

INFP ***Introverted - Intuitive - Feeling - Perceiving***
“Still Waters Run Deep”

As an INFP, career satisfaction means doing work that:

1. Is in harmony with my own personal values and beliefs and allows me to express my vision through my work.
2. Gives me time to develop substantial depth to my ideas and maintain control over the process and product.
3. Is done autonomously, with a private work space and plenty of uninterrupted time, but with periodic opportunities to bounce my ideas off people I feel respect me.
4. Is done within a flexible structure, with a minimum of rules or regulations, letting me work on projects when I feel inspired.
5. Is done with other creative and caring individuals in a cooperative environment free from tension and interpersonal strife.
6. Lets me express my originality and in which personal growth is encouraged and rewarded.
7. Does not require me to present my work frequently in front of groups of people or be called upon to share before it is completed to my satisfaction.
8. Allows me to help others grow and develop and realize their full potential.
9. Involves understanding people and discovering what makes them tick; allows me to develop deep one-to-one relationships with others.
10. Allows me to work toward fulfilling my ideals and not be limited by political, financial, or other obstacles.

Work-related strengths and weaknesses of INFPs include:

STRENGTHS:

- Prefer working toward causes they endorse.
- Work well alone, with frequent, meaningful supportive interaction with others they admire.
- Faithful to duties and obligations.
- Inspired when working at a job they believe in.
- Able to understand and communicate one-on-one with other people.

WEAKNESSES:

- Can be unrealistic in planning a project.
- Want control of their projects and may lose interest if control is lost.
- Can become discouraged if work is not directed toward purpose they believe in.
- May be inflexible about making necessary changes in their ideas.
- Can have trouble working in competitive environment.

Popular Occupations for INFPs

THE ARTS

- Artist
- Writer: poet/novelist
- Journalist
- Entertainer
- Architect
- Actor
- Editor
- Musician

The appeal of the arts to INFPs is the ability to express themselves and their ideas in creative and personal ways. The personal freedom and flexibility of a working artist is a lifestyle often embraced by INFPs. Whether they work with the written word, a paint brush or other medium, use their building designs or their own bodies as actors or musicians, INFPs strive to create original products that are authentic expressions of their inner voice. Many INFPs describe themselves as artists “deep down,” even if that is not how they earn their living. Some INFPs would even say that being an artist is not something they would choose to be, rather that it’s a cross they have to bear.

TEACHING/COUNSELING

- College professor: humanities/arts
- Researcher
- Psychologist
- Counselor
- Social worker
- Librarian
- Educational consultant
- Speech pathologist

Both teaching and counseling are career areas that enable the INFP to work with others to help them grown and develop their human potential. INFPs can be truly noble in their desire and efforts to improve the quality of life for others. They often prefer the college atmosphere to elementary or even secondary education because the motivation of the students is higher. They enjoy the process of learning and enjoy exploring deeper and more meaningful levels of understanding as researchers or librarians. INFPs make compassionate and insightful counselors, psychologists, and social workers and strive

toward helping their clients gain self-understanding and harmony within their relationships and their lives. As counselors, they enjoy the process of understanding others as they come to understand themselves.

RELIGION

- Minister/priest
- Religious educator
- Missionary
- Church worker

For many INFPs the commitment of a religious career is rewarding INFPs enjoy helping other people develop their spiritual side and receive pleasure from striving for and attaining their vision for themselves and others. They often prefer a one-on-one setting but with experience can come to enjoy preaching or lecturing. The bottom line for an INFP is to do work that is in harmony with their inner values and beliefs, and often careers within religion provide that.

ORGANIZATIONAL DEVELOPMENT

- Employment development specialist
- Human resources development specialist
- Social Scientist

Although INFPs are not usually satisfied in business careers, there are some selected fields that offer potential for success and satisfaction. Some INFPs enjoy a corporate setting when their work involves helping other people find jobs that are right for them. They often enjoy jobs in personnel, or human resources development, or designing and instituting jobs within a company. They need to work with other supportive people and feel that their contributions are valued and unique in order to find satisfaction in the tough and competitive world of business.

Excerpt from “Do What You Are: Discovering the Perfect Career for You Through the Secrets of Personality Type”; Paul C. Tiger & Barbara Barron-Tieger.