

The Healer

INFP



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INFP — The Healer Amongst Us

The late Princess Diana, “the people’s princess,” was the devoted mother of Prince William and Prince Harry of the British Royal family. She was known for her style and her dedication to charity work. During her time, every magazine and newspaper would follow her around to capture her every move.

Diana’s true talent and passion was her charity work. The Princess devoted herself to raising money and creating awareness of the homeless, malnourished, and impoverished worldwide. She brought attention to afflictions such as HIV/Aids, cancer, and leprosy. She also led the fight to ban landmines.

Princess Diana was a shining example of the INFP personality, a healer and idealist. INFP people have a passion for helping those less fortunate or powerless. They try to improve other people’s lives wherever they go.

Besides the Healer, another nickname for the INFP type is the Mediator. INFP people are active listeners, allowing others to pour their hearts out and putting them at ease.

The INFP is one of the 16 personality types. You are about to find out what makes the INFP a rare and unique personality. We will uncover their personality traits and how they fit in relationships, careers, social life, and more.

OVERVIEW of the INFP Personality

Like Princess Diana, the INFP type cares deeply about other people. Although introverted, they are idealists who possess the rare ability to inspire and heal others emotionally. Their personality is uncommon as only 4% to 5% of the population exhibit these characteristics.

Let’s review some of the general attributes of the INFP personality.

- **Need For Emotional Inspiration**

They can see the potential for a better future, focusing on the big picture rather than the mundane details. They are idealists guided by their intuition, core beliefs, and gut instincts. Decision-making can be more emotional than rational. The INFP personality is empathetic, diplomatic, sensitive, caring, and compassionate.

They tend to concentrate on personal growth for themselves and others. Typically individualistic, INFPs are non-judgmental and believe that each person must find their own path. They prefer to engage with small groups and close friendships rather than large gatherings or superficial acquaintances. They keep an open schedule to match their spontaneous lifestyle.

- **Creativity Abounds**

INFPs are naturally creative and have an unlimited imagination. They have a gift with words, writing legendary novels, plays, and songs. Their creativity extends to all forms of art, including dance, stage, screen, and graphics.

However, INFP's creativity is not limited to art. They have a fluid way of thinking that can find new solutions to many problems.

- **Passionate Determination**

Once a Mediator commits to a project or cause, they hang on like a tenacious bulldog. When an INFP finds a worthy cause that aligns with their values, they will dedicate their lives to seeing it succeed, even at the expense of their health and happiness.

Whenever possible, they stay focused on the big picture and let others deal with the details and minutia of getting the project done.

- **The Quiet Confidence of an Introvert**

One misconception people have of the Healer's personality is mistaking introversion for low self-esteem. On the contrary, INFPs possess the quiet confidence of having skills and intelligence. They may choose not to open up around loud and interruptive extroverts.

- **Deep Thinkers Who Need Autonomy**

People tend to underestimate introverts. They misinterpret their need for solitude as escaping from reality. Nothing could be further from the truth. The INFP is a deep thinker who loves quiet time to think of new solutions or artistic projects. Introversion is their superpower. They are excellent at getting things done, planning projects, and research.

Introverts bring a wealth of knowledge to any task. They are quite intelligent and emotionally in tune with others, despite outward appearances of being shy.

The INFP Acronym

Following the four-letter type, INFP stands for...

- **(I) Introversion:**

Introverts enjoy being alone so that they can think in solitude.

- **(N) Intuition:**

Intuitive types think about the big picture and have no problem making decisions based on feelings.

- **(F) Feeling:**

Feeling types usually let emotion rule over logic, often relying on their gut when making decisions.

- **(P) Perceiving:**

Perceiving types are more flexible and spontaneous in life.

Nicknames for the INFP personality type are the “Healer,” “The Thoughtful Idealist,” and “The Mediator.” They are gentle, compassionate people with a sympathetic idealism that helps keep them grounded.

Values and Motivations of the INFP Personality

Continuously motivated to do the right thing, their adherence to values separates them from other personality types.

The INFP’s Values

Typically, the Healer personality has a high moral standard which is very important to them. They believe in treating everyone fairly, equally, and with dignity. Although they avoid confrontation and heated arguments whenever possible, if pushed, they will defend their honor and morals like a mama bear protecting her cubs.

INFPs value authenticity, originality, and individuality. They want to be themselves and encourage others to find their unique paths spiritually, personally, and professionally. They are accepting and non-judgmental. Due to their flexible and accommodating nature, they can often see many points of view, whether solving a problem or an argument.

The Healer’s Motivations

They have a genuine affinity toward helping people. Before her untimely death, Princess Diana involved herself with over 100 charitable organizations. Princess

Diana would not hesitate to carry a sick baby, displaying the true caring behavior of an INFP personality. She shook hands with leprosy victims to dispel the myth that leprosy is contagious by touch. You don't get more sincere or caring than that.

INFP individuals are motivated to develop causes close to their hearts even at the risk of jeopardizing themselves. It's not uncommon for INFP types to be associated with multiple organizations or lead a favorite cause.

They love freedom, which allows working from anywhere and not following a rigid schedule. INFPs are driven more by accolades and recognition than monetary rewards.

Generally non-conformist, INFP types stay true to values rather than following the crowd. They don't hesitate to push back if others try to force their opposing beliefs onto them. INFPs strongly believe in the open exchange of ideas and freedom of expression to creatively solve complicated problems.

How People Perceive the INFP Personality

When you meet the INFP type for the first time, they may appear timid or aloof. In reality, they just prefer to associate with people who are genuine and not superficial.

The positive perceptions of INFPs are:

- Introspective, sensitive, and empathetic
- Original and individualistic
- Open-minded yet complex and reserved

The INFP is usually non-judgmental and accepts others without question. It's why close friends, colleagues, and family appreciate the INFP's listening ability. They spend more time listening to the thoughts and problems of others before contributing to the conversation.

The negative perceptions of INFPs include:

- Detached from people and their environment
- Hyper-sensitive or easily offended
- Impractical and sometimes unrealistic

At times the INFP appears to be withdrawn. They will only disclose their most genuine thoughts and feelings to the people in their inner circle.

Some view INFPs as avant-garde as they may have a particular interest in the arts, unconventional viewpoints, and alternative lifestyles. They enjoy thinking and discussing "What if" scenarios, but their lofty ideas may seem impractical and unrealistic.

Strength Traits of INFP

” INFPs excel in fields that deal with possibilities for people.

Isabel Briggs Myers

Gifts Differing

The INFP tends to distance themselves but to understand and appreciate them, here are some of their essential strengths:

- **Altruistic**

One of INFP's greatest strengths is Altruism. They live by the moral principle that the happiness of other human beings or animals comes before theirs. They feel duty-bound to help others at a great personal sacrifice. They won't compromise their ethical standards for personal gain.

They will provide as much financial and moral support as they can to a person or cause, believing in the limitless potential of the human spirit.

- **Integrity**

Integrity is the backbone of INFP's ethical principles. They make decisions based on personal conviction rather than popular opinion. Their consistent and uncompromising adherence to strong moral values makes this personality type very trustworthy. They build strong relationships at home and work.

- **Open-Mindedness**

INFPs strength is their belief in keeping an open mind to new thoughts and ideas. Doing so creates an environment of cooperation where new solutions evolve. The ability to change outdated or incorrect beliefs is a vital part of INFP's learning and personal growth.

- **Commitment**

Once the INFP becomes dedicated to a cause or belief, little will sway them from altering their course and achieving their goals. When you see someone who is committed to a cause, they are usually INFP-type personalities.

- **Creative**

The INFP combines creativity with their natural curiosity. They tend to explore all the possibilities before beginning any tasks. Their vivid imagination gives them the ability to think ahead, come up with different ideas, and provide better solutions for changing situations.

- **Passionate**

The INFP are passionate people who are willing to go the extra mile. Despite their introverted nature, they are devoted, accountable, value positivity in themselves and others. They strive to look and be their best.

...And Weaknesses

From a management perspective, there are three areas of improvement for most INFP people. They are overly sensitive, impractical, and selfless. Let's dive a little deeper.

- **Overly Sensitive**

INFPs see the world differently from most other people, sometimes making them feel alienated. They may have ground-breaking ideas, but the INFP can get shut down if the group is not open to them. Healers are naturally sensitive to the feelings of others. Highly sensitive persons who are INFP can become overloaded with too many stimuli like sights, noises, or smells. When overwhelmed, they try to retreat or escape, which makes them misunderstood by others. The danger is that by escaping, they can be ignored and retreat into depression.

- **Impractical**

The INFP are passionate and imaginative by nature. However, they can be impractical and unrealistic. They tend to follow visions in their heads instead of using the practical solutions at hand. INFPs have a tendency to focus on the big picture instead of the crucial details.

- **Selfless**

Selflessness is good to a point. However, the Healer can take it too far, neglecting their needs for emotional health and happiness. They bottle up unhappiness and insecurities inside where it pressurizes over time. The selfless nature of Healers is to suffer in silence rather than burden others with their problems.

- **Too Trusting**

President Ronald Regan once coined an old Russian proverb, "Trust but Verify." INFP types tend to omit the "verify" part and trust people too easily. This easy trust makes them vulnerable. Others can take advantage of the INFP by asking for too many favors or involving outright scams. Compassionate INFPs decide with their hearts rather than their heads which can make them easy targets.

Development and Potential for INFPs

To reach their maximum potential, INFPs must recognize the areas of their personality where they can improve.

- **Creativity and Spirituality**

Successful Healers must always explore and nurture their spirituality and creativity. INFPs won't feel fulfilled unless they are creating something of beauty or that has intellectual value. Part of their spiritual growth is the continuing fight for justice and serving people who are less fortunate in our society.

- **Education is a Must**

The INFP mind is deep, always thinking, dreaming, and expanding. The Mediator possesses a sharp intellect that thrives on new knowledge. They typically do well academically, craving new books and ideas.

- **Negotiating is not Conceding**

INFPs need to polish their negotiating skills. Although the Healer is usually good at recognizing all sides, they tend to get stubborn and resistant when it comes to disagreeing with their viewpoint. They view ideas that conflict with their perspective as a personal affront. They need to recognize that being stubborn and disagreeable is annoying to the other party and counterproductive to the process.

- **Learn To Take Criticism**

The sensitive nature of the Healer tends to take any form of criticism as a personal attack. The INFP must learn to deal with real or perceived criticism. The risk is that they will shut out the information they feel is a threat to their values and honor. This self-protection mentality can isolate them from the world around them and become unaware of other people's feelings and perspectives. Avoiding people's criticism can result in blaming others or inappropriate behavior that makes it challenging to maintain personal relationships.

- **Consider a Leading Role**

Being a good leader doesn't necessarily mean being an extrovert. INFPs are naturally good listeners and possess the patience to hear all sides of an argument. Focusing on the bigger picture, INFPs make transformative leaders. They passionately believe all humans are fundamentally equal and try to encourage everyone in the group to perform at their best.

- **Be Cautious of Perfectionism**

INFPs tend toward perfectionism. Holding themselves to high standards is good until it goes to an extreme. They tend to set the bar too high for themselves or compare themselves with others. When they don't achieve a goal, they get discouraged and mentally punish themselves, which reduces their creativity and happiness. Set achievable and realistic goals.

Employment and The INFP's Work Life

Careers or jobs that motivate The INFP type will align with their vision and beliefs.

The job must make the Mediator feel important and provide an outlet for creative thoughts and problem-solving. A project management role is an ideal position. The INFP can work autonomously and still have control while putting their mark on a project.

INFPs appreciate working with people who affirm their thoughts or ideas. They thrive around positive people rather than those mired only on the problem. They also want recognition for their participation and accomplishments.

Colleagues and supervisors can quickly become frustrated with INFPs who can't follow rigid schedules or policies. When addressing problems with INFPs, handle them in a gentle, non-confrontational way. They get stressed and defensive at the slightest hint of conflict.

INFP's Best Career Choices

The INFP personality thrives in work environments where they can unleash their creativity, spirituality, or artistic ability. Although verbally articulate, they love to write.

Career categories that bring out the best in the INFP include:

- Art, Communications, and Design
- Community and Social Services
- Business and Management
- Science and Health Care
- Teaching or Librarian

Some specific careers that highlight an INFPs creativity and intellect are:

- Fine Artist
- Counselor
- Graphic Designer
- Psychologist
- Physical Therapist
- Social Worker
- Preschool or Special Education Teacher
- Writer

INFPs Should Avoid These Jobs

Some occupations are not a good match for the Healer's creative thinking. They need

flexibility and autonomy, not a rigid structure. Therefore, if you are the INFP type, it's best to bypass these careers:

- Military or police
- Engineering
- Dentistry
- Financial or sales management
- Systems analyst
- Judge or attorney

These occupations demand a style of thinking and behaviors that are unnatural to the Healer type.

Is the INFP a Team Player?

The Mediator is a perfectionist who likes to be in charge. This attitude can cause friction with other team members having lower standards. INFPs get along with people having the same vision and ideals. They contribute creative solutions after carefully considering all the viewpoints.

INFPs work best in environments where everyone is supportive. Groups with infighting, negativity, and conflict don't work for anyone, but it's hardest on INFP types.

Leadership Potential for INFPs

As leaders, INFPs encourage and inspire by seeing the potential in others. They are supportive and flexible if the group thinks alike and is committed to the same goals. However, their desire to avoid conflict can sometimes cause them to delay tough decisions.

INFPs are passionate and inspiring leaders when they believe their contribution will improve lives. They thrive on personal development, both in themselves and their team. The Mediator prefers to stay out of the spotlight but wants recognition for their contribution.

INFP's Compatibility with Other People

Have you noticed that some people relate to you better than others? Compatibility has a lot to do with our behavior and personality. Here's how INFP relates to the other 15 personality types.

Birds of a Feather...

Like most people, INFPs get along with others having the same interests, values, and mindset. The three personality types that make the most compatible match with the Healer are:

1. **INTP** — The Intellect — Intelligent, independent, and curious
2. **INFJ** — The Counsellor — Can help direct INFPs creative energy
3. **ENFP** — The Champion — Passionate, idealistic, and has deep values

Common Connections

These personality types may not spark an immediate connection with INFPs, but they offer the potential to learn from one another.

1. **ISTP** — The Craftsman — Realistic, independent, and skillful in the physical world
2. **ISFJ** — The Protector — Provide security, emotional support, and a grounded sense of home
3. **ESFP** — The Performer — Will break INFPs out of their shell and into the world
4. **ENTJ** — The Commander — Strategists who are decisive and driven to accomplish goals

Challenging Differences

Relationships between INFPs and these types can be interesting as they have a mix of commonalities and intriguing differences.

1. **ISFP** — The Composer — Realists and pragmatists who experience life to the fullest
2. **INTJ** — The Mastermind — Prefer plans and schedules. They make decisions objectively
3. **ENTP** — The Visionary — Bring energy, precision, and charisma to the relationship
4. **ENFJ** — The Teacher — Social chameleons who can blend in anywhere

Opposite Personalities

Although these following four personalities can be the most contentious for INFPs, they also provide strength in the areas of the Mediator's weakness. If they can get along, there is a tremendous opportunity for mutual growth.

1. **ISTJ** — The Inspector — Can teach INFPs to become more grounded and pragmatic
2. **ESTP** — The Dynamo — Charming, adventurous, impulsive, and exciting
3. **ESTJ** — The Supervisor — Almost the exact opposite, ESTJs strengths are INFPs weaknesses
4. **ESFJ** — The Provider — Grounded, helpful, practical, and conscientious

INFP In Romantic Relationships

It may take time for an INFP to commit to a relationship, but they are very loyal once they do. The Healer doesn't want a superficial partner. They want a trusted, loving soulmate. They may date several people, but their ultimate goal is to have a happy monogamous relationship.

INFP types can look past superficial traits like appearance, body type, social status, and material possessions. They want a meaningful, compatible relationship.

You need to be aware of the INFP's traits if you plan to be in a relationship. They tend to be overly sensitive, take criticism personally, and have high expectations for their partners. The nice part of having a romantic relationship with an INFP is that they trust their partner, allowing plenty of latitude and independence. They trust people easily and will open up sooner in a relationship than other personalities.

INFPs are curious, open-minded, and thoughtful. They love trying new things to prevent a relationship from getting stale.

Do INFP Personalities Make Good Parents?

The Healer makes a wonderful, caring parent. They enjoy watching the world through their children's eyes. They provide their children the freedom to form their own opinions and explore the things that interest them to grow into a well-rounded, unique person.

INFPs typically devote themselves to their children as loving parents. They understand their children's needs but can get wrapped up in all the emotions. They need to step back to take care of themselves at the same time. Due to the INFP's sensitive side, they may find it challenging to deal with the emotional overload of parenting. In some cases, the parents will blame themselves when a child cries and feels their pain.

INFP parents genuinely want to understand and bond with their children. Fortunately, they're excellent listeners and quickly gain the child's trust. They support a child's education both academically and by providing the openness to explore their world and new ideas. They want their children to develop strong values and establish guidelines to help them stay on the right path. INFPs provide a stable and open environment where children can explore their world and feel constant love and support.

INFPs and Communication

INFPs are good communicators but may prefer to write rather than say it, especially in a group or formal setting. When communicating with an INFP person, there are five categories that they feel will help to improve the dialog.

- 1. Communicate personally** — INFPs appreciate candid, one-on-one communication that's genuine and without nuances. Keep the conversation personal and use stories more than plain facts. Acknowledge and value each other's opinions.
- 2. Be Respectful** — There is nothing worse than a heated argument to INFP individuals. Be patient, calm, and sincere if you want to keep the conversation going. They respect honesty, but you should provide criticism gently.
- 3. Start with the Broad View** — INFPs love to see the big picture. Use analogies and writing to explain big, new ideas.
- 4. Improve Your Active Listening** — INFPs are excellent listeners. When working with one, you need to hone your active listening skills as well.
- 5. Keep an Open Mind** — Ideas can seem fantastic or unrealistic to those unaccustomed to the thoughts of the INFP. Keep an open mind, and you will benefit from fresh ideas.

The Mediator listens actively and weighs all options before deciding. They tend to be reserved when sharing personal ideas until they know that person better.

They encourage dialog and appreciate fresh ideas from those around them. They also desire to be heard and respected for their ideas and contributions.

“ Healers care deeply and passionately about a few special persons or a favorite cause, and their fervent aim is to bring peace to the world and wholeness to themselves and their loved ones. They base their self-image on being seen as empathic, benevolent, and authentic. Often enthusiastic, they trust intuition, yearn for romance, seek identity, prize recognition, and aspire to the wisdom of the sage.

David Mark Keirse

his blog about Princess Diana

The Final Words

This eBook have covered many life's areas for your better understanding yourself, your perspectives and other people too. This information is not for one-time use. You can return to it as many times as you want throughout your life. The person changes his point of view with the accumulated experience. So when you read this information again, you will be able to discover something new for yourself.

What's next?

If you want to explore more about your personality take a look for our [Website](#). Know more about your [Career](#), [Personal Growth](#) and [Relationships](#). Check out our [Resouces](#), especially [Blog](#), which contents a lot of useful and interesting information about all personalities and how to communicate with them. To understand the personalities theory read [Theory](#) section.

Good luck for great beginnings, The Healer!



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