

## **INFP "IDEALISTS" \*'PORTULACA'**

\*(excerpted from *Blending Temperaments* book)

**I**NFPs are of the most intellectually profound because their ideas are not in bondage to structure. They make up 1% of the nation as are other INs. Attracted to individual crisis and unstoppable in their commitment to personal involvement, INFPs sacrifice physically, financially, and emotionally, often beyond their own strength and reason.

Although sensitive, modest, and analytical, INFPs shoot for the stars when they get hooked on a cause, yet they can sink to the depths of despair when that pursuit fails. No other type cares so deeply or fights so tenaciously as the INFP. They quietly and effectively campaign for individual concerns, but when rebuke by word or pen is needed, INFPs rise to the occasion. INFPs are free-spirited and fiercely resist being put in a box or on a schedule. Cleaning house seems to repel INFPs more than any other type, yet if the need arose, they would clean all day and do it well for someone else because their by-line is, "When I'm doing something for someone else, it has to be done right."

INFPs want unity in their lives. They may often experience a negative tendency expecting the worst emotional problems. They tend to be moody and very complex to figure out. Often the world overlooks their expertise and ability to problem-solve because INFPs avoid visibility. Although INFPs are sensitive and allow others to push them around, they'll dig their heels in when someone tries to influence them to violate their morals, beliefs, or something they feel very strongly about. INFPs read people very quickly and may perceive their attitudes before the person even knows himself. They relate well to most people but at a safe distance.

INFPs dislike telephone interruptions and work well alone. They can handle complicated situations but are impatient with routine, meaningless detail. They rarely make errors involving values.

Many careers draw INFPs like the ministry or some type of missionary work, college teaching, psychiatry, architecture, psychology. INFPs are not in love with business and bookkeeping, but they can do it if the need arises. INFPs prefer unique professions where jobs are tailor-made for them. Like the other INs, INFPs are reserved about displaying physical

### **THE INDIVIDUAL LETTERS MEAN...**

**I •INTROVERSION**— reveals that you need much privacy and just a little people. You know what you are going to say before you say it. Being around people for long periods exhausts you. You may be sensitive to noise. Morning may not be your favorite time for talking. Communicating your ideas may be difficult.

**N •INTUITIVE**— indicates that you are in the idea world rather than in the world of facts and figures. You trust your hunches and are more prone to wonder, "what would happen if" and "what about?" You find potential questions flooding your mind, but you may not possess the confidence to verbalize them. Intuitives tend to disregard facts for which they see no importance, and use only those which they like. They gather only a few before they begin to act, and for this reason, are impulsive, and often seem unreasonable or strange, especially to those who trust facts and proceed according to previous experiences. Intuitives forget facts and speak in "ballpark" figures. They speak in fragments of sentences because their minds receive so many messages. They are highly imaginative.

**F •FEELING**— means that you include others in decision-making regarding work and play. It means you would be easily influenced to go along with someone else's idea if it would maintain harmony, be to someone else's advantage, or make someone happy or safe. Making logical decisions and sticking to them is your hardest assignment

**P • (Perceptive) SPONTANEOUS**—indicates the process you use on the world—that of ideas rather than decision. This is not the process that you like the most, however. You save your favorite process for privacy, which is doing things with and for people. Action is your best gift; your intuition process merely feeds your decisions. Your intuition also guards your decision-making preference. You will be happiest when you use your ideas to help people.

Spontaneous lifestyle means you let things slide; you prefer to be able to see a definite improvement when you finish a job. Spontaneous intuitives are very flexible. They are fun to watch as they flit through life like humming birds. You despise routine but can spend long, tedious hours doing something that interests you. You prefer to start things but not finish them because you lose interest. You like to be free to do what you want to do when you want to do it.

**INFP** is an intriguing type. We desperately need your insightful influence and observations and your "follower" attitude and encouragement. Please, speak up, so we don't overlook you.

\*In God's flower-garden, an INFP is Portulaca—  
Colorful, delicate, complex, private, jubilant;  
*Non-encroaching Idealists*

**TIPS ON TEMPERAMENT MANAGEMENT**

**INFP "IDEALISTS" \*'PORTULACA'**

**T**emperament 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 INFP. 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.

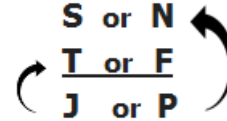
Every normal person is a blend of reserved/cautious Introversion; outgoing/confident Extraversion; fact & figures/hands-on Sensing; ideas & possibility iNtuitive; organized/closure Structure (J); open ended/crises sPontaneous (P). Temperament merely identifies our most natural or favorite way of acting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

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 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**  
**N2 S 3**  
**F 1 T 4**  
**P**

THUMB-NAIL:

As an INFP, you Extravert your second preference (iN tuition) which causes the world to see you as an idea and possibilities person. You particularly enjoy making Feeling decisions—your first and favorite which affect you personally rather than giving orders to others. Sensing (3rd) and Thinking (4th) will be your most difficult preferences to consult.

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