

Descriptive texts of the Jungian types
(according to the Myers & Briggs)
determined by L.A.B.E.L.

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ENFJ: The Giver

ENFJs are generally warm and kind. Focused on others whom they naturally understand, they have the talent for perceiving and highlighting anyone's potential, even if it is not immediately apparent. Their biggest satisfaction lies in helping their fellowman. They do so enthusiastically and with energy, sometimes putting their own needs second.

These people have a value system that is extremely well defined and are able to clearly and briefly explain it as long as they do not have to reveal themselves too deeply. They fear that the expression of their own feelings will impede the personal development of others. Above all, they like being a catalyst for change but would rather adapt to other people's needs, much like a chameleon, rather than putting their own deep convictions first.

In their personal or romantic relationships, ENFJ personalities are loyal and considerate. They often define themselves through the authentic and close ties they build and maintain with their family and friends. They endeavor to prolong their relationships because they believe in the couples that last a lifetime. Endowed with excellent communication skills, these people are able to give a critical but honest response if the situation requires it without altering their listening or endangering the relationship. They sometimes have difficulty in expressing themselves and therefore need positive confirmation from their partner as they fear and tend to avoid conflict. Upon starting a family, ENFJs are generally supportive and loving parents who seek the best for their children. Their children can sometimes feel stifled by their excessive attention.

At the professional level, these people excel in improving organizational structures. They can occasionally be seen as meticulous. Once their interests are piqued, they have many advancement possibilities though, in general, they prefer to work in collaboration with others. Thus, they work easily in a group setting even if they appreciate adding a personal touch to the final result. Focused on the human aspects, they are somewhat uncomfortable with impersonal reasoning or with logical and global analysis. They like inspiring others and can easily steer them towards their own expectations, which can sometimes be perceived as manipulative, even though it is generally well-intended.

As long as their academic background, skills, values, and interests combine with adequate opportunities, ENFJ personality types prefer to focus on careers allowing them to take advantage of their excellent people skills in an environment offering stimulating challenges. Examples include diplomat, director of human resources, consultant, psychologist, or professor.

In short, ENFJs are stimulating, straightforward, attentive, trustworthy, and authentic in their desire to help others to become the best they can be. They perceive other people's needs so clearly that they are able to attend to them even before these are expressed. They are happy when they can lend a helping hand. If they are looking for personal development, ENFJs would benefit from listening to their own needs more often, in order to avoid sacrificing themselves, and from promoting sharing in their relationships. They could also learn how to handle conflicts in a constructive manner by ceasing self-criticism, understanding the benefits of open discussion in conflict resolution, and understanding that fleeing conflicts only intensifies the problems by delaying their resolution.

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ENFP: The Lively

ENFPs have great intuitive potential and generally live in a world rich in diverse openings about which they can be easily passionate. Thanks to their optimism, these people have a great ability to motivate and inspire others considering life as a special gift one should make the most out of, at all costs.

These people have a value system to which they are deeply attached. They strive to live up to these values throughout their life. ENFPs appreciate change along with the new opportunities it brings as they tend to get quickly bored. They can seem to be incoherent in their choices but are in a perpetual quest for a sense of inner peace and will do anything in their power to live in harmony with what they think is right. They have a great need to spend time alone in order to successfully harmonize their actions with their values. They are also very independent and fiercely resist any form of control, especially if it could impede them from enjoying life's numerous opportunities.

In their personal or romantic relationships, ENFP personalities invest themselves with energy and enthusiasm, even if they can sometimes seem a bit childish or unreasonable. They have an exceptional ability to intuitively understand others although their perceptions may lead them to jump to hasty conclusions. ENFPs are deeply loyal and take their commitments very seriously, trying their best to make their relationships optimal. However, they can have a hard time staying happy in a romantic relationship, being sometimes cruelly aware of all their other potential matches. Perfectionists, they are very sensitive to conflicts or criticism and have a tendency to keep a low profile to get through painful situations, therefore risking to go against their true personality. They also have a deep need to feel appreciated and often ask for numerous proofs of affections to their partner, sometimes even using manipulation to get what they want. Upon starting a family, ENFPs are dynamic and active parents, worried of passing on their value system to their children.

At the professional level, these people are flexible and excel in most areas they are interested in, as long as routine keeps out of the equation. They often take on the role of natural leader thanks to their communication and interpersonal skills giving them the ability to motivate others. However, they do not enjoy controlling others or imposing their will.

As long as their academic background, skills, values, and interests combine with adequate opportunities, ENFP personality types prefer to focus on careers with little routine where developing new ideas and human contact is important. Examples include psychologist, journalist, actor, art teacher, or consultant.

In short, ENFPs are appreciated, curious, sensitive, and intuitive. They do not hesitate to take risks and are able of self-realization. If they are looking for personal development, these people would benefit from understanding that conflicts do not necessarily foretell disasters but can help resolve certain situations. They could also learn to be more perseverant in the pursuit of their projects as well as to avoid resorting to emotional manipulation to get what they need.

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ENTJ: The Leader

ENTJs are generally attentive and efficient. They are always scanning their environment in the search for potential obstacles, are able to quickly seize the complexity of a situation and resolve problems with quick decision making. They live in a world of opportunities and challenges allowing them to easily take on leadership positions and take matters into their own hands. They do so quite naturally in most of their activities, especially if they get the due credit for overcoming the difficulties and obstacles.

These people are very self-confident and will gladly prove they are right without being asked twice. They sometimes struggle to make sense of other people's opinions but have great respect for those who dare to confront them and stand for their ideas. Endowed with excellent public speaking skills, ENTJs are innately direct and do not weigh themselves down by adding unnecessary details to express what they really think. Moreover, they expect others to do the same. They like to participate in contradictory debates which they always find useful whether to prove their point or to spare themselves from an avoidable mistake.

In their personal or romantic relationships, ENTJ personalities like to be in control. They particularly value and are interested in stimulating and challenging relationships. Any situation is seen as an opportunity for learning and development. They are very serious with their commitments but might frequently redefine the rules in order to fit the changing circumstances. Because of their intense dedication to their career and if they are not careful, they might neglect their family and friends by being absent either physically or mentally. Upon starting a family, ENTJs are generally organized parents who strive to educate their children in a structured manner and in accordance with the current social norms.

At the professional level, these people show assertiveness and creativity. Thanks to their logical and analytic abilities, they skillfully use theory and opportunities to build strong action plans. They hate inefficacy and do not bear to see recurring errors. They thus plan for their long term activities by defining clear and detailed programs that they follow meticulously. Inspiring confidence, they are appreciated for their organizational skills and are gladly followed by their colleagues. ENTJ personalities are naturally authoritative and can therefore be firm and critical if needed. They view feelings as a weakness and believe they should not be considered in decision making. With this outlook, they can be somewhat strict at times.

As long as their academic background, skills, values, and interests combine with adequate opportunities, ENTJ personality types prefer to focus on leadership careers which confront them with complex problems they can rank and settle by means of innovative solutions. Examples include administrative manager, judge, professor, IT consultant, or lawyer.

In short, ENTJs are full of energy, frank, organized, and hard-working. They have a natural leading ability, work diligently to reach their goals, and like stimulating and organized environments. If they are looking for personal development, these people could benefit from integrating human aspects into their decisions to moderate their words and reduce the risk of being hurtful. They could also try to recognize other people's worth and to verbalize it. In this way, they would be more supportive to others and could potentially include them in their businesses.

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ENTP: The Visionary

ENTPs are, in general, creative and rational people. They value knowledge and constantly seek to increase their understanding of the world. They are visionaries and optimists who live in a world of possibilities where they enjoy facing complex and sensitive challenges. They fully trust their intuition to help them in overcoming difficulties and will not give up until they find a suitable solution. They will gladly participate in verbal sparring matches where they may defend a different opinion than their own for the sole pleasure of the debate.

These people are incredibly gifted in understanding other people as well as the day to day life situations. They quickly grasp the meaning of things, easily assimilate new concepts and like to discuss them. They are generally more inclined to gather new information than to depend on already known data. Upon making a decision, ENTPs tend to rely upon a list of rules and objective laws, sometimes ignoring more personal or human elements, thus risking to be perceived as unethical or dishonest.

In their personal or romantic relationships, ENTP personalities are very relaxed and appealing due to their love of life and their excellent communication skills. Although they are not afraid to broach sensitive topics with their partner in order to receive an explanation, they always strive to develop their couple's relationship. They thus happily engage in any new activity likely to improve it. If they are not careful, however, they could get dragged into their new exciting project and risk to unintentionally neglect their partner's feelings as well as their couple's relationship. Upon starting a family, ENTPs are generally enthusiastic and caring parents who will gladly listen to their children, stimulating them abundantly.

At the professional level, these people are flexible and adapt easily to numerous tasks. They excel in the activities they undertake so long as they find them interesting. Because of their ability to improvise, they can solve even the hardest problems and design ingenious plans to carry out new strategies within the company. However, routine is unbearable for this personality type and they often tend to abandon projects before they are completed. Although they dislike controlling others, they have excellent leading abilities, are capable of encouraging their colleagues to work independently, and can act as a catalyst as they radiate their passion for their work.

As long as their academic background, skills, values, and interests combine with adequate opportunities, ENTP personality types prefer to focus on careers such as legal practitioner, engineer, entrepreneur, lawyer, or actor where they are free to express their creativity.

In short, ENTPs are logical, inventive, daring, lively, and independent. They are attracted to concepts, difficulties, and challenges and trust their excellent abilities to creatively solve them. If they are looking for personal development, these people would benefit from living in the moment to be able to recognize and give importance to other people's feelings and contributions. In this way, they could integrate, in their decision process, different, subjective, and personal points of view other than their own and, therefore, appear less individualistic.

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ESFJ: The Provider

ESFJs are altruistic, friendly, and very tactful. They are interested in others and know how to put anyone at ease. They are able to thoroughly understand others and to guide them in bringing out the best of themselves. They are very considerate and strive to make others around them happy thanks to the energy they draw from their own desire to be appreciated. However, this need for other people's approval makes them very sensitive to indifference and malice which they do not understand and which hurt them deeply.

These people feel no shyness to express their forged opinions based on a clearly defined value system which gives them a precise idea of how things should or should not be. They respect laws, rules, and the authorities and think everyone should do so too, sometimes risking to be pushed towards a form of dogmatism if they fail to put things into perspective. They are rather conservative and prefer to follow established procedures instead of exploring new and unknown territories. Their responsibilities truly matter to them and they are extremely reliable. They value security and stability and tend to exercise a close control over their own lives, sometimes extending it to the lives of others.

In their personal or romantic relationships, ESFJ personalities put a lot of energy in developing and maintaining intimacy with others. Because of their great need for fusion in their relationships, they are possessive and can, therefore, at times, be exposed to deceptions. Generous of themselves, they also tend to think they are not properly paid in return. They do not handle conflicts and criticism well which makes them incredibly defensive. As a response, they most often strategically modify their behavior to better match others' expectations or attempt to be controlling and manipulative. Upon starting a family, ESFJs are often responsible and reliable parents on which their children can depend. They excel in managing their household, especially financially, and rarely forget to celebrate important family events.

At the professional level, these people are very well organized. They like to create or maintain order and a good structure for the necessary well-being of an organization. In general, they dislike tasks requiring them to work with abstract or theoretical concepts or impersonal analyses. Just like their personal life, they get great satisfaction from helping or doing things for others. They work extremely well in teams and are excellent leaders thanks to their ability to trigger motivation in others which comes from their good communication skills and their warm social skills.

As long as their academic background, skills, values, and interests combine with adequate opportunities, ESFJ personality types tend to easily focus on careers demanding great human skills coupled with good organizational abilities such as counselor, nurse, professor, or medical secretary.

In short, ESFJs are warm, cooperative, organized, enthusiastic, and can be described as a Good Samaritan. They desire to live a harmonious life rich in human connections that they most often find in stability, order, and respect of established traditions. If they are looking for personal development, these people could benefit from seeing the constructive side of conflicts, learning to manage them while being aware of their own needs and avoiding manipulation. They could also be more careful about blindly accepting certain rules and could learn to question them. In other words, they could be wary of their over conformism which could make them seem somewhat dull or too submissive to those around them.

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ESFP: The Optimist

ESFPs are generally joyous and full of life. They appreciate people, social activities, and new experiences. They like to be a group's center of attention and do so by amusing and entertaining it. Often referred to as epicurean or hedonist, they live in the "here and now" and are always looking for thrill or at least some form of excitement.

These people will base the majority of their decisions on their personal value system, ignoring theory or potential long-term consequences about which they would rather not think. If they are not careful, they could, at times, grant more importance to immediate gratification than to their duties and obligations. Hence, they are not always the best counselors but are of great practical assistance nonetheless. As great observers, they quickly sense the cause of unease in others and generously assist them in a concrete manner. This ability, coupled with their well-developed interpersonal skills, often gives them a conciliatory role in their affiliated groups.

In their personal or romantic relationships, ESFP personalities are very spontaneous and concerned about other people's well-being. Friendly and warm, they are appreciated by their entourage and are known to be exceptional hosts. They treat and accept anyone as a friend, but can be quite unforgiving when they have been hurt. They like to be in love and to make their partner happy by enjoying the "here and now" and avoiding overthinking about the future. They hate planning for the future; hence, commitment might be difficult for them although they make sure to show deliberate personal attentions to their partner such as gifts or signs of affection. In the face of criticism, they tend to feel personally attacked and might say things they regret afterwards. Upon starting a family, ESFPs are generally loving and creative parents but risk to be too permissive towards their children if they are not careful.

At the professional level, these people are often highly competent in numerous fields. They love teamwork and value collaboration. They can easily break the ice with their colleagues whom they dynamically and naturally encourage to take action. They ease communication and handle crisis efficiently. They learn best when performing tasks hands-on thanks to their practical mind and their notable improvisation skills. They hate routine work and become easily bored in an overly rigid organization lacking various and social activities.

As long as their academic background, skills, values, and interests combine with adequate opportunities, ESFP personality types prefer to focus on careers allowing them to put their interpersonal skills to good use and provide enough challenges for them to undertake. Examples include comedian, consultant, group leader, or social worker.

In short, ESFPs are charming, spiritual, flexible, and optimistic. They know how to enjoy life to the fullest. They are also able to face any circumstance thanks to their practical mind and their great attention to detail. If they are looking for personal development, these people would benefit from planning ahead in order to evaluate the consequences of their actions before making a decision. This would keep them away from some unpleasant surprises. They also could control their sensitivity and learn that criticism is sometimes constructive and can allow the establishment of strong and lasting relationships.

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ESTJ: The Methodical Achiever

ESTJs are generally self-confident and dynamic. They take matters into their own hands and are talented in conceiving action plans thanks to their ability to quickly identify the necessary tasks to achieve a goal. This skill makes them natural leaders, capable of quickly making decisions and conveying them in a clear manner.

These people have an extremely demanding value system which follows laws and traditions scrupulously. They live in a world made of facts and concrete needs in which they value efficacy and proficiency. They appreciate when efforts bring quick and visible results. They may, therefore, seem critical and rigid because of a lack of patience or understanding towards those who do not meet their criteria. Often seen as the stereotypical model citizen, they appreciate security and order above all else and tend to never find it sufficient.

In their personal or romantic relationships, ESTJ personalities make a point of honor to accomplish their duty towards those they love. When they engage in a relationship, they consider it to be a lifelong lasting one as they need stability. They therefore appear to be extremely devoted and protective risking to be overly controlling with their partner, especially in situations where they fail to questions their own behavior. Organized but not dull, they like to have fun and interact with others which easily makes them fun and exuberant in social encounters. However, in case of intense stress, they risk feeling misunderstood and exploited as if all their supplied efforts to insure the proper functioning of their environment were self-evident. They then have a difficult time putting their feelings into words in order to pass them on to others, which leaves them with a certain frustration. Upon starting a family, ESTJs are generally loving and responsible parents, anxious to set boundaries for their children by urging rather conservative values on their family.

At the professional level, these people are very flexible and competent in any field of activity thanks to their ease in project realization. Rational and systematic, they support their actions with concrete data and proven methods. They have a natural ability to lead because they can set goals and make sure these are reached in due time. They strongly condemn the lack of care and productivity, but occasionally find it difficult to express their demands in a socially acceptable manner, thus risking hurting someone else's feelings by solely considering logic and reason.

As long as their academic background, skills, values, and interests combine with adequate opportunities, ESTJ personality types prefer to focus on careers allowing them to find and maintain order and structure which they need to be reassured. Examples include professor, military officer, judge, police officer, or director (of a school, a company, etc.).

In short, ESTJs are trustworthy, enthusiastic, realistic, stable, and frank, and do not hesitate to be fully involved in anything they hold dear without complaining to fulfil their often self-imposed obligations. If they are looking for personal development, these people would benefit from better accepting and managing their emotions, in the sense of taming them and being able to communicate them more clearly. They could also learn to be more tolerant by showing less rigidity and by recognizing others' efforts and feelings, even if these do not precisely correspond with their expectations.

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ESTP: The Pragmatic

ESTPs live in a world of action where they live life in a sensory manner, relying on the five senses. They usually face situations directly and do not hesitate to take risks or to get their hands dirty in order to achieve an objective. These people live in the present in accordance with the saying “tomorrow is another day”. They prefer improvising rather than following a plan. They are very reactive to problems which they analyze with facts and logic. They are, therefore, able to evaluate a crisis situation in a relevant manner and rapidly suggest an applicable solution in order to move on to the next issue. They also tend to be resistant to theories and often feel uneasy or bored in their studies which they consider to lack in concrete usefulness.

These people have a disconcerting ability to perceive others’ attitudes and motivations. They are very attentive to details and can pick up on the slightest change in other people’s attitude or expression which would remain completely unnoticed to others. This ability often allows them to get what they want. For them, laws and rules refer rather to indications facilitating human relations than to imperatives to respect scrupulously. However, they have their own representation of Good and Evil and abide by it with force and passion in all circumstances.

ESTPs are excellent story tellers and improvisers because of their staging ability and their great verbal ease. They are generally funny and appreciated. However, their speech can happen to be hurtful because they lack intuition and are rarely aware of the impact of their words.

In their personal or romantic relationships, ESTP personalities are able to make the most of every moment. They are generous and prove themselves to be particularly charming, especially at the beginning of a relationship. Long-term commitments can make them feel uncomfortable because they struggle to look to the future, and, when they are sincerely committed in a relationship, they generally try to take it one day at a time. Upon starting a family, ESTPs become really close to their children and spend a lot of time with them, perhaps thanks to their slight childlike side.

At the professional level, these people prefer sales and representation environments, allowing them to be constantly active and in interaction with others. They have an energy and enthusiasm potential they can very skillfully transmit to others in order to motivate action. They are very talented in making decisions and initiating projects, even if they tend to let others bring these to completion.

As long as their academic background, skills, values, and interests combine with adequate opportunities, ESTP personality types easily navigate towards entrepreneurial careers such as sales representative, entrepreneur, marketing or paramedical specialist.

In short, ESTPs are realistic, flexible, generous, enthusiastic, funny, and capable of remarkable achievements in various fields. Their motivation is contagious, and they can quickly improvise innovative solutions in the face of unexpected problems. If they are looking for personal development, ESTP personalities would benefit from increasing their empathetic abilities in order to consider others’ feelings better and spare their sensitivity. They could thus increase their communication skills and their ability to compromise which would contribute to a less forthright appearance helping them in a better control of their words’ impact on those around them.

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INFJ: The Intuitive

INFJs are rather intuitive and their relationships with the outside world are based on what they feel deep inside, although they cannot always explain it. They understand others as well as situations very easily even without perfectly knowing them. Their spontaneous intuition makes them complex and profound individuals, sometimes hard to understand. They are rather secretive because they want to preserve their inner world, from which they only reveal chosen elements at their chosen time.

These people are perfectionists who constantly doubt to be at their full potential. Most often, this impedes them to be at peace as they think it is always possible to improve. They strive to live in accordance with their strict value system that they often apply to others. As a result, their personal expectations are enormous as well as their expectations for others and they rarely question their high ideals. Rejecting compromise, they have an unshakable trust in their instincts, sometimes making them adopt a stubborn attitude, or even ignoring other people's opinions or social conventions. This personal strictness can turn them into tormented or dissatisfied individuals, especially when the environment does not match their expectations for authenticity and justice.

In their personal or romantic relationships, INFJ personalities tend to establish intense and meaningful bonds and are prepared to put forth a lot of efforts in order to preserve them. When they feel secure, they reveal themselves to be warm and friendly people, but always remain somewhat secretive or at least show a certain reserve. They particularly appreciate the idea of occupying a privileged place in the heart of those they feel to be close relations. They often try to avoid conflict that they poorly tolerate because of their great emotionalism. It is also frequent that a contentious situation causes them to get agitated and enraged to the surprise of those knowing little of them and who are used to seeing their rather calm and pacific frontage. Upon starting a family, INFJs are generally loving parents, very concerned by their entourage's feelings and who will do their best to avoid being hurtful to anyone, constantly trying to make things right and comfort, gladly accepting the role of confident.

At the professional level, these people need to work in a safe environment allowing them to live their daily life in accordance with their values and to provide life meaning by being creative, independent, and open to new experience. They do not particularly seek leadership positions but appreciate having a certain concealed power within the organization that employs them (to be the one to whom complaints can be voiced). Therefore, social work suits them particularly well, but they sometimes also have a natural affinity for art or science, in which they can use their intuition.

As long as their academic background, skills, values, and interests combine with adequate opportunities, INFJ personality types easily navigate towards careers such as psychiatrist or pathologist, social worker, teacher, psychologist, cleric, media professional, educational counselor, artist, music therapist, or any other alternative medicine.

In short, INFJs are generous, available and ready to listen, but also determined and helpful in solving interpersonal problems, although they often hide their vulnerable and secret sides. Their special talents are not common and do not make life easy for them but they provide great depth and the capacity of realizing unusual things. If they are looking for personal development, they would benefit from being more relaxed as well as more spontaneous and open to the present moment by learning to better control their anxiety.

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INFP: The Idealist

INFPs generally work hard to make the world a better living place. They have a great need to find meaning in their life which gives them guidelines to follow. They then strive to reach their set goals. They heavily rely on their intuition to guide them in discovering things hidden beneath the surface thus enabling them to bring improvements.

These people most often appear as accommodating and relaxed, but can become abrupt or aggressive when their value system is threatened. They are then able to passionately defend their cause although they normally avoid confrontation as much as possible. In the face of conflicts, they generally take a stance following their feelings and emotions, showing little interest for who is right or wrong. For them, what counts above all is to feel better, and their reactions may seem irrational or disproportionate from an external point of view.

In their personal or romantic relationships, INFP personalities are essentially interested in others and seek to help them in any circumstances. They are excellent mediators for others' problems as they naturally understand their points of view and their feelings. They are thus very appreciated and sought after for their listening ability, even if they often are rather reserved in the expression of their emotions. They do not trust others easily, but are completely loyal the moment they commit to a relationship, although they may dream of more perfect or more romantic relationships. Upon starting a family, INFPs are generally loving and present parents who support and encourage their children to the fullest.

At the professional level, these people need to be invested in their work just like they would be in a cause essential to their personal growth. They are rather perfectionists and have extremely high requirements for themselves and others. They also frequently struggle to take credit for their successes. Additionally, they may have some difficulty working in a group if they cannot control the situation or if they have to work with lower expectations than their own. Focused on their feelings, they struggle to manage concrete and logical facts that they find impersonal and seldom understand. They are, however, often gifted in writing, which is their favorite way of expression.

As long as their academic background, skills, values, and interests combine with adequate opportunities, INFP personality types prefer to focus on careers allowing them to grow in accordance with their values and for humanity's well-being. Examples include psychologist, writer, architect, professor, or clergy.

In short, INFPs are devoted, flexible, idealistic, and peaceable, constantly looking to help others and to make the world better to the best of their abilities. They easily get enthusiastic about anything regarding personal accomplishment. If they are looking for personal development, these people would benefit from finding a balance between their high ideals and life's requirements in order to come to terms with reality and, in this way, become less vulnerable. They could also learn to say "no" to avoid unfitting situations and remember they are not necessarily responsible for all the contentious situations they may face. This way, they could release themselves from the heavy burden of responsibility for others' and the world's happiness leaving them with more time to navigate towards fulfillment, to take care of themselves, and to live in the present moment in a more relaxed manner.

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INTJ: The Mastermind

INTJs are generally resolute and energetic. Living in a world of ideas and strategic plans, they value intelligence, knowledge, and expertise. They let nothing drag on, carry out their work as quickly as possible, and have extremely high standard requirements which they continuously strive to fulfill. They expect nothing less from others and despise slackness, incompetence, and laziness above all else.

These people are great observers of the world around them, which allows them to feed their imagination and creativity. Like so, they strive to generate ideas and possibilities by combining the many pieces of information they systematically collect. Very insightful, they are able to rapidly grasp new concepts, and especially to apply them efficiently to potential needs. Their inside world is often very rich and agitated and, although explaining their thought process as they use it might sometimes be difficult, they manage to translate their ideas into action plans or systems understandable to their peers as long as their educational skills are sufficiently developed.

In their personal or romantic relationships, INTJ personalities do their best to foster the positive development of their relationships. They take their commitments very seriously, but are not against redefining them if necessary. They believe in the importance of independence in relationships which can sometimes prevent them from feeling or responding adequately to their partner's emotional needs. Often focused on their inner world, they can sometimes find it hard to reconcile their expectations with the reality, in which case they tend to trust themselves and think they are right. They rarely feel threatened by conflict and tend to resolve it in a rational and logical manner. Upon starting a family, INTJs are generally informed and competent parents who take time to listen to their children, although they do not always grasp the emotional charge hidden behind the noticeable demonstrations.

At the professional level, these people are ambitious and can become accomplished leaders even if they prefer taking on that role in case of necessity only. Strategist above all, they prove to be efficient when selecting the project or idea that will match the organization's needs and objectives. They excel in identifying a situation's inadequate or problematic elements and in offering suitable solutions. They love organizing and taking up challenges as much as they hate disorder and inefficiency. Rather intuitive, they are quick to make decisions and to judge but may feel misunderstood if they do not take the time to clearly explain their choices.

As long as their academic background, skills, values, and interests combine with adequate opportunities, INTJ personality types prefer to focus on careers requiring them to grasp complex theories first to then apply them to concrete situations in the form of long-term strategies. Examples include physician, engineer, computer or scientific system analyst as well as any other technical or administrative profession.

In short, INTJs are independent, determined, analytic, and resourceful when faced with difficult situations. Logical, resolute, and persevering, they are as much skilled organizers as they love organizing, and never concede defeat in the face of the most difficult challenges. If they are looking for personal development, these people would benefit from agreeing with other people's opinion more often in order to appear less prescriptive and therefore show a more humanized picture of themselves to their colleagues or close relations. They could also make their thought process and general way of thinking more explicit to promote the communication of their ideas and thus feel less isolated emotionally as well as better understood.

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INTP: The Rational Thinker

INTPs live generally in a world of theoretical possibilities where they quite easily perceive how things will play out and the way they could be improved. They have highly developed analytical abilities allowing them to identify problems and to offer logical explanations to them. This natural ability can leave them feeling responsible for society, thinking they must help it move towards a better comprehension of its social and human phenomena.

These people are often excellent at generating, confirming, or refuting postulates thanks to their constant firing mind. They value intelligence considering it as the capacity to apprehend theory in a rational manner from which they can draw solutions to most concrete difficulties. They tend to give little importance to the outside world and may seem distracted or dreamy in the eyes of other people. Yet, they are often objectively critical in their analyses that they approach with enthusiasm and skepticism, ignoring the established rules, authorities, and opinions in order to create their own problem resolution method. They love abstract thinking as well as new ideas and, therefore, highly enjoy discussing concepts with their savant peers. They are tolerant and flexible in the majority of cases, but can also appear very rigid when one of their beliefs is brutally attacked or questioned.

In their personal or romantic relationships, INTP personalities usually prefer quality over quantity. They are most often mysterious and secretive as long as they do not get the proof that their trust is deserved. Hence, they tend to keep a limited number of intense friendships to which they are greatly attached. Although their extremely rich inner world may impede them from attending other people's emotional needs, they are still completely loyal and frank with their partner the moment they commit to a serious relationship. Upon starting a family and to fulfill their educational role, INTPs are usually creative parents with overflowing imagination.

At the professional level, these people do not appreciate the duty of overseeing others. They largely prefer working individually and particularly appreciate the possibility to develop original theories and concepts. They try their best to follow their own high performance requirements, leading them to value their colleagues' competence and knowledge above all else. They draw practical step by step applications from complex issues which they have a disconcerting ability to understand quickly. Yet, they then let others carry them out because they hate routine work and prefer conceiving over producing.

As long as their academic background, skills, values, and interests combine with adequate opportunities, INTP personality types prefer to focus on careers offering them a high autonomy level and the opportunity to work on theoretical and hypothetical elements. Examples include mathematician, engineer, chemist, computer scientist, or any profession demanding a high level of thinking.

In short, INTPs are independent, rational, logical, and creative when they can harness their mind. Living inside their inner world, they often get portrayed as the "absent-minded professor" and are not very attentive to other people's needs and expressions. Constantly analyzing, they strive to create new ideas they most often explain in a very original manner and, from their intellectual standpoint and almost exclusive way of thinking, they generally only trust themselves or some rare specialists. If they are looking for personal development, these people would benefit from paying closer attention to other people's feelings in order to have greater respect for them and thus to enrich their rather rare social connections. They could also try to adapt their abstract speech to those listening to promote communication in order to appear less complex and to come back down to earth a little more frequently.

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ISFJ: The Devoted

ISFJs are generally warm, kind, and trustworthy. They live in a practical and benevolent world where they value harmony and cooperation to try to bring out the best of themselves and of each one.

Family and friends are not always aware of these people's very rich inner life. Gifted with an excellent memory, especially for details they find important according to their value system, they are able to memorize very precise information about people or situations that have left a mark on them. Extremely aware of their emotions and receptive to those of others, they however find it hard to express them without being forced. Thus, they are rather quiet and discreet until, if those around them fail to recognize their existence and special features, they let all their feelings explode under the effect of a rage that is hard to foresee. They then risk saying unthoughtful things and regret them later.

In their personal or romantic relationships, ISFJ personalities are most often altruistic and generous because they tend to put other people's needs above their own. They are highly sought after for their great listening abilities and their availability. Incidentally, they may be used against their will if they do not improve their ability to say "no". Always looking for exclusive and lasting relationships, they have no difficulty committing deeply to a relationship and are very faithful to their partner. If a relationship takes a turn for the worst, they often struggle to accept the end of the relationship and tend to carry all the responsibility for the failure on their shoulders because they poorly handle conflict and do everything in their power to avoid painful confrontations. Upon starting a family, ISFJs are usually loving, fair, and reliable parents on whom their children can rely in any circumstance.

At the professional level, these people value practice over theory, which they see as too abstract for any learning to take place. They prove to be very efficient when carrying out and wrapping up a project because they will work on it relentlessly until they reach their objectives. Respectful of established traditions, they tend to consider existing procedures as being the best and are little inclined to try doing things differently unless someone concretely proves that the new method is more efficient. As a general rule, they dislike taking responsibility for changes in their routine, preferring to follow given instructions.

As long as their academic background, skills, values, and interests combine with adequate opportunities, ISFJ personality types prefer to focus on careers allowing them to use their excellent observation and anticipation abilities. Indeed, they are particularly skilled in developing help or response structures designed to support human or social problems, but also need a well-defined framework to feel secure in their job. They will most often work in conventional or social careers such as librarian, clerical assistant, social worker, nurse, or teacher.

In short, ISFJs are disciplined, responsible, loyal, sensitive, reserved, empathetic, and conscientious. They do not hesitate to spend time listening or helping others in need, whatever the cost. If they are looking for personal development, these people would benefit from better considering their own desires and feelings. Indeed, a better control of their emotions could help them face problematic situations more easily instead of fleeing them. They could therefore improve their self-esteem and decrease their chances of outbursts due to excess emotions or frustrations.

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ISFP: The Sentimental

ISFPs are generally open and very attentive to the information they perceive through their five senses; they spontaneously get a feel for their environment and adjust their behavior accordingly. They like animals, children, and especially nature for its touching beauty. They appreciate art and often tend to have an artistic flow themselves.

These people have a strong value system. They seek a life where their daily needs are met while respecting their ideals as much as possible. Rather reserved, they tend to keep their ideas and opinions to themselves, even if their instincts push them to rebel against anything in the way of their personal development. They also have a great need for solitude in order to think and evaluate their life. Incidentally, they greatly respect those who take the time to understand them and support them in the pursuit of their objectives.

In their personal or romantic relationships, ISFP personalities are friendly and receptive to others. They are often extremely insightful and precise in their understanding of other people, striving to grasp the hidden meaning of the information they receive. They like to be able to participate in their close relations' well-being and give it as much energy as they deem necessary. They look for long-term commitments and take these very seriously. They frequently struggle talking about their deep feelings, sometimes even to their partner, because they fear conflict. Indeed, they live their emotions intensely and feel personally threatened by criticism. They truly need to be reassured and supported on a daily basis. Upon starting a family, ISFPs are usually warm parents who value respect and their children's need for independence, while still being attentive to their needs and ready to help them as much as is necessary.

At the professional level, these people are rather action oriented. They rarely feel comfortable with concepts and theories and prefer learning by doing. They refuse to make decisions based on simple logical reasoning and prefer evaluating them in light of subjective elements, which they consider more humane. Independent, they need space and do not want to control others more than being directed, although they are always ready to lend a helping hand. They tremendously invest into activities in which they believe. They often tend towards perfectionism, judging themselves more harshly than they should and against disproportionate criteria.

As long as their academic background, skills, values, and interests combine with adequate opportunities, ISFP personality types prefer to focus on careers that are consistent with their value system and offer them sufficient personal space in a relaxed work atmosphere. Examples include musician, pediatrician, veterinarian, or counselor.

In short, ISFPs are devoted, loyal, creative, idealistic, and generous, but their behaviors and reactions are not always predictable. Greatly attached to the ideas of beauty and truth, they are often very strict with themselves and have clear esthetic sensitivity whether in art creation or works of art appreciation. If they are looking for personal development, these people would benefit from working on their communication skills by opening their inner world to others more often, while practicing to set boundaries and to say "no" when necessary. They could also learn to be less harsh in their self-directed judgment and to recognize their personal skills in order to improve self-confidence and strengthen their feeling of well-being.

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ISTJ: The Diligent

ISTJs are generally calm, modest, and reserved, seeking to live a peaceful and secure life, most often appreciating a well maintained and well structured environment, arranged with taste and simplicity, without any particular originality.

These people are usually seen as “good citizens” on whom one can rely and their opinions most often turn out to be wise. They tend to trust laws and traditions and follow them faithfully. They are also very attached to honesty and integrity and believe tasks must follow well established procedures and plans. They may sometimes be quite rigid but can be funny depending on the situation. They give special attention to hard facts and may struggle to understand theories for which they find no immediate practical utility. Yet, if they adopt new ideas, they then become convinced and loyal to their cause by supporting it as much as possible in order to fulfil their personal duty.

In their personal or romantic relationships, although they often struggle to perceive other people’s emotional needs, ISTJ personalities are extremely considerate and helpful, especially thanks to their sense of duty and their ability to find solutions. They are also committed and loyal partners, although they may struggle to appear warm and encouraging because they tend to show affection through acts rather than words. Upon starting a family, ISTJs are usually responsible and generous parents who take their role very seriously.

At the professional level, these people are organized and methodical. They are able to find the necessary motivation to carry out long-term projects and to dedicate great energy to the accomplishment of their tasks. This trait makes them extremely reliable, but can sometimes be detrimental because they struggle to set limits, of which some may try to take advantage. In general, they prefer working alone but are able to adapt to a group activity when the situation requires it. They preferably work in an intermediate hierarchic level position and are excellent in defining and organizing their tasks, eager to carry them out earnestly and with determination. They are very responsible, but, when they are under great stress, they may lose their ability to understand things calmly and tend to feel depressed seeing only the negative or the alarming side of the situation.

As long as their academic background, skills, values, and interests combine with adequate opportunities, ISTJ personality types prefer to focus on careers requiring both to possess entrepreneurial and great organizational skills. Examples include corporate director, computer programmer, accountant, police officer, or judge.

In short, ISTJs are talented, logical, reasonable, and efficient, especially in structuring a task or a project. They have a strong desire to promote security and peace. If they are looking for personal development, these people would benefit from ceasing to consider their accomplishments as the natural fulfillment of their obligations. They could also be more sensitive to other people’s needs, appear slightly less critical, and learn to encourage and compliment their loved ones more often. In other words, they could be a little warmer and relaxed towards their friends and family.

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ISTP: The Ingenious

ISTPs are generally skilled and talented in logical analysis and use it when trying to understand a way of functioning, a machine, or a procedure. They are interested in theories and concepts only if they can find a practical use for them. They therefore like imagining and inventing above all else.

These people are attracted by novelty and change. They favor action, sometimes going so far as to experiment risk and adventure. They may get bored quite quickly if nothing new keeps them going. Fiercely independent, they barely follow rules and dislike following orders or receiving advice. Despite their libertarian tendency, they are absolutely convinced everyone must be treated with fairness and justice. They need space and solitude to make decisions so they can calmly filter the information and data needed to make the correct choice. They consider that judgments must be based solely on concrete and empirical facts, and are impartial on this point. Strongly attached to the ideas of truth and justice, they often struggle with concessions and with taking their emotions into account as they tend to ignore them as much as possible, fearing these will disturb their judgment and dull their creativity.

In their personal or romantic relationships, ISTP personalities are appreciated for their ability to make every moment unique and exciting. They live in the moment, are not very prone to long-term commitment, but invest daily on their fulfilling connections. Hateful of routine, they reject any attempt of control and fight to keep a vital space of independence. They tend to remain mysterious, prefer answering questions with other questions, avoid expressing their emotions, and sometimes explode when emotions impede their ability to be in control. Upon starting a family, ISTPs are usually caring parents, respectful of their loved ones' need for intimacy and independence but are strongly attached to their own freedom.

At the professional level, these people are resourceful, autonomous, and spontaneous. They generally remain calm in crisis situations enabling them to make quick and efficient decisions while having a soothing effect on their colleagues. Gifted with good technical knowledge, they know how to take practical details into account which enable them to solve difficult situations. They are also extremely skilled with their hands and learn best when doing things firsthand. They prefer to avoid making plans and solely rely on their strong responsiveness to carry out their tasks. Although they are not repelled by team work for certain activities, they feel more comfortable when they can focus and work individually.

As long as their academic background, skills, values, and interests combine with adequate opportunities, ISTP personality types prefer to focus on careers offering a large degree of autonomy and flexibility by harnessing their skills in concrete problem resolution. Examples include technician, mechanic, carpenter, electronics engineer, contractor, or engineer.

In short, ISTPs are creative, confident, original, determined, and eager to get immediate results when they are deeply involved in a task. They do not weigh themselves down with rules that could prevent them from doing things their way as they often get good results. If they are looking for personal development, these people would benefit from taking their deep feelings into account, thus avoiding inappropriate emotional outbursts and allowing their family and friends to know them better. In order to work in a more structured manner, they could also make a habit of setting clearer goals and avoiding constant improvisation. They would then waste less time in trial and error as they would make better use of other people's advice.