

# Infj mbti self- assessment essay

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When I took the MBTI self-assessment I got the results of ' INFJ.' This means I am introvert of (28%), intuitive (12%), feeling (25%), and judging (56%). The importance of MBTI is so that you understand yourself and your behavior and what type of learner/team member/leader you are. It points out your potential pitfalls, and is easier for you to improve and develop. As an INFJ I develop long term vision, produces radical ideas, foresees the future, and anticipates what is outside current knowledge. To be an introvert means you're more for an internal world rather than an external one.

For instance you like to think/reflect first and then take action instead of " act now think later". Likes one on one rather than a huge crowd. They like to have their private time to reflect and regain energy. Being around people all the time drains them rather than energizes them. They are not usually leaders of a group because they like to sit back and absorb the information going around them which makes them great listeners.

To be Intuitive means to not be constricted by data specific solutions. They are able to make personal feelings to make decisions without having thought out conclusions. They can take little information and transforming it into multiple plans.

Intuitive people are looking for possibilities for a solution, and for inspirations and looking toward the future. They are sometimes considered absent minded. To be a ' feeling type' means to decide through emotion. They focus more on heuristic solutions to find it more quickly. They are sensitive to feelings of others, soft hearted.

They can sometimes take things too personally which could result in disharmony in a group. Or cause their work to suffer from it. To be a 'judging type' means you like to plan out events, in a neat orderly fashion but still end in a quick time frame. They get things done and make plans and have materials such as agendas and charts prepared to make it as efficient and quick as possible.

They like to stay ahead of the curve to avoid stress. Here are some tips for being an INFJ. For Introvert: Be assertive, let others know where you are and what you need, ask for time to respond, and recognize the need for face to face communications. For Intuitive: allow others to do a reality check on your ideas, and while brainstorming, think of what it will take to make the idea work. For Feeling: Others need clarity, T types see your relationship-oriented approach as obscuring your commitment to planning and completing tasks, and let others know their style is bothering you.

For Judging: allow time for deliberation and decision, hold others responsible for results rather than dictating the process, use asking tones rather than insisting tones