The Myers-Briggs Company

TYPE VERIFIED

MYERS-BRIGGS TYPE INDICATOR®

MBTI® For You

Your report, your verified type.

PREPARED FOR

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INFJ

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WHAT YOU TOOK

You completed the Global MBTI® Step II™ assessment. This report is based on your verified type. Your Step II™ results also include facets, which describe different aspects of each preference pair. The facets are not part of this report; they stay with your account, ready for the other reports and tools you may use later.

The four choices you confirmed

YOUR VERIFIED TYPE

I N F J

Introversion · Intuition · Feeling · Judging

WHY YOUR CONFIRMATION COUNTS

You had the last word. Your answers pointed to INFJ, and you confirmed it fits you. This report reflects the type you verified.

Each pair below is a choice between two equally valuable ways of operating. A preference is not a score or a measure of skill. You use both sides of every pair; the tinted side is your home base. Read your preference first, then read the other.

HOW YOU DIRECT AND RECEIVE ENERGY

E Extraversion

Energy flows outward. Thinking out loud comes naturally, and the outer world energizes you.

I Introversion — YOU

Energy flows inward. Thinking before speaking comes naturally, and reflection restores you.

HOW YOU TAKE IN INFORMATION

S Sensing

Facts first, gathered through the senses. The focus is on what is real and present, drawing on past experience.

N Intuition — YOU

Patterns first. The focus is on the big picture and future possibilities.

HOW YOU DECIDE

T Thinking

The instinct is to step back and test the logic. Decisions are based on objective analysis.

F Feeling — YOU

Decisions take personal values and the impact on people into account. Both help guide the choice.

HOW YOU APPROACH THE OUTSIDE WORLD

J Judging — YOU

Decide, plan, move on. Closure feels right; loose ends do not.

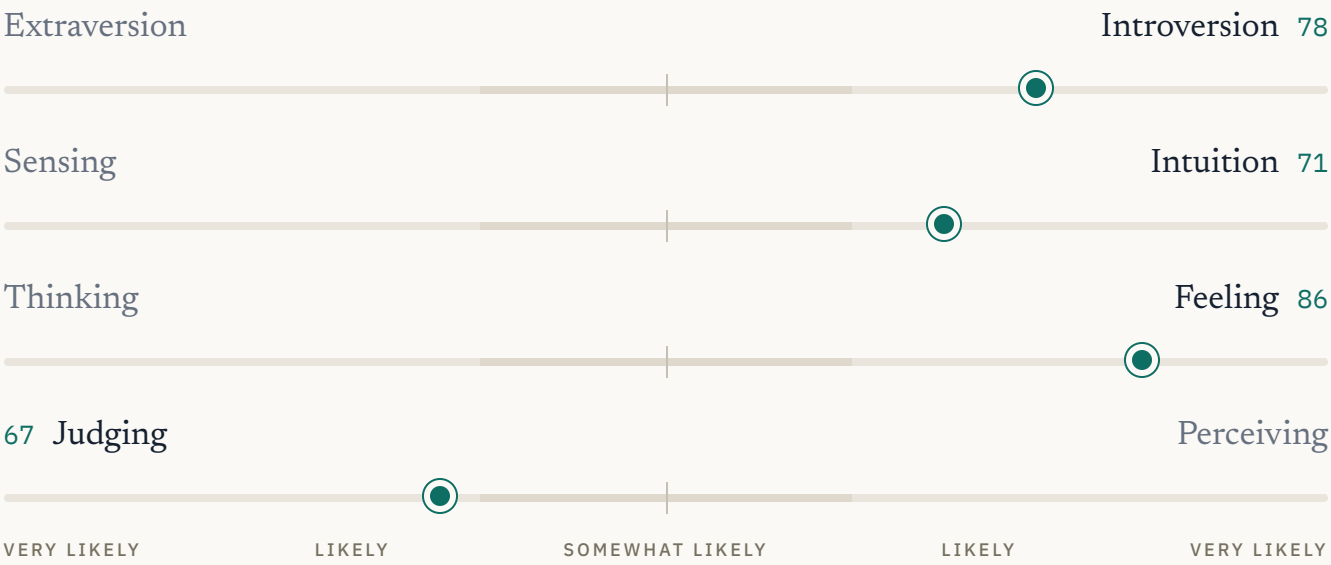
P Perceiving

Keep options open a little longer. Better to leave room for the one piece of information that changes everything.

Your probability index

Before you verified your type, your answers were scored to estimate how likely it is that each preference you reported genuinely fits you. That estimate is the probability index, printed beside each preference below. It is not a strength meter and it is not a grade: the farther a marker sits from the middle, the more likely it is that the preference fits you.

WHAT YOUR ASSESSMENT REPORTED



READING YOUR OWN PATTERN

ALL FOUR RESULTS ARE CLEAR

Each of your four results fell in the likely or very likely range, which is why every marker above sits well toward a side. That suggests these preferences are likely to fit you. It is not a sign you never use the other side. Everyone does. If you took it again, each of these preferences would likely come out the same.

ON THE NUMBERS

Built on representative samples from many countries, the index is the MBTI® assessment's estimate of how likely your reported preference is accurate, and how likely it would come out the same if you took it again.

Source: MBTI® Manual for the Global Step I™ and Step II™ Assessments (2018).

INFJ

The Insightful Visionary

AT A GLANCE

PRIVATE · REFLECTIVE · INSIGHTFUL · CREATIVE · COMPASSIONATE · IDEALISTIC · DECISIVE · PERSISTENT

You may notice quiet connections between people and ideas before anyone else names them. You often carry a clear vision of an ideal outcome and work steadily toward it without needing much public attention.

You may sense what someone is feeling before they can explain it and see where a situation is heading before the evidence feels obvious to everyone else. You also tend to give your ideals a plan. The challenge is that much of this happens privately, so people may learn about your vision, concerns, standards, or limits later than you intended.

WHERE YOU LIKELY FOCUS

Seeing where things are heading before others do.

Noticing the tension in a group that nobody has named yet.

Turning scattered views into a coherent picture.

Quietly organizing people around shared purposes.

WHERE YOU MAY FACE CHALLENGES

Perfecting the vision in private while the moment passes.

Absorbing tension silently until it becomes too big to raise.

Making intuitive leaps without explaining your thinking.

Hearing feedback on the work as a judgment about you.

TRY THIS WEEK

Share one idea while it still feels unfinished. Tell the other person it is still rough and ask for their reaction. Feedback is easier to use when it arrives early, well before the work feels complete and deeply personal.

How your preferences work together

Your four preferences are not four separate things. In type theory, the middle two name your mental processes and the outer two set their order: one leads, one supports and balances it, and the other two develop later and may surface under pressure. That order is why two types sharing three preferences can still be quite different.

YOUR FOUR PROCESSES, IN ORDER

01 LEADS	02 SUPPORTS	03 IN RESERVE	04 UNDER PRESSURE
Intuition	Feeling	Thinking	Sensing
In your inner world	In the outer world	In either world	In the outer world

The theory behind this order, with every type's four processes, is explained by the Myers & Briggs Foundation at **myersbriggs.org**.

YOUR LEADING (DOMINANT) PROCESS

Intuition · In your inner world

Intuition is your leading process, and much of it happens quietly inside your mind. Pieces of information may come together until you suddenly see the larger pattern, often before you can explain each step that brought you there.

YOUR SUPPORTING (AUXILIARY) PROCESS

Feeling · In the outer world

Feeling supports you by directing your insights toward people. It helps you choose the right moment, find encouraging words, and consider how your message will land. Your care gives your vision a human purpose.

WHAT RUNS THE SHOW UNDER PRESSURE

Sensing is the process you use least. Under stress, your attention may shrink from the larger picture to one detail, physical sensation, or immediate comfort. The wider view usually returns when you have space to rest and recover.

The early signs and the way back are mapped in Stress, wellbeing & relationships.

One of sixteen personality types

Your four preferences do not act separately. They interact, and the combination is what makes a type recognizable. That combination is one of sixteen, mapped below. The tinted types share three of your four preferences. These types may be similar to yours in some ways and different in others.

THE SIXTEEN TYPES

ISTJ	ISFJ	INFJ YOU	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTP
ESTJ	ESFJ	ENFJ	ENTJ

YOUR TYPE ONE PREFERENCE AWAY

WHY SIXTEEN

Sixteen is simply every possible combination of four preference pairs, and every one of them has been studied and described across decades of research.

THE FOUR TYPES NEAREST YOU

The tinted types differ from you by a single preference. You share three of four, yet that one difference can change how the whole type works. Misunderstandings can arise if you expect people with these types to respond as you do. Knowing yourself and how you relate to others is a powerful foundation for better communication and stronger relationships.

Where you're at your best

Your type does not decide your path. It does help you understand which conditions bring out your strengths and which ones quietly drain you. Use this as a checklist for the settings you are in: a job, a class, a team, a household.

YOU LIKELY THRIVE WHEN

The work serves a purpose you can genuinely stand behind.

Your insight is sought, not just tolerated.

There is quiet, and room to think before speaking.

Relationships are based on trust rather than appearances.

YOU MAY GET STUCK WHEN

The work is just completing tasks and nobody asks what it is for.

The day is a flood of interruptions and constant company.

Speed is rewarded over careful, considered work.

You are asked to act against something you believe.

INFJ: THREE MOVES THAT COULD PAY OFF

01 Share the idea before it feels finished

You may want to finish an idea privately. Share the rough version instead. Early feedback is easier to use and lets other people shape the result.

02 Translate the vision into milestones

You may see the destination clearly while others still need the route. Break the idea into steps or work with someone who enjoys making a practical plan.

03 Say the small thing while it's small

You may notice tension early and carry it quietly. Say something while the issue is small. Today's conversation will likely be easier than one you avoid.

How you come across

YOUR INTENT

To understand deeply before responding. You listen for the meaning beneath the words, and people rarely feel more heard.

To offer only what is fully thought through. Holding an idea back until it is right is, to you, a form of respect.

WHAT CAN COME across INSTEAD

Your reserve can read as indifference, even when you are deeply engaged.

Your patience may seem like agreement, making later firmness a surprise.

IN DISAGREEMENT

01

Your instinct

Sense the conflict early, tend to everyone's feelings, and quietly hope the issue resolves before it has to be named.

02

The risk

You may restore harmony before resolving the issue, leaving it to resurface later.

03

The move to make

Name it while it is small: "I want to raise something now, before it grows into something bigger."

ADJUSTING FOR THE PERSON IN FRONT OF YOU

- E With people who prefer Extraversion: Share thoughts while they are still forming. Waiting for the polished version can come across as distance.
- S With people who prefer Sensing: Say the practical version first. Save the metaphor for later.
- T With people who prefer Thinking: Lay out the logic in steps, with pros and cons, and keep the emotion out of your voice.
- P With people who prefer Perceiving: Present your view as provisional and show you are willing to adjust it.

Under pressure

YOUR STRESS PATTERN

Stress may first make you withdraw, say less, and generate more ideas than you can sort. If it continues, your attention may lock onto one small fact or physical detail. You may snap at people or overdo food, cleaning, exercise, or another physical activity while temporarily losing sight of the much larger picture.

EARLY SIGN	Withdrawing and having too many ideas to sort.
DEEPER IN	Fixating on one detail; snapping; overdoing food, drink, or exercise.
YOUR WAY BACK	Silence and solitude first. Enjoy nature, a long bath, a novel, whatever comforts you. Then reframe the problem alone, or aloud to one compassionate person.

KEEPING YOURSELF WELL

- Leave stressful situations earlier than feels polite.
- Temper the standards you hold yourself to. They may be set too high.
- Ask for help before you have proven you can do it all alone.
- Make time for physical activity. It can give your mind a break.

CLOSE RELATIONSHIPS

What you likely bring

You may listen closely and respond with genuine warmth. You often understand what someone is dealing with, sometimes before they put it into words.

What others may not see

You may notice everyone else's feelings while saying little about your own. When someone hurts you, you may quietly withdraw instead of explaining what happened.

Try this week

Say one need of yours plainly to someone close, not hinted or softened into a question. Just tell them what you need.

Thirty days with your type

Insight that stays on the page changes nothing. Pick two of these. Put them in the calendar. Come back to this list at the end of the month and note what you tried and what you learned.

- [ ] **Share one idea early** — WEEK 1

  Pick an idea you have been refining privately and share it today, labeled as unfinished.

- [ ] **Raise one small concern early** — WEEK 1

  Choose a tension you have been absorbing and name it this week, while it is still minor.

- [ ] **Reflect on your type portrait honestly** — WEEK 2

  Reread your type portrait (Section 2) and mark what fits your experience. Cross out what does not. Your type offers a lens for reflection, not a box you must fit.

- [ ] **Check whether your expectations are visible** — WEEK 3

  Ask someone who depends on you: “Do you actually know what I expect here, and does it seem realistic?” Listen without defending.

- [ ] **Spend a week on your Sensing side** — WEEK 4

  Both sides of every pair belong to you. Practice Sensing for a week by listing only what is verifiably true before making a decision.

Built on the genuine MBTI® assessment.

Published by The Myers-Briggs Company, exclusive publisher of the Myers-Briggs Type Indicator® assessment. Eighty years of research. Your type, verified by you on April 1, 2026.

INFJ
VERIFIED TYPE

The next chapter is at the Foundation.

The Myers & Briggs Foundation has more on type than this report can hold: relationships, family, learning, careers. Start with relationships: it shows how appreciating type differences helps you understand yourself and others.

Read more at myersbriggs.org →