

ISFJ: (Intuitive-Sensing-Feeling-Judging)

- Are naturally tuned in to the wants and needs of others and generally acquire knowledge that allows them to be helpful, preferably one person at a time.
- Are traditional, responsible, loyal, and quietly efficient in taking care of their obligations. ISFJs abide by the rules and are comprehensively ethical.
- Are so focused on the needs of others that they can seem quite literally selfless, without a full personality of their own. This perception however is quite misleading. ISFJs are relentlessly determined to accomplish their goals and excel in their areas of interest without offending others.
- Have great energy, drive, and resolve to find the most effective way of being of service to others. They seem selfless because their ability to tune in to the needs of others is so total, but this focus is self-driven, and they are almost tireless in their capacity to give.
- Have difficulty saying no, even when over-extended.
- Do not like conflict. Conflict is the antithesis of their function in life. For ISFJs, service and conflict do not mix.
- The totality of their focus on the tangible needs of others combined with their innate aversion to setting limits that might disrupt harmony, no matter how justified those limits may be, can lead them inadvertently to relationships where they are the comprehensive caregiver to a narcissistic significant other who projects blame and responsibility, which ISFJs are vulnerable to taking on without knowing it.
- Will go out of their way to help just about anyone—a family member in trouble, a stranger in need. ISFJs have an almost limitless capacity for kindness and generosity. Ask them why, and they may not be able to explain, but they absolutely know they are doing the right thing

- Their sense of self is connected to being of service to others and can feel confused and unsure of how to be with those who do not need something from them. ISFJs can experience this lack of need/want as a personal rejection. This need to be needed can be a problem during their children's teenage separation-individuation years. Their natural strength in comprehensive care giving that is so effective and valued during their children's pre-adolescent years suddenly becomes a liability. It is unnatural to connect with others that need to separate from a dependence on them. Can suddenly find themselves feeling jealous and possessive with their children and feeling hurt and confused when this behavior is brought to their attention.
- The totality of their focus on being of service to others does not allow for a clear sense of who they are separate from others an aspect of their nature that makes it difficult for them to know when to set limits and when to accommodate.
- In their areas of expertise, they will know with certainty the most efficient way to be of service, and no one can sway them from their convictions. People can tell them that they should do this or do that, and they will listen and then go and do exactly what they feel needs to be done.
- Have a unique combination of independence/dependence in their connection to others. ISFJs are like orchestra conductors designed by nature to make sure that others get noticed for how they are playing rather than for what they are doing to facilitate their play. ISFJs need instruments to help tune to feel a sense of self, of meaning and purpose but, at the same time, are naturally separate from them.
- Are most comfortable in a 1:1 care giving relationships and may feel uncomfortable in group situations that do not present them with a clear sense of how to be; what their group role is.
- Resist making plans that give their own wants precedence. This trait, in fact, is quite consistent with ISFJs' nature. They are driven by a desire to provide others with what they want. Oddly enough, healthy selfishness in this case often

requires that they prioritize the wants of others that will, in fact, tend to be their primary self-fulfilling goal. This is true, however, only to a certain point. ISFJs must provide some time to separate from their primary role and relax or they can eventually burn out.

- Are not comfortable asking for help. To need something from someone else can feel like a weakness to an ISFJ.
- Need to develop a tolerance for others giving back to them and for setting limits with those that attempt to take advantage of their near universal generosity of spirit.