

PERSONALITY TYPE

INFP

Hello

Thank you for completing the personality type questionnaire, below you will find a detailed summary of your personality type based on the answers that you have supplied. There is no right or wrong answers to the personality type questions, this is just how you naturally act and react to your environment, many people act differently in different situations. As an example, you may be an Extravert at work and an Introvert at home. It's not about what personality type letters you picked its how you make the most of your strengths and what you do to improve your areas of development, which means that this report will help under your skills and strengths while helping you identify your stress levels.

**In the report you will find:**

- Your key words
- A summary of your personality type
- Preferred job positions
- How others view you
- Your strengths
- Where you get your energy from
- How you remember information
- How you decide or come to conclusion
- Where you work best
- How you contribute in a team
- How you can grow
- Stress
- How to deal with arguments
- How you learn

# Personality Type

Have you noticed that some people are quiet while others are loud? When in conversation describing an event, some people give you all the small details and facts, while someone else having the same conversation will only give you an overview of the same event.

How people act, learn and present themselves comes down to your **Personality Type** by understanding your own and other peoples personalities can help you realise how you process information, why you become frustrated with certain individuals and why you get on so well with others.

Today you will learn more about yourself, your personality type by answering **4 simple questions**. The four questions below are all about the different aspects of your personality for each question you have to choose a letter-you will need to write down your selected letter.

Each question covers a different part of your personality, as you read the questions you will quickly realise that you have/use both personality style answers-for each question you need to pick your preference. Try writing your name down with your Right hand and then try it again using your Left, only one will feel natural. When answering the questions think what your preference is, what is natural to you, what do you do the most.

## *Where we get our Energy From*

**Which are you more like?**

Are you more **Extrovert (E)**

Or are you **Introvert (I)**

You think out loud  
A good talker  
Like to give your opinions  
Often seen as excitable  
Need to fill in gaps and pauses

Think before you speak  
Prefer quite  
Keep your thoughts private  
Enjoy your own time  
A good listener

**PICK EITHER E or I**

### *How we take in Information*

Which are you more like?

Are you a **Sensing Individual (S)**

Or **Intuitive (N)**

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Do you look for Facts  
Are you Practical and Sensible  
Keep things realistic and real  
Use what you know and have learnt  
Use straight forward language

Do you look for possibilities  
Do you spot patterns  
Do you go with your hunches  
Enjoy learning new things  
Lose track of time easily

**PICK EITHER S or N**

### *How We Make Decisions*

Which are you more like?

Are you a **Feeler (F)**

Or **Thinker (T)**

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Are you in touch with your feelings  
Do you enjoy giving praise  
Are you driven by emotion  
  
Like to be of service to others  
principles  
Find it hard to say No

Do you follow your head  
Like a lively debate  
Like to hear both sides to a  
story/argument  
Like rules, regulations and  
  
Can make tough discussions  
without becoming emotional

**PICK EITHER F or T**

### *Your Attitude to Life*

Which are you more like?

Are you a **Judging Individual (J)**

Or a **Perceiving Individual (P)**

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Like to plan and organise things  
Enjoy finishing tasks  
Like to feel in control and on top of things  
list  
Like neatness and tidiness  
Like structured lives

Like to see how things turn out  
Go with the flow/like to explore  
Like to start task /rather not use

Don't mind untidiness  
Keep your opinions open

## **PICK EITHER J or P**

Your 4 Personality Type Letters

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# INFP

 **Introvert**  
 **Intuitive**  
 **Feeler**  
 **Perceiving**

**“The Idealist”**

**Key Words:** Determined – Moral – Curious

**INFP enjoy being creative often by thinking of new ideas while their alone.** As a quiet, reflective and imaginative person, an INFP like to see how things work out and enjoy it when their ideas help others. INFPs prefer dealing with patterns, possibilities and people.

## Preferred Job positions

**INFP - A “people” job role, where you can meet and listen to others.**

Counsellor, Archaeologist, Physiologist, Careers Advisor, Advocator, Mentor, Researcher, Reflexology, Alternative Therapy, Youth Worker, Marriage Guidance, Care Worker, Photographer, Support Worker, Student Advisor, Welfare Advisor

The above **Preferred job Positions**, suit your individual personality type, as your personality type is broken down into how you make decisions, how you take in information, where you get your energy from, how you plan your life and career and these elements are matched against different career choices.

Next you need to look at your **Career Values** – what is important to you? And match these against the company you want to work for. Your values tell you what is right or wrong and how to act and can make a big difference between enjoying your career or getting the Monday morning blues.

## Values

What is important to you in your career? Write down your answers below

Example Values	Your Values
Money	
Career progression	
Working with others	
Seeing the end result to my work	

Working close to home	
Having targets	
Feedback	
Personal development	
Flexibility	
Reliability	
Ongoing support	
Variation	

Now you have a list of your career values; you need to put them in order of importance, which of your values is more important to you? If you had a choice would you take a job that had value A or value B?

**Your Values in Order of Importance**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Once you know your career values and the values you most require, ask your self **could I have a job that didn't have Value X?** – Answer this question for all the values on your list.

People who accept a job offer with a company who don't have the same values will soon become bored, agitated or stressed which will lead to them quitting their job or becoming depressed and ill.

Take your top 3 values and ask **“why is it important to me to have X value?”** as an example; ***variation – because I get bored quickly and when I am bored I constantly have time off work, which often leads to me being sacked.*** This will you understand your values in more detail and is an insight to what motivates you - **Pain or Pleasure?**

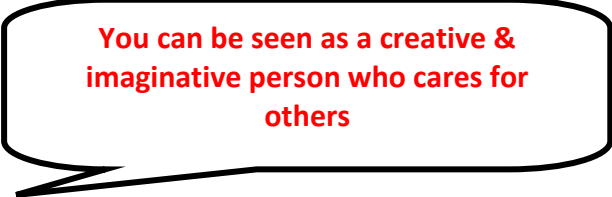
I was once working with a client who was quickly becoming depressed due to his job, when we looked at his Values, his number one value was **“helping other people”** when asked what his job was, he said **“sales”** when we discussed that his career values were opposite to his role, he originally disagreed as he had been working in sales for 10 years and only felt like this in the last 12 months.

After we explored this we found out that even though he had been in sales for 10 years for the past 14 months, he had been a new sales job selling what he said was **“unnecessary insurance policies”** – this is the opposite to his Helping people Values.

His previous job was selling Medical Machinery to hospitals which was proven to save lives – BIG Helping People Value’s, he felt the machines he sold would help save peoples live, he sees himself as someone who helped other people (his number one value)

Your values drive who you are (your personality), for a successful career pick a role and a company that have the same values that you require - what you believe is important to you.

### How others view you



You can be seen as a creative & imaginative person who cares for others

### Strengths

- ✚ Enjoy learning new skills.
- ✚ Are full of enthusiasm.
- ✚ Are interested in the thinking behind the idea, particularly how it affects people.
- ✚ Can work on many things at once.
- ✚ Friendly, modest and imaginative



## What do you consider to be your key skills, strengths and qualities?

*Record them here:*

- 1.
- 2.
- 3.
- 4.
- 5.

## Where you get your energy from

You will need some regular alone time to help re-charge your batteries, as you are motivated internally. You will enjoy living in your head, listening to your thoughts and your mind can often be closed to the outside world. When given new information, you first think and reflect before acting on it.

## How you naturally notice and remember information

You will mentally live in the future and look for possibilities. You will often use creativity and your imagination to think of new ways of doing something, even when what you do now works well. You have a keen interest on making things different can notice patterns and are good at solving problems through creativity. You enjoy learning new skills and focus on differences.

## How you decide or come to conclusions

Your conclusions come from the heart; you think about the feeling of the situation and can take on other people's emotions. You are naturally sensitive to other people's needs and reactions and will naturally seek popular opinions as you don't like to upset others. You are often careful about what you say and try to avoid conflict.

## The environment you work best in

You highly enjoy moving into action without a plan and like to see how things turn out. You are very good at starting several things at once and work well in a mess. You like a mixture of work and play and will avoid commitments which will interfere with your freedom, as you like to keep your options open

## Contributions to the team of an INFP

In a team environment, the INFP can contribute by:

- ✚ promoting insight and common understanding amongst the team
- ✚ contributing well thought out and innovative ideas
- ✚ generating team spirit through sensitive listening and a quiet enthusiasm
- ✚ focusing on areas of agreement and building on others' proposals
- ✚ where there are areas of disagreement, exploring a wide range of options to see if a point of agreement can be found

## Personal Growth

As with all types, the INFP can achieve personal growth by developing the parts of your personality that is not your natural preference:

- ✚ being prepared to declare the INFP's personal values
- ✚ investigating and recognising the facts before interpreting what they mean
- ✚ listing options and undertaking a formal process of evaluation against criteria, including a cost benefit analysis
- ✚ undertaking a critical appraisal of a situation or person, and expressing disagreement or criticism when it could be of value to the recipient
- ✚ focusing on impersonal details during discussions and when making decisions
- ✚ listing options and undertaking a formal process of evaluation against criteria, including a cost benefit analysis
- ✚ establishing a long-term goal, preparing a detailed implementation plan, and sticking to it

## Stress

As stress levels increase, we first use our preferred and natural personality preferences to deal with the situation; if the stress level is quite low we can be flexible in our approach to overcoming the activity that is causing the stress, as the stress level rises you will often stop using your preferred personality preference and start using the opposite – a naturally quiet person will become loud and a naturally loud person will become quiet, often ending with the person saying “I wasn’t myself”

When feeling stressed, be flexible and use your strong and natural personality preferences to overcome the stressful situation:

- ✚ concentrate only on what you see as important
- ✚ work alone if possible
- ✚ contribute creative ideas
- ✚ consider the cost implications
- ✚ use humour – learn to laugh at yourself
- ✚ don't get lost in your head too much

## Arguments

By understanding your own personality type and that of others can help you solve disputes quickly. When in a relationship with someone with the opposite personality type an argument can quickly escalate as you both see the argument from your own point of view. This next section will allow you to understand how your behaviour in argument and how someone with a different personality type would act.

You can use this knowledge to help solve the argument, as an example it is good to let an extravert person to talk it out or an introvert person to think about the issue.

<p><b>Extrovert</b></p> <ul style="list-style-type: none"> <li>• Talk Loud and Fast</li> <li>• Wants to get things sorted right now</li> </ul>	<p><b>Introvert</b></p> <ul style="list-style-type: none"> <li>• Will be quite</li> <li>• Would prefer to think on things before discussing the argument</li> </ul>
<p><b>Sensing</b></p> <ul style="list-style-type: none"> <li>• Will argue the specific details and facts</li> </ul>	<p><b>Intuition</b></p> <ul style="list-style-type: none"> <li>• Will let their imagination run away with them – this can lead to them imagining huge consequences from small events</li> </ul>
<p><b>Feeling</b></p> <ul style="list-style-type: none"> <li>• They will personalise the argument</li> <li>• May agree just to end the argument</li> </ul>	<p><b>Thinker</b></p> <ul style="list-style-type: none"> <li>• Will tell others not to get emotionally involved</li> <li>• May try and solve the argument</li> </ul>
<p><b>Judging</b></p> <ul style="list-style-type: none"> <li>• Make quick discussions about the argument</li> <li>• May simplify the argument</li> </ul>	<p><b>Perceiver</b></p> <ul style="list-style-type: none"> <li>• Can add extra issues to the argument</li> </ul>

## How you learn best

**I**

- Go somewhere quite
- Turn off your phone – no interruptions
- Listen carefully to the tutor
- Research and collect information

**N**

- Understand the theory behind what you are learning
- Look at how you can apply your new learning in different ways
- Look at the big picture of what you are learning
- Try different ways to solve any problems
- Focus on the solutions

## F

- Work with people and tutors who will praise you
- Get support and encouragement from others
- Look at what you have learnt can help others

## P

- Study in different places and venues
- Use different styles of learning
- Look for alternatives to keep you focused

## What will you do to improve on your areas of development?

*Record your actions here:*

- 1.
- 2.
- 3.
- 4.
- 5.

We all strive for perfection; in truth we need to appreciate what our strengths are and continue to improve our areas of development throughout our life. We never reach perfection – *what is perfection anyway?* Successful people are successful with their strengths, brilliance and skills and they appreciate that they have much more to learn, once they learn any new skills, improve areas of their personality types, and gain new strengths they will use these to create a more successful life.

When you come across any new *problem* that you are finding hard to manage you can step back to ask yourself “am I using the correct part of my personality type to find the solution to this particular barrier?” **as an example** – *in some cases you may need to look at the details of the situation (S), while other times it will be better to have an overview of the problem (N)*

I hope you have enjoyed learning more about your personality type, and I would add, it’s not just about understanding your strengths and weaknesses; it’s about what you do with this knowledge to gain better results. Remember we all have a natural personality preference, but you now have a choice; it is for you to choose which part of your personality you use in the different parts of your life.

Good Luck

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