

Myers Briggs Personality Type Interpretation

INFP

The Idealist

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The following interpretation is based on the results of the MBTI Personality test you participated in. The test was first published in 1943 and has been used by many institutions and therapists the world over. The purpose for using this test in my coaching is to help both of us to get an objective snapshot your personality and which strengths to play to as well as what areas need some strength training.

Please take time to carefully read through each point and remember that the purpose of participating in this test is to bring to light what personality traits shape your approach to navigating life. Bear in mind the results are not about if you are doing things right or wrong, it is to shed light upon the personality traits that have either helped or inhibited you in achieving your goals.

Though the MBTI is considered by most to be very accurate you may read through the interpretation and perceive characteristics you may not see in yourself. With the traits you do not resonate with it may be that they are not present or not fully expressed either way it is fine.

The characteristics that you can easily identify should be seen as a snapshot of your personality. The results of the test are to be used as a stepping off point. I can't stress enough that the results are not hard and fast nor are they a place to become stuck. As you evolve you will find traits that were once considered weaknesses have, through your effort, morphed into strengths.

After reading the interpretation please take time to fill in the boxes provided on the interpretation page with as many strengths and weaknesses that you feel are accurately identified by the test. When you have done this we will discuss your feelings about your observations.

*****A more in depth and comprehensive interpretation based on your results is available upon request. You may find it helpful to have the results more intensely defined in a one on one session.**



The Idealist

Jungian functional preference ordering:

Dominant: Introverted Feeling

Auxiliary: Extraverted Intuition

Tertiary: Introverted Sensing

Inferior: Extraverted Thinking

INFP's generally have the following traits:

Strong value systems, warmly interested in people

Service-oriented, usually putting the needs of others above their own loyal and devoted to people and causes

Future-oriented, growth-oriented; always want to be growing in a positive direction, creative and inspirational

Flexible and laid-back, unless a ruling principle is violated

Sensitive and complex

Dislike dealing with details and routine work

Original and individualistic - "out of the mainstream"

Excellent written communication skills

Prefer to work alone, and may have problems working on teams

Value deep and authentic relationships

Want to be seen and appreciated for who they are

INFP Strengths

Warmly concerned and caring towards others

Sensitive and perceptive about what others are feeling

Loyal and committed - they want lifelong relationships

Deep capacity for love and caring

Driven to meet other's needs, strive for "win-win" situations

Nurturing, supportive and encouraging

Likely to recognize and appreciate other's need for space

Able to express themselves well , flexible and diverse

INFP's weaknesses

May tend to be shy and reserved, doesn't like to have their "space" invaded

Extreme dislikes of conflict, extreme dislike of criticism, strong need to receive praise and positive affirmation

May react very emotionally to stressful situations

Have difficulty leaving a bad relationship, have difficulty scolding or punishing others

Tend to be reserved about expressing their feelings

Perfectionist tendencies may cause them to not give themselves enough credit

Tendency to blame themselves for problems and hold everything on their own shoulders.

INFP	
Please enter your perceived strengths and weaknesses.	
Strength	Weakness

