving) ESTJ (Extrovert, Sensing, Thinking, Judging) ISTJ (Introvert, Sensing, Thinking, Judging) ISFJ (Introvert, Sensing, Feeling, Judging) ESTP (Extrovert, Sensing, Thinking, Perceiving) ISTP (Introvert, Sensing, Thinking, Perceiving) ESFP (Extrovert, Sensing, Feeling, Perceiving) ISFP (Introvert, Sensing, Feeling, Perceiving) ENTI: This type shows the capabilities of being a passionate, energetic, logical commander. INTJ: This type shows the innovation, and logical thinking to keep things in structure while keeping the focus to oneself. ENTP: They are innovators and come up with unique solutions to the hurdles. INTP: This type of personality can be more logical and innovative and creative in their solutions. ENFJ: More inclined towards humanity and keeps up the value system, while keeping themselves organized. INFJ: They are more organized in their thinking patterns as well as creative and achieve well when being alone. ENFP: They feel more energized when surrounded by others, stay in touch with the feelings of others around, and are flexible in their planning. INFP: These personalities are driven by values and beliefs. ESTJ: They are passionate and hardworking; they make sure to get the results. ISTJ: They are organized, responsible and are the fixer of catastrophes. ESFJ: They consider the feelings of others and try to fulfil their responsibilities. ISFJ: These are the ones, consider taking care of others around and follow the tradition and prove loyalties. ESTP: They are energetic and make sure to get the results they desire. ISTP: They are good at solving the problems and practical in their approach. ESFP: They are good to have in the surroundings to keep people energetic and entertained, they love life. ISFP: They are the ones who enjoy being in the moment with them and are passionate. MBTI clearly shows that there is no one type that is better than the other, but all these types are equally beneficial in one situation or the other. These are the ways of responding people use automatically in their environments. More specifically these are the preferences of responding. The 16 types discussed above can be assessed using the self-assessment questionnaire available here. INFP tries to keep everyone happy and play the role of a mediator. They try to find positivity and happiness in everything. They are the healers, sensitive, compassionate, and concerned for others wellbeing. INFP are non-judgemental, and individualists. They rely on themselves more than other people, they have a strong inclination for ideas and uniqueness. They are easygoing and keep their focus on the surroundings and manage to handle the adversities in the situations. Every type of personality has a few pros and cons and no one personality type is perfect. Here are a few strengths and weaknesses of INFP. They are faithful, and anyone can rely on them. They are concerned about how anyone around them is feeling while trying to fix the shortcomings of the environment for the betterment of others. They want to work alone, and this gives a boost to their energy, they give value to close relationships and are able to see all the aspects of the situation. INFP is overly imaginative and looking for idealism, they are quite sensitive and things hurt them easily. Other people keep on struggling to know their real selves as they do not interact and open-up easily. They are too flexible in the situation may look at the situations too subjectively that they miss the important details. There are few career choices most likely for INFP personality type, for example, INFP can be great actors or musicians because of their increased intuitiveness as well as sensitivity to the feelings and emotions. They can be good graphic designers, psychologists, counsellor, writer, and social workers. Some of the INFP famous personalities identified are: Princess Diana, Isabel Briggs Shakespeare Audrey Hepburn. In this brief guide, we discussed the 16 types of personality given in MBTI. The main characteristics of INFP, such as being highly intuitive and creative which helps them in finding the solution to most problems in their situations, with an enhanced understanding of others due to their sensitivity. Their strengths and weaknesses have been discussed, while finally, the most preferable career choices for INFP will be which involves high levels of creativity and sensitivity. INFP should marry the personality type ENFJ or ESFJ, as these will complement each other by overcoming the weaknesses of each personality type. INFP is not the rarest type of personality but constitutes only about 4% - 5% of the population. INFPs are having dominant personality domains of Introversion, Intuitive, Feelings and perceiving. INFP are sensitive, caring, flexible and prefer to be alone. Please feel free to ask questions and give your comments and suggestions in the comments section below. Truly 16 Personalities Very Well Mind The INFP Book: The Perks, Challenges, and Self-Discovery of an INFP The Comprehensive INFP Survival Guide INFP: Understand And Master Your Own Powers Type Talk: The 16 Personality Types That Determine How We Live, Love, and Work Your Secret Self: Understanding yourself and others using the Myers-Briggs personality test (The MBTI Personality Types Series Book 1) THE COMPREHENSIVE INFP SURVIVAL GUIDE OceanPDF.com THOUGHT CATALOG BOOKS Copyright © 2016 by Heidi Priebe. All rights reserved. Published by Thought Catalog Books, a division of The Thought & Expression Co., Williamsburg, Brooklyn. For general information and submissions: . Founded in 2010, Thought Catalog is a website and imprint dedicated to your ideas and stories. We publish fiction and non-fiction from emerging and established writers across all genres. thought is published by Chris Laverne Cover painted by Marsden Parish Art Direction & Design by KJ Parish Project Managed by Alex Zulauf ISBN 978-1-945796-15-9 10 9 8 7 6 5 4 3 2 1 OceanPDF.com OceanPDF.com OceanPDF.com TABLE OF CONTENTS Dedication 7 A Sincere Thank You 9 Introduction 11 Part 1: Introducing The INFP 13 Chapter 1. Understanding The INFP 15 Chapter 2. The Cognitive Functions 21 Chapter 3. So What Does It Mean To Be An INFP? 33 Chapter 4. INFPs And The Enneagram 43 Part 2: Growing Up INFP 59 Chapter 5.

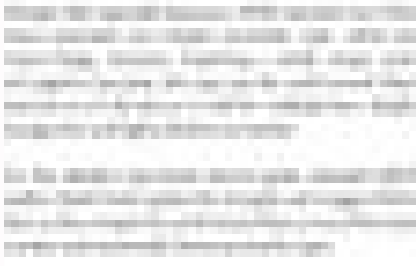
Copyrighted Material



Heidi Priebe

Copyrighted Material

INFPs Across The Lifespan 61 Chapter 6. 25 INFPs Share What They'd Tell Their Younger Selves 75 Part 3: INFPs In The Workplace 81 Chapter 7. INFPs At Work 83 Chapter 8. Mapping Your Career Options 93 Chapter 9. INFP Testimonials 97 Part 4: Unhealthy INFP Behaviors 103 Chapter 10. The Dark Side Of The INFP 105 Chapter 11. Times Of Trouble: How The Shadow Functions Manifest 109 Chapter 12. Moving Out Of The Shadows 125 Chapter 13. Dominant-Tertiary Loops 135 Chapter 14. Managing Emotional Intensity As An INFP 149 Chapter 15. Self-Care For INFPs 155 Part 5: INFP Relationships 159 Chapter 16. INFPs As Friends 161 Chapter 17. INFPs As Partners 165 Chapter 18. INFPs and Breakups 181 Chapter 19. INFPs As Parents 193 Chapter 20. INFPs And Conflict 197 Chapter 21. Setting Personal Boundaries As An INFP 207 Part 6: How To Make It Work With Every Type 211 Chapter 22. Inter-Type Compatibility 213 Chapter 23. How To Make It Work With Every Type 217 Part 7: Appreciating The INFP 259 Chapter 24. Embracing Your Identity As An INFP 261 Sources Cited 271 About the Author 273 About the Publisher 274 OceanPDF.com Dedication For Hilary and for Liz The INFPs who have healed me at my worst and loved me unconditionally at my best. I would not be where I am today without either of you in my life. I love you both more than words can say. OceanPDF.com A Sincere Thank You To the hundreds of INFPs who shared their thoughts, experiences and stories with me to help this book come together. I have no doubt that your insight will be invaluable to other healers. OceanPDF.com Introduction 1 If there's one thing INFPs do not need, it's one more book telling them who they ought to be. From a young age, this type has been bombarded with mixed messages. Be more disciplined, they're told by authority figures. Be more sexual, they're told by the media. Speak up, they're told by well-meaning friends and colleagues. Simmer down, they're told by their middle-aged conservative uncle who somehow roped them into yet another Facebook debate. This type is keenly aware of all the versions of themselves they've opted out of.



The wilder version, who is backpacking their way through South America. The studious version, who is completing their final year at Yale. The complacent version, who married their childhood sweetheart. The rebellious version, who is getting their nineteenth tattoo. The INFP already lives in a land that's over-populated with the people they could have become.



Heidi Priebe

This book isn't here to add an extra resident. This book is here to congratulate you on whichever version of yourself you have chosen (at least for now). It's here to celebrate your strengths. To make sense of your struggles. read after online free watsapp And to swim down to the deepest, murkiest depths of who you are alongside you —because you're too often alone in those depths. The truth about this book is that it is not an easy one to read. This book confronts your bad behaviors. It highlights your opportunities for growth. It challenges you to become the biggest, most magnanimous version of yourself —the one that we both know you're harboring within you. Because if there's one thing the world doesn't need, it's one more INFP trying to act like a type that they're not. The world has enough extroverts. It has enough sensors. It has enough thinkers and judges and each of them is out there fulfilling their uniquely important role within our social ecosystem. But the world doesn't need another half-hearted imitation of any of those types. What the world needs is more INFPs who aren't afraid to be their passionate, creative, quirky and idealistic selves. The ones who inspire us to think outside the box. The ones who refuse to back down on their values. lagona.guifa.pdf The ones who know who they are and what they stand for against all odds—and who aren't afraid to live out their personal truths.

personality. The INFP may feel overwhelmed by the ENFJ’s active social calendar, whereas the ENFJ may not understand the INFP’s extensive need for alone time. The INFP may view the ENFJ as flakey and disorganizing, whereas the INFP may view the ENFJ as condescending and controlling. Both parties desire an intense dislike of conflict and may be prone to sweeping issues under the rug rather than confronting them outright.

How To Make It Work: Be as emotionally open as possible with the ENFJ, even if your feelings are hurt. This type values emotional connectedness above all else, and genuinely wants to make you happy. Encourage the ENFJ to maintain an active social life outside of the relationship. This type needs a wide network of friends and acquaintances in order to feel balanced. Be conscious about confronting problems kindly, rather than sweeping them under the rug. If you’re uncomfortable talking things out, try writing the ENFJ a letter letting them know how you’re feeling. Let the ENFJ know why and how much you appreciate them, on a regular basis. Tell them if a particular piece of advice they’ve given you worked for you. At the end of the day, the ENFJ wants to see you soar—they’re happy if and when you are. INFP Cognitive Functions: Fi—Ne—Si—Te Having a relationship of any nature with someone of one’s own type raises a particular set of challenges and joys. INFPs often find themselves experiencing an intense draw to other INFPs for a simple reason—no other type will ever truly, deeply understand them the way another INFP does. Since most INFPs go the majority of their lives feeling profoundly out of place around others, it is often an intense relief to finally meet another person who mirrors their personality and outlook. Of course, sharing all four cognitive functions in the same order is to blame for this immediate connection. Even when they are in disagreement with one another, each party is usually able to see the other’s point of view and understand how they came to their conclusion. These types often feel an intoxicating pull toward one another—which they may even describe as a spiritual connection—as they may initially recognize all the most intimate parts of themselves mirrored in the other INFP. The health and success of a given relationship between two INFPs is almost entirely dependent on the health of each individual. Between two well-developed and self-aware INFPs, this pairing can certainly be a healthy and supportive one. Each party is likely to accept the other fully for who he or she is, and provide the exact type of support and connection the other INFP has been looking for their whole life. If, however, one or both of the INFPs has not learned to manage feelings of envy, a sense of competition is likely to develop within the relationship. The INFPs may fall into a pattern of subtly attempting to one-up each other at every available opportunity, in order to validate him or her self as the more special and unique of the two. This can lead to a quick deterioration of the relationship as resentment festers and pride takes precedence for both parties.

Additionally, the emotional intensity of this relationship may prove to be too much, even for two well-developed INFPs. With the needs and desires of both partners fluctuating so rapidly, it can be difficult for either one to attempt to keep up with the other, without sacrificing his or her authenticity in the process. The INFPs may eventually realize they’re genuinely better off as friends, as each of them requires more balance in a relationship than they’re capable of providing each other with.

Potential Challenges: Because they share all four cognitive functions in the same order, the INFPs may fail to challenge one another intellectually or practically the way someone with opposing functions might. A sense of competition may develop between two INFPs if one or both of them feels insecure with some aspect of their own personality (and therefore has to compensate for it by pitting themselves against their partner). Because extroverted thinking is inferior for this type, two INFPs in a partnership may struggle to bring structure and logic into their decision-making process.

If one partner has developed their introverted sensing or extroverted thinking more than the other, they may feel as though the majority of the day-to-day responsibilities are falling on their shoulders—which they may grow to resent their partner for.

The relationship may become too emotionally intense for either party to bear, as INFPs are perhaps the most passionate and individualistic type in the MBTI—and many report that judging partners serve to balance them out the most effectively. How To Make It Work: Appreciate and acknowledge the differences between you and the other INFP just as much as you appreciate and acknowledge your similarities. When you feel yourself getting frustrated with the other INFP, stop and ask yourself whether the frustration is warranted or if you are projecting something you dislike about yourself onto the other INFP. Keep a healthy and open line of communication between yourself and the other INFP, even when it feels uncomfortable to bring something up. Try writing out your feelings if you can’t bring yourself to express something verbally. Find ways to challenge yourself intellectually and practically outside of the relationship. Don’t assume that you always know what the other INFP is thinking—remember that type does not holistically determine personality and that you still have to keep in touch with your partner’s emotions and thoughts! OceanofPDF.com PART 7: Appreciating The INFP OceanofPDF.com OceanofPDF.com CHAPTER 24. Embracing Your Identity As An INFP L life as an INFP isn’t always rosy. This type feels the weight of the world at both its happiest and its heaviest. And yet, most INFPs claim that they wouldn’t trade their type in for the world. I surveyed all 16 personality types to see what exactly it is about INFPs that makes them such an intoxicating type. Here’s what they had to say. Other Types Share What They Love About INFP “There is nothing I love more than the vibrancy through which INFPs live out their convictions!” —ENFP “They are such gentle people! They have such a loving, caring outlook on life, and yet such feistiness when it comes to sticking by their values. I can sit down with an INFP and get lost talking for hours—whether it’s about life, spiritual topics, about our dreams and ideas, their latest crazy, out-there science-related theory, or the obscure books we’ve each been reading—the conversation is sure to be multi-faceted, deep, and always uplifting. They are beautiful people!” —ENFP “To an INFP, duty is the most beautiful thing. The idea of something being The Right Thing To Do motivates them like nothing else can. There’s a stark beauty to their unwavering internal

You know you can always trust them. They are almost incapable of greed or selfishness.” —INFJ “I take all my experiences to my INFP to help organize my jumbled feelings into comprehensive emotions. He never fails to ask the perfect questions so I can figure out how to compartmentalize all my adventures. When I’m done talking (which is rare), and if he opens up, the walls that surround us collapse and we get lost in our dreams. I’ve never felt more understood as a whole human being than when I’m with him.” —ENFP “My favorite thing about the INFP’s I know is their ability to empathize and listen. My brother (an INFP) is probably one of the best listeners and emotional supporters I know. He is typically very slow to speak and tries his best to hear everything you have to say and offer emotional help while still assisting in reaching a creative solution. Another thing I admire about this type is their contentment with not being fully understood. The way they reach decisions or conclusions does not really make too much sense to me, but as long as they are loved and appreciated they don’t feel the need to be understood. They are far too creative and artistic to be known fully, and I think that’s beautiful.” —ENFP “They’re the best listeners you’ll ever meet! They ask exactly the right questions and show so much compassion. When they love someone they will do anything for that person, which also make them very reliable.” —INFJ “I love how they are able to compassionately offer advice with love and care. I never feel judged when opening up to an INFP.” —ENFP “I love that they are always there after I’m done doing insane extroverted things to kick back with. My INFP likely to accept the other fully for who he or she is, and provide the exact type of support and connection the other INFP has been looking for their whole life. If, however, one or both of the INFPs has not learned to manage feelings of envy, a sense of competition is likely to develop within the relationship. The INFPs may fall into a pattern of subtly attempting to one-up each other at every available opportunity, in order to validate him or her self as the more special and unique of the two. This can lead to a quick deterioration of the relationship as resentment festers and pride takes precedence for both parties.

She is so quirky and finds meaning in everything. I’m convinced that her unique parenting style which focused on arts and crafts, creative play and meaningful interaction helped me develop the qualities I like best about being an ENFP! (Being creative, affectionate and values driven.)” —ENFP “I don’t know why, but I have lots of INFPs in my life: they just seem to be drawn to me wherever I go. The most important of all is my best friend, since our INTJ+INFP combination works perfectly well. I truly appreciated his strong moral senses, emotional intelligence and loyalty. INFPs are one of my favorite personality types.” —INTJ “Despite us being almost the complete opposites as an ENTJ, I love and appreciate all of my INFP friends because of their approach to life, and how they mysteriously always know how I’m feeling emotionally before I know what I’m feeling (not really surprising for an ENTJ probably). Even if we come from very different standpoints and ways of life, I admire your ability to be vulnerable even when the world is cold.

At times, that is what makes you strong. I encourage all other INFPs to embrace that, to not let yourselves be discouraged, and to be fearless in being you who truly are.” —ENTJ “I love that my INFP are always willing to be with me in any moment of life. Whether it is lighthearted jokes, belting old songs at the top of our lungs or deep conversations.” —ENFJ “INFPs appear wise to me. Emotionally grounded. They have the imagination to connect with me, they always take an early liking to me. They are marvelous listeners, and at many times, give great emotional support. I run to INFP friends when I feel down and out. They bring out the softest sides of me, with ease.” —INTJ “They have a certain innocence, that is so admirable and pure. But when the cards are on the table they are the most stubborn believers in their cause.” —ENTJ “I have a few INFP friends, and my brother and dad are INFP too. No one gets me in such an existential, spiritual way. No judgment, no competition, no fakeness. They listen and empathize. We aren’t the same, not at all. But when we love, we love with a passion for all kinds of people. It’s nice to share that with such compassionate people, when it feels like the world is full of S and J! The INFP/ENFP friendship is a really special one.” —ENFP “INFPs are the only type that can get on an ENFP’s level behind closed doors for introverts sake... what that means is... eat Ben & Jerry pints while debating over 2-letter playable Scrabble words and the meaning of life while wearing our most comfy, unattractive outfits. INFPs are the ultimate sleeper party type, no other type can ride the magic school bus like they can.” —ENFP “The INFPs that I know are some of the most open-minded and optimistic individuals I know. I consider myself to be fairly accepting, but these are the people that can help me believe that there truly is a brighter future out there worth fighting for.” —INFJ INFPs Share Their Favorite Part About Being An INFP “I love how enormous our hearts are. No matter how bruised we are we still have a lot to give. We are passionate and artistic and deep.” “I absolutely love my personal pair of rose colored glasses. I know most people would scoff, but they are one of my most valuable possessions. My ‘child-like wonder’ makes life so enjoyable! I pity those who can’t look at a sunset and feel an overwhelming sense of perfection. I pity those who can’t look at something as simple as a butterfly and feel almost paralyzed by the beauty.” “I love the creativity that comes along with being an INFP. I also love the empathy we have, including myself. Most people have a difficult time feeling things and I love how easily it comes to me.” “I love our passion! I love how much I love other things. I don’t do anything half-heartedly and I pour myself out into the things I love and those who are important to me.

I see the world very vividly and don’t take any small moment as insignificant. I allow myself to feel when and how I want to feel and to react to this world in a way that makes everything brighter and more intense. The way I feel about certain things brings me so much joy that I cannot contain it and I want to share that joy with others! This makes for a constant communal sense of wonder about life and makes my life more exciting for the better. I couldn’t imagine seeing my world through different lenses.” “I love being able to escape into my mind for extended periods of time and keep myself company. Not everyone has that luxury.” “I love how I rejuvenate through alone time. Just being alone with a book/music/movie or sitting quietly can give me a boost of energy. I also love my moral compass. I believe I have worked hard to build and form my morals and I don’t find it difficult to discover the morally correct answer in almost every situation.” “What I love most about being an INFP is my ability to read people. Within a few minutes of meeting someone I know if they’re sincere or manipulate. Others see me as a team player and someone they can always come to for help.” “I never get mad at anyone! It is liberating and wonderful knowing that people just don’t wake up and try to hurt you. If they do it, usually doesn’t have anything to do with you.” “INFP is EM-PATHY!” I just chanted that in my head. I am so grateful for the ability to put myself in others’ shoes; it really does happen every day and helps me not to get so caught up in my own needs and opinions. I also love my imagination and sense of humor; it can get weird, scary, and quite dark but it is never boring in this brain!” “I love that I’m warm and happy and easy to get along with. I feel very secure in the fact that I’m good at making others feel good about themselves. When I go home every night, I know that I have been kind to people that day!” “I love the depth that comes along with being an INFP! I feel like I have a different perspective on life than many other personality types and I love my ability to understand others on a deeper level.” “I love the way I love! Though people have told me that it’s not possible, I really do feel like I love everyone.” Of course I have had problems with people in the past, but I have never completely hated someone. I believe everyone is worthy of love, and this attitude gives me a much more positive and fulfilling perspective on life. I feel very connected to the hearts of others—even strangers. It helps me to develop a circle of kindness with everyone I meet and interact with. The ability to love deeply comes with the ability to be vulnerable, which is a beautiful thing. To be vulnerable about my emotions with my boyfriend has helped our relationship grow, become a place of safety and trust, and has helped us to love stronger! Developing and strengthening my way of loving is so worth it—it has made my life so wonderful!” “INFPs are professional dreamers. Sometimes it can be a problem having your head in the clouds all the time but most of the time, especially for artists or writers, it’s an asset. I love being a dreamer.”

“Introspection is almost always constant. Being an INFP means being reflective. An INFP like me steadfastly find ways for a win-win situation, ensuring that harmony and peace always prevail. For some reason, we, INFPs always seek for the best. Optimism is a must.” “I love being so unique—that Fi function is so special because my Fi is totally singular compared to all of my other INFP friends. So feeling like a complex puzzle is always intriguing to me.” “I know how to love people well and rightly. I understand peoples hurts and wounds for the most part and when I don’t, I learn how to. I make the things that people often make boring, fun and exciting. Wanting to help and love every thing in the world is natural for me. I self-entertain. I know how to give myself grace. I enjoy people more than things. Above all, I love that I cry for myself and others.” “I love being an emotion-based person. I feel everything and I feel it deeply. I love being so perceptive to Wonder. I notice beauty where others don’t and I can get lost in it. I love being excited by possibilities. I love that I am able to express myself through poetry.” “I love how well I am able to understand what others are going through—not empathize, but sympathize. I can see their side, their point of view, and give accurate counsel. I love giving advice; it makes me feel useful and like a good friend. That’s my favorite thing about being an INFP—it helps me to see people and situations from all sides and give accurate help, even if I’ve never been in the situation myself.” “I’m a proud introvert. I love that my natural tendency to listen and observe can help friends and family and colleagues discover new opportunities (while letting me get away with listening and observing and giving gut-level feedback).” “Some people hate to be alone, but I relish my solitude—so my solo life is perfect for me. I’m not lonely, because there’s so much going on in my head.” “We are beautiful creatures. With so many talents that aren’t as common but sorely needed in this world. We keep a little bit of magic still in our hearts. We can see the potential in everything. If we could harness our creativity, it would have no bounds. We can be empathetic and gentle, but have a stronger core than you think. I could go and on. What would the universe be like without these little fairies called INFPs?” OceanofPDF.com SOURCES CITED Quenk, Naomi L. Was That Really Me?: How Everyday Stress Brings out Our Hidden Personality. Palo Alto, CA: Davies-Black Pub., 2002.

Print. Riso, Don Richard, and Russ Hudson. The Wisdom Of The Enneagram. New York: Bantam, 1997. Print. Team Technology (2016). INFP Careers (Based On Research). Retrieved from: OceanofPDF.com OceanofPDF.com ABOUT THE AUTHOR Heidi Priebe graduated from the University of Guelph, Ontario with a degree in Psychology and the firm ambition to prove her skeptical professors wrong about the Myers-Briggs Personality Type Indicator. She has since penned two books and countless blog posts about the inventory. It’s all very ENFP of her. OceanofPDF.com ABOUT THE PUBLISHER Thought Catalog Books is a publishing house owned by The Thought & Expression Company, an independent media group based in Brooklyn, NY. Founded in 2010, we are committed to facilitating thought and expression. We exist to help people become better communicators and listeners in order to engage a more exciting, attentive, and imaginative world. Visit us on the web at www.thought.is or www.thoughtcatalog.com. OceanofPDF.com OceanofPDF.com OceanofPDF.com