

INFJ “Empathizers” *’ CAMELLIA

*(excerpted from *Blending Temperaments* book

Only 1% of our population is like you. Your strong point is your unusual committed drive to contribute to the welfare of others. An INFJ has great depth of a complex personality which only those close to them ever glimpse. ISFJs embrace many goals about which they may never speak.

INFJs are sometimes even a puzzle to themselves. Of all types, they have the most difficult time deciding what their temperament might be. Their vivid imaginations intrigue others and entertain themselves. INFJs are usually good students who use their creativity to achieve significant benefits for others, even to fighting for a cause.

INFJs are willing to tolerate working with their hands or involvement with boring facts if it paves the way for them to help people emotionally, preferably one at a time. An INFJ’s attitude is usually, “I’d rather make suggestions than decisions.” They wield much behind-the-scenes influence.

Your type is sensitive, quiet, serious and tend to be perfectionists—often working too hard on a project. Pleasing others and giving their best in all situations characterize INFJs. They avoid conflict of all kinds.

INFJs are usually very cooperative because they are organized and crave harmony at all costs. Criticism crushes the spirit of an INFJ. They know where they have failed but do not want it mentioned. When INFJs work without appreciation or approval, their confidence level is likely to fall and they are likely to become devastated by discouragement. They like to be appreciated for their creative ideas and thoughtful actions. INFJs are surprised and disturbed to discover others are often intimidated by them..

Occupations for INFJs must involve contact with people, but on a one-on-one basis, such as individual therapists, counseling, music, clinical psychology, general practitioner, psychiatrist, psychologist, ministry, writing, research or teaching in these fields.

INFJs succeed in these fields because of their warmth and genuine concern mixed with enthusiasm, insight and concentration along with the ability to complete tasks.

INFJs make good marriage partners because of their commitment and devotion but they may resist physical approaches. They want to be authentic and genuine about any affection they give. They like it to be their idea. A little goes a long way. They prefer to think and dream about romance rather than get physically involved. However, INFJs, if not rushed and if they trust their spouse not to take advantage, will learn to share more of themselves.

THE INDIVIDUAL LETTERS MEAN...

I •INTROVERSION—means you prefer the world of privacy and quiet; speak only after you think; say what you mean; make few verbal errors. After being with people for an extended time may feel the need to recoup. Being with people drains your battery. It means that you share a minority of 25% of the world’s introverts.

N •INTUITIVE—means that you prefer the world of ideas to that of facts and figures. It means that you look ahead to the “what if’s” and “how about’s”. You are good at solving problems because you can project yourself ahead. It means that again you share the minority of 25% of the world. Intuitives have a tendency to ignore, overlook, turn their nose up at some SENSING facts (from logical, obvious things around) in pursuit of their abstract goal. Sometimes their feet are off the ground.

Like all Intuitives, INFJs benefit from SENSING person to balance them, or need to learn to consult their SENSING process purposely. Intuitives’ goal is to have a goal. Intuitives want to taste everything—flitting around like a butterfly from flower to flower, afraid they’ll miss something. They may not stay interested in something as long as another type thinks they should. Intuitives are harder to understand because they’re always changing. Intuitives are full of ideas, ideas, ideas.

F •FEELING—indicates that decisions are made with other people in mind. Decisions can be changed as others’ likes, wants, expectations are learned. FEELING decision is the bridge to human relationships. FEELING deciders need harmony; hate criticism. Fifty percent of the world prefer FEELING decision making—mostly women.

J •(Judging) STRUCTURED—means that you like a planned day rather than a spontaneous one. Your ethic is, “Work, it must be done.” You like to be organized and know what’s expected of you. You prefer to work first, then play. Fifty percent of the world shares your preference.

INFJ is very gentle, unpretentious and beautiful. The world is indeed richer for your presence. Learn to speak up so your creativity can be recognized.

*In God’s flower-garden, an INFJ is a camellia—delicate, red, white, pink or spotted rose-like blossoms and shiny dark green leaves.

Organized Empathizers

TIPS ON TEMPERAMENT MANAGEMENT

INFJ "Empathizers" *' CAMELLIA'

Temperament does NOT label or limit a person, but rather frees one to be who they were designed to be. Discovering temperament completely changes some peoples' view of themselves and others, improving their self esteem and giving them a new lease on life. Others who have not struggled with low self worth, having never been put in a box, just appreciate knowing the legitimate differences in people, and make few immediate adjustments.

Temperament does not determine attitudes. Two people sharing the same temperament preferences may exhibit very different dispositions. Temperament can be compared to musical chords in various keys... distinctive in their own right, but enhanced when blended with tones from other keys. The more skilled the musician, the more beautiful the melody.

- Occasionally people will use temperament preferences to excuse inappropriate or tactless behavior such as:
- "Don't fault me for giving you the silent treatment; I'm an Introvert."
 - "I'm late, but it's OK; I'm Spontaneous".
 - "You know how Extraverts are; we can't help but ask personal questions."
 - "I have every right to do this job differently each time because I'm an Intuitive."
 - "I've always done it this way and that's the way Sensing people are."

Temperament is a wonderful tool, but is not to be used as a hammer to beat someone over the head. Some people dislike being analyzed, categorized or discussed. Respect their privacy.

You are more than just an INFJ. You are like a house with many rooms, acting and responding a little differently depending on which room you're in, with whom and under what circumstances.

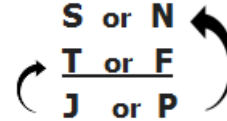
Every normal person is a blend of reserved/cautious Introversion; outgoing/confident Extraversion; fact & figures/hands-on Sensing; ideas & possibility iNtuitive; organized/closure Structure (J); open ended/crises sPontaneous (P). Temperament merely identifies our most natural or favorite way of acting or responding to people and situations

Everyone Extraverts their last letter: 'J' or 'P'. 'J' reflects the decision making preference—Thinking or Feeling; 'P' reflects information gathering preference—Sensing or iNtuition.

Introverts' last letter *happens* to be their second favorite preference, but because it is used on the world, it becomes their best developed function.

 Extracted from *Self-Esteem—Gift From God*, (Smyth & Helwys). Other related titles: *Coaching Kids—Practical Tips for Effective Communication* by Jim and Ruth Ward (Smyth & Helwys);

This final column explains the order which individuals access their four preferences. Although the information is beneficial, not everyone desires to digest it fully. Hopefully, a quick reading will reveal understanding for behavior. Don't miss the last paragraph's thumb-nail for your temperament.



Introverts prefer to reserve use of their first and favorite preference for private use. Since Introverts are forced to use their second preference through Extraversion, they develop both the first and second functions.

Extraverts' last letter is their first and favorite preference which they easily Extravert on the world. However, since Extraverts prefer to use their favorite preference on the world, they often neglect developing their second preference.

Opposite our first preference is our fourth (least) preference.

Opposite our second preference is our third preference..

Purposely using less preferred preferences encourages healthy balance and enables better handling of different situations more wisely—produces a clearer and more beautiful melody. We can get "visas" anytime to enter the camps of our less preferred functions. Even though we will feel strange or awkward as we consult the third and fourth functions—our shadow side camps—we'll benefit from the practice and use of those helpers.

I	
N₁	S₄
F₂	T₃
J	P

THUMB-NAIL:

As an INFJ, you Extravert your second preference (Feeling decisions) which causes the world to see you as a decision maker wanting closure. You may say "no" just to get a private time for your first and favorite preference (iNtuition). Although you seem to like to make decisions, you enjoy your Intuitive projects done in privacy. Thinking logic (3rd) and Sensing(4th) will be your most difficult preferences to consult and use.

Blending Temperaments—Improving Relationships, Copyright ©. No portion may be reproduced without permission from author, Ruth McRoberts Ward. York, PA