

ISFP

Introvert, Sensing, Feeling, Perceiving

ISFPs represent approximately 6% of the American population.

Potential Strengths

ISFPs are gentle, soft-spoken, and modest people. On the surface, ISFPs often appear cool and impassive but really have deep and passionate feelings that they share only with people they know well and trust. They are loyal, devoted, and patient friends, not particularly interested in trying to control or impose their values on others. They are trusting and sensitive, and need their personal and professional relationships to be harmonious and tension-free.

Realistic, sensible, and down-to-earth, ISFPs are concerned with enjoying life and experiencing all things to the fullest. ISFPs have a spontaneous and playful disposition and tend to prefer to respond to events rather than plan ahead. Often artistic, ISFPs notice the beauty in everything around them and enjoy spending their free time on their hobbies or crafts. They tend to have a small, tight-knit group of friends and strive to maintain a balance in their lives, not placing work above the other things that matter most to them.

Potential Weaknesses

Because ISFPs are so trusting, they can sometimes be taken advantage of by others. They tend to take people at their word, and don't look for or see the less scrupulous motives others may have. They can become mired in unpleasant situations, not easily able to see alternatives and unwilling to risk hurting the feelings of others by confronting conflict. ISFPs use their personal values to judge everything and often don't consider more objective criteria in making decisions. They may need to be more assertive about expressing their feelings so they don't neglect their own needs.

Because ISFPs tend to live completely in the present, they often do not see the larger picture or see how their choices impact future events. They need help prioritizing and organizing their time and may become easily distracted from completing tasks. They can become overwhelmed by choices and obligations and need plenty of time alone to regain their balance and perspective.

As an ISFP, I am good at . . .

- Paying close attention to details and facts of projects of interest
- Helping others in direct and tangible ways
- Working well as part of a team of caring people
- Adapting well to change and approaching new situations with interest
- Being supportive and helpful to co-workers, respecting supervisors

I need to watch my tendency to . . .

- Overlook or ignore the hidden meanings and motives of others
- Feel overwhelmed and confused with complicated or theoretical tasks
- Not speak up about the unfairness I experience
- Miss out on opportunities because I don't wish to volunteer
- Be disorganized and have trouble managing my time

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What I need in a career for it to be satisfying

1. An affirming, supportive, and non-competitive atmosphere without a lot of hidden political agendas
2. Work that has a real and practical purpose and where I can see and experience how I am able to help other people
3. A balance between working alone and working one-on-one, where the pace of my work is within my control
4. An environment that is relaxed, without a lot of rules, rigid structure, or restrictions on my personal time
5. The opportunity to work on a variety of projects that I believe in and where each day is different from the one before

Careers to consider

Fashion Designer	Carpenter	Jeweler
Tapestry Worker	Visiting Nurse	Potter
Interior Designer	Physical Therapist	Gardener
Landscape Designer	Massage Therapist	Painter
Radiology Technologist	Dental Hygienist	Dancer
Medical Assistant	Computer Operator	Chef
Veterinary Assistant	Surveyor	Forester
Animal Groomer/Trainer	Botanist	Geologist
Cleaning Service Operator	Police Officer	Mechanic
Crisis Hotline Operator	Waiter/Waitress	Storekeeper
Teacher: Elementary Science	Bookkeeper	Legal Secretary
Clerical Supervisor	Beautician	Typist

Recommendations for the job search

1. **Using my strengths, I excel when I:**
 - Network in a focused way, starting with people I know well
 - Ask a lot of questions as I gather data and research options
 - Seek out training opportunities where I can learn the skills I will use in a job
 - Use my curious nature to learn plenty of facts about a potential job
 - Stay flexible during negotiations and communicate a willingness and ability to work with others
2. **Avoiding my weaknesses, I need to:**
 - Develop a job search plan and work at sticking to it
 - Be willing to consider less traditional careers or approaches
 - Be objective in my decision making
 - Try to imagine the impact of my decisions in the future
 - Express energy and enthusiasm for job opportunities
 - Be assertive about my career and financial needs