

ISSUE 01

INEJ

SUMMER
2021

THE ADVOCATE



JUST BE

VISUALS / WORDS
THOUGHTS / QUOTES
SAFE / PLAYFUL
RAMBLINGS / INSPIRING
TABLE BOOK / JOURNAL

MAY - JULY

01

LONDON
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WWW.SOULSPEAK.CO.UK



INFJ

THE ADVOCATE

THE ROLE OF AN ADVOCATE IS TO OFFER INDEPENDENT SUPPORT TO THOSE WHO FEEL THEY ARE NOT BEING HEARD AND TO ENSURE THEY ARE TAKEN SERIOUSLY AND THAT THEIR RIGHTS ARE RESPECTED.

AN ADVOCATE WILL ENSURE A PERSON HAS THE TOOLS TO MAKE AN INFORMED DECISION; IT IS NOT ABOUT MAKING THE DECISION FOR THE PERSON.

I SEE & FEEL YOU TOO

Felicity Haversham
an INFJ supporting other INFJs with beauty & words.
A table magazine/printable to simply browse and enjoy.



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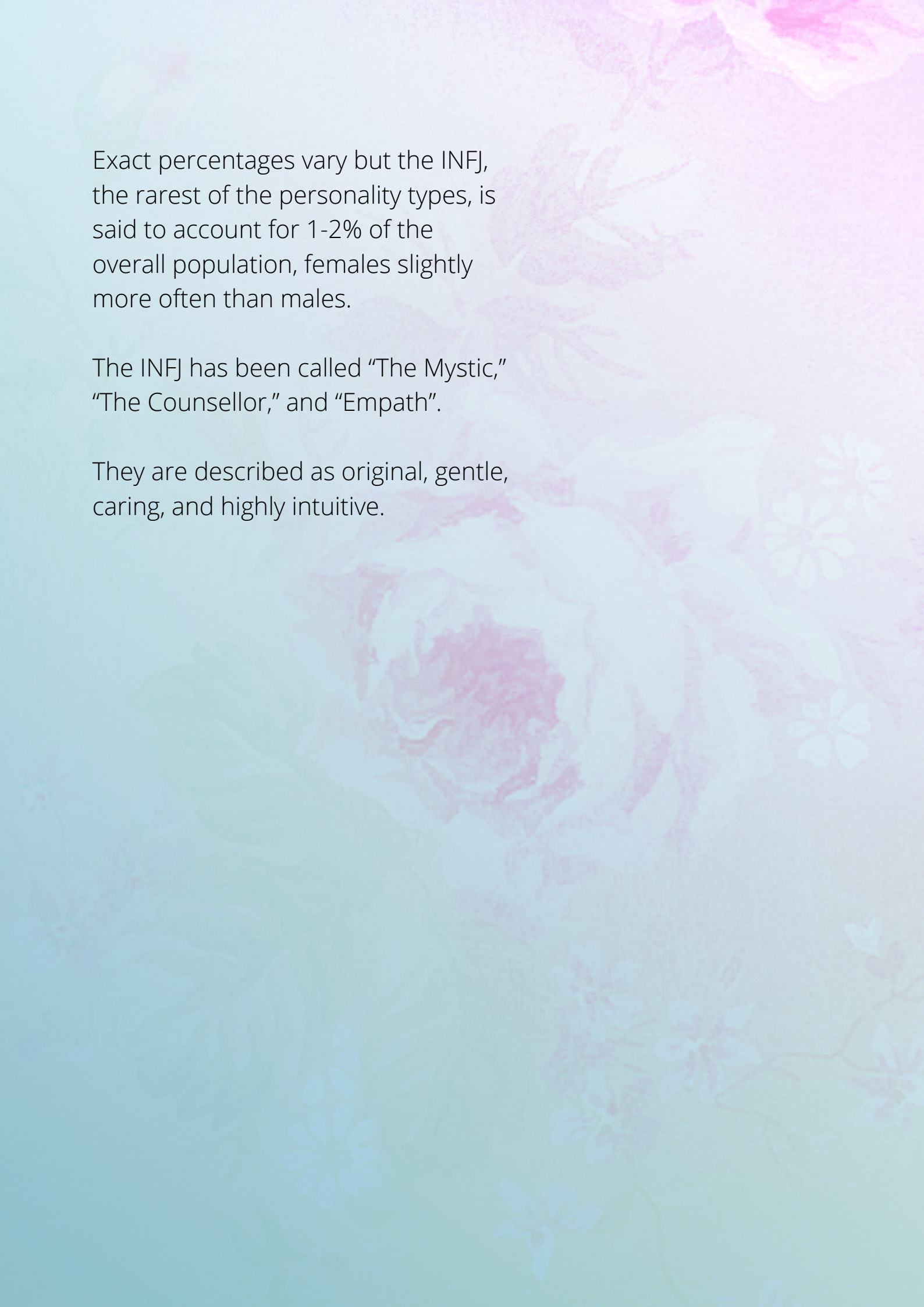
97

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02%

INFJ (introverted, intuitive, feeling, and judging) is one of the 16 personality types identified by the Myers-Briggs Type Indicator (MBTI).



Exact percentages vary but the INFJ, the rarest of the personality types, is said to account for 1-2% of the overall population, females slightly more often than males.

The INFJ has been called "The Mystic," "The Counsellor," and "Empath".

They are described as original, gentle, caring, and highly intuitive.



THE 'I' FOR INTROVERT

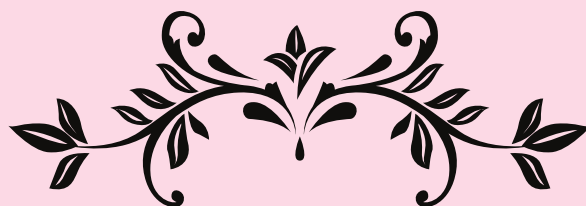
INFJs are likely to listen to others more carefully. Very introspective, Introverts enjoy more focused “alone time” – leading to more and deeper insights. And, while sometimes too sensitive to their environments, this often helps them pick up cues more quickly, making them great at reading many situations.

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Introverts tend to find outside stimuli like noise, motion, or intrusive lighting frustrating. Too much can be unsettling and often drains their energy.

Some conversations where they're expected to be insistent can exhaust them. They need time alone to regather their energy and restore their calm.

80% of Introverts say they often find that time spent alone is more interesting and satisfying than time spent with other people



THE 'I' FOR INTUITIVE

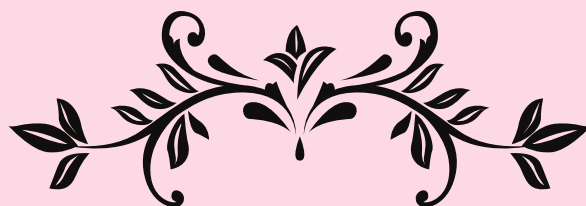
People with the Intuitive trait prefer to exercise their imaginations as they seek new ideas and possibilities. They live their day-to-day lives just like any other personality type. But while that's happening, their minds tend to point inward while at the same time gently focusing somewhere beyond the horizon. Their lives are ones of questioning, wondering, and connecting the dots in the “bigger picture,” and they love the theoretical. They often ask, “What if?” and ponder the possibilities the future might hold.

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Intuitive people aren't always the most practical, preferring instead to give things deeper meaning.

“Colouring outside the lines.” This is where Intuitive people shine. They bring interesting dimensions to life beyond everyday ideas – and take those who decide to go along with them.

91% of those with the Intuitive trait say they like to discuss different views and theories of what the world could look like in the future, compared to 55% of those with the Observant trait.



THE 'F' FOR FEELING (1)

The Feeling (F) trait which relies on the heart.

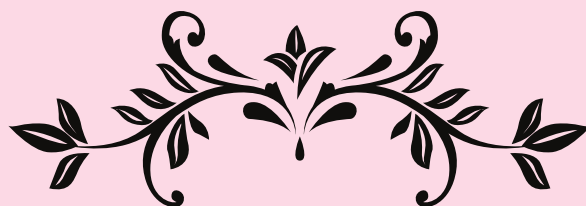
People with the Feeling (F) trait follow their hearts and emotions – sometimes without even realizing it. They may show it to different degrees and in different ways, but however they do it, Feeling personality types tend to be caring, compassionate, and warm. These concerned people can be highly protective of those they care about – whether that is their immediate family or remote populations in need.

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People with the Feeling personality trait often find they become excessive in their concern for others. They may easily burn out – or cause others to – when they become too involved. These emotionally aware individuals can become depressed if they feel they haven't been as selfless in life as they imagine they should be, or if those they have helped seem to fall down regardless.



88% of those with the Feeling trait said they value and cherish their emotions, compared to 47% of those with the Thinking trait.



THE 'F' FOR FEELING (II)

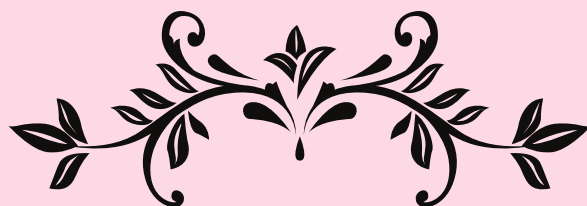
Feeling personality types' concern for others typically affects all their endeavours. This can be practical and close, as with family, friends, and colleagues. Or it can be broader, as with world peace, ending hunger, and giving the disadvantaged a boost.

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This reliance on feelings doesn't mean there is no logic – theirs is just a different logic. They see that emotions can't simply be waved away, so feelings and the welfare of others shape their lives more than stark facts and cold objectivity. Weighing things this way makes these personalities valuable to have around when the big question is, “Who does this help?”

88% of those with the Feeling trait said they value and cherish their emotions, compared to 47% of those with the Thinking trait.



THE 'J' FOR JUDGING

People with the Judging (J) personality trait feel most comfortable when the course ahead is well-marked. They would rather come up with five backup plans than deal with events as they come. Preferring to consider their options ahead of time, personality types with this trait prefer clarity and closure, sticking with the plan rather than going with the flow. It's as if Judging types always keep a mental checklist. When they cross something off their list – or even start an item on their list – they consider it complete and not open to reconsideration.

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It's important to remember the need for structure. Too many surprises in a row can leave these personality types frustrated and stressed. To them, rules, laws, and standards are the key to success.

88% of those with the Feeling trait said they value and cherish their emotions, compared to 47% of those with the Thinking trait.





ADVOCATE (INFJ) STRENGTHS (I)

Creative – Advocate personalities enjoy finding the perfect solution for the people they care about. To do this, they draw on their vivid imagination and their strong sense of compassion. This can make them excellent counsellors and advisors.

Insightful – Advocates typically strive to move past appearances and get to the heart of things. This can give them an almost uncanny ability to understand people's true motivations, feelings, and needs.

Principled – People with the Advocate personality type tend to have deeply held beliefs, and their conviction often shines through when they speak or write about subjects that matter to them. Advocates can be compelling and inspiring communicators, with their idealism persuading even the hardest of skeptics.



ADVOCATE (INFJ) STRENGTHS (II)

Altruistic – Advocates generally aim to use their strengths for the greater good – they rarely enjoy succeeding at other people’s expense. They tend to think about how their actions affect others, and their goal is to behave in a way that will help the people around them and make the world a better place.

Passionate – Advocates can pursue their ideals with a single-mindedness that may catch others off guard. These personalities rarely settle for “good enough,” and their willingness to disrupt the status quo may not please everyone. That said, Advocates’ passion for their chosen cause is a key aspect of their personality.



ADVOCATE (INFJ) WEAKNESSES (I)

Reluctant to Open Up – Advocates value honesty, but they're also private. They may find it difficult to open up and be vulnerable about their struggles. This might also be because they think they need to solve their problems on their own or don't want to burden other people with their issues. When Advocates don't ask for help, they may inadvertently hold themselves back or create distance in their relationships.

Perfectionistic – The Advocate personality type is all but defined by idealism. While this is a wonderful quality in many ways, an ideal situation is not always possible. Advocates might find it difficult to appreciate their jobs, living situations, or relationships if they're continually fixating on imperfections and wondering whether they should be looking for something better.



ADVOCATE (INFJ) WEAKNESSES (II)

Sensitive to Criticism – When someone challenges their principles or values, Advocates may react strongly. People with this personality type can become defensive in the face of criticism and conflict, particularly when it comes to issues that are near to their hearts.

Avoiding the Ordinary – Advocate personalities tend to be motivated by a sense of having a greater purpose in life. They might consider it tedious or unnecessary to break their big visions into small, manageable steps. But they may be setting themselves up for frustration if they don't turn their dreams into everyday routines and to-do lists. Without these specifics, their goals may never materialize.

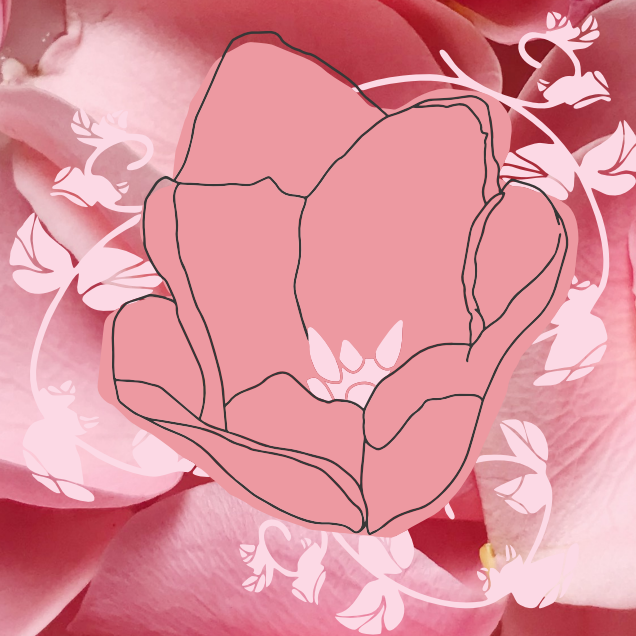
Prone to Burnout – Advocates' perfectionism and reserve may leave them with few options for letting off steam. People with this personality type can exhaust themselves if they don't find a way to balance their drive to help others with necessary self-care and rest.

SOUL SPEAK

“I’ll gift you with feelings you didn’t know were there, that’s the pleasure of crossing paths with a mystic.”

— Nikki Rowe





THE FEELS

THE ART OF BEING YOU

INFJs are often attracted to people who are passionate souls.



Nonsensical

HAVING NO MEANING;
MAKING NO SENSE

RIDICULOUSLY IMPRACTICAL

SHE BELIEVES IN DAYDREAMING
THE UNBELIEVABLE

SHE BELIEVES THAT MAGIC
EXISTS EVEN WHEN NO ONE
ELSE DOES

SHE BELIEVES THAT EVERYONE
IS UNIQUE, HAS MAGIC, AND IS
CAPABLE OF ANYTHING





THE MYSTIC

ALL KNOWING

HEART

they feel deeply

Compassion and being able to really listen is a quality the INFJ is naturally attracted to. Someone who actually shows caring towards others and is not constantly focused on themselves and their own feelings.



INFJ MAKES UP AROUND ONE PER CENT
OF THE GENERAL POPULATION.

THEY ARE TYPICALLY HIGHLY ORGANISED,
COMPLEX AND CREATIVE INDIVIDUALS



“The meaning of life is just
to be alive. It is so plain and
so obvious and so simple.
And yet, everybody rushes
around in a great panic as if
it were necessary to achieve
something beyond
themselves.”

ALAN WILSON WATTS



Nonsensical

HAVING NO MEANING;
MAKING NO SENSE

RIDICULOUSLY IMPRACTICAL

LOVE

*“Be kind,
for everyone you meet
just might be fighting an inner battle
you are not aware of.”*

INFJs speak the love language of quality time. They thrive on feeling understood, and your attention and willingness to dive deep will strengthen this connection.

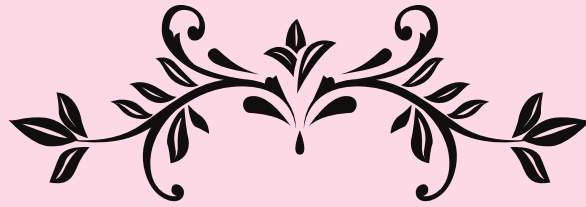


INFJs have complex inner thoughts and in depth imaginations, which makes them want to spend so much time inside of their own heads.

I'M DAYDREAMING IN MY

*Mind
Palace*





SECRETS OF soul speak

FELICITY HAVERSHAM

Tower walls, bricks and mortar
not dull or dimmed
Pretty pinks and lilacs layered on
metallic wallpaper
- a dreamy otherworldly theme
Candles on sconces
scents that carry the mind to a place
yearned but not yet touched
Floor coverings, lush beneath her feet
soft as barefoot on moss upon a
summer-kissed glade surrounded by
strong Oaks and wildflowers
A water fountain trickling a vision of a
waterfall far from it all
Plump velvet and silk cushions to fall
into a slumber
cradled with a faux fur throw upon an
Ikea throne, feeling decadent in her own
tower of captivity called home.



She sleeps and dreams of rolling hills so
green
as she rides a white mare, a goddess
breed lost aeons ago
with no saddle, wild and free, a true
gypsy soul, hair long and loose
her face challenging the wind streaming
on her skin
She is free of all constraints and all need
The sunset splashes her dream with
colour, of dusty rose, peach, and coral
splendour, soothing the pause of
freedom with a warm caress
All gently fades. She stirs. Her eyes are
slow to open, deeply exhaling release
from the gypsy dream
The scent of jasmine teases her until
fully awakened
Her eyes wide, she takes in the beauty
around her
the wish tree with dangling charms
sparkling crystals, and hand-made
trinkets given as gifts by loved ones
She smiles most peacefully
realising she lives not in a tower but a
castle of her own creation
free to dream of other worlds
free to just be





Nonsensical

“THINGS ARE ONLY IMPOSSIBLE
UNTIL THEY’RE NOT.”

JEAN LUC PICARD, STAR TREK:
THE NEXT GENERATION

ALL THE WORLD'S

A

Stage

AND ALL THE MEN AND
WOMEN MERELY PLAYERS;
THEY HAVE THEIR EXITS
AND THEIR ENTRANCES;
AND ONE PERSON IN THEIR
TIME PLAYS MANY PARTS

WILLIAM SHAKESPEARE
(ADAPTION)

This is the real
secret of life — to
be completely
engaged with
what you are
doing in the here
and now. And
instead of calling
it work, realize it
is play.

Alan Wilson Watts

WORDS

for the creatives

“Advice? I don’t have advice. Stop aspiring and start writing. If you’re writing, you’re a writer. Write like you’re a goddamn death row inmate and the governor is out of the country and there’s no chance for a pardon. Write like you’re clinging to the edge of a cliff, white knuckles, on your last breath, and you’ve got just one last thing to say, like you’re a bird flying over us and you can see everything, and please, for God’s sake, tell us something that will save us from ourselves. Take a deep breath and tell us your deepest, darkest secret, so we can wipe our brow and know that we’re not alone. Write like you have a message from the king.”

ALAN WILSON WATTS



my innermost
beautiful

FEELS ON ANYTHING





CONTINUED FEELS...



Creativity is intelligence
having fun.

ALBERT EINSTEIN





my creative ways...



PLAYFUL - SOUL FULLFILLING



You are not alone

FAMOUS PEOPLE RUMOURED TO BE INFJS:

NICOLE KIDMAN

LADY GAGA

DANIEL DAY-LEWIS

MOHANDAS GANDHI

ELEANOR ROOSEVELT

EMILY BRONTE

CARL JUNG

FYODOR DOSTOEVSKY

FLORENCE NIGHTINGALE

SHIRLEY MACLAINE

JIMMY CARTER

EDWARD SNOWDEN

TILDA SWINTON

CATE BLANCHETT

TAYLOR SWIFT

PETER GABRIEL

You are not alone

FAMOUS PEOPLE RUMOURED TO BE INFJS:

MARILYN MANSON
ALANIS MORISSETTE
PLATO

LEO TOLSTOY
NATHANIEL HAWTHORNE
MARY WOLLSTONECRAFT

BARUCH SPINOZA
QUEEN NOOR

AL PACINO

SIDNEY POITIER

ALEC GUINNESS

MICHELLE PFEIFFER

DERREN BROWN

SOFIA COPPOLA

ALBERT EINSTEIN

NIELS BOHR

THOMAS JEFFERSON

DANTE ALIGHIERI

AGATHA CHRISTIE

You are not alone

FICTIONAL INFJ CHARACTERS

ATTICUS FINCH FROM TO KILL A
MOCKINGBIRD

PRINCE CASPIAN FROM C. S. LEWIS'S NARNIA
BOOKS

MELISANDRE FROM GAME OF THRONES

JON SNOW FROM GAME OF THRONES

LADY GALADRIEL FROM THE LORD OF THE
RINGS

KING MONGKUT FROM ANNA AND THE
KING

OBI-WAN KENOBI FROM STAR WARS

HERSHEL FROM THE WALKING DEAD

TRUNKS FROM DRAGONBALL Z

FICTIONAL INFJ CHARACTERS

SARUMAN FROM THE LORD OF THE RINGS
AND THE HOBBIT

VANESSA IVES FROM PENNY DREADFUL

HARLEY QUINN FROM THE DC UNIVERSE

ATLANTIS: THE LOST EMPIRE, DISNEY'S
PRINCESS 'KIDA' KIDAGAKASH

CARNIVAL ROW PIETY BREAKSPEAR

CINDERELLA, DISNEY'S PRINCE CHARMING

CRIMSON PEAK THOMAS SHARPE

DRACULA, NETFLIX'S COUNT DRACULA

GLADIATOR MARCUS AURELIUS

MATRIX, THE MORPHEUS

MERLIN, BBC'S MORGANA

MISTS OF AVALON, THE BY MARION ZIMMER
BRADLEY MORGAINÉ

EMPATHY

they feel deeply

In the presence of strangers or casual acquaintances, INFJs might seem reserved and shy. In reality, INFJs are extremely relational — it just might take a while for this side of the INFJ to come out. Because they feel other people's pain and joy, they're able to truly walk in another person's shoes. Their ability to empathize creates strong bonds of intimacy — perhaps one of the greatest strengths of this personality type.



WHY IS INFJ SO RARE?

SOME POSSIBLE EXPLANATIONS FOR THE RELATIVE RARITY OF INFJS MAY BE DUE TO THE FACT THAT WE'RE JUST NOT IN SITUATIONS WHERE THE TEST IS OFFERED, OR MAYBE WE DON'T WANT TO TAKE THE TEST, SAYS DR. CARLA STEBBINS, A NEW-YORK BASED CERTIFIED MBTI PRACTITIONER WHO WORKS IN HIGHER EDUCATION.

ANOTHER POSSIBILITY IS THAT WHEN TAKING THE ASSESSMENT, PEOPLE MAY NOT BE HONEST, ESPECIALLY IF THEY BELIEVE BEING AN EXTROVERT IS BETTER THAN BEING AN INTROVERT

THE MBTI IS WIDELY USED, BUT IT'S NOT FULLY EMBRACED BY THE PSYCHOLOGY COMMUNITY BECAUSE OF ITS EITHER-OR APPROACH TO PERSONALITY TRAITS, AMONG OTHER FACTORS. PLUS, SOME FOLKS CAN GET DIFFERENT RESULTS WHEN RE-TAKING A TEST.

HOWEVER, TRUE BELIEVERS SAY IT'S AN EXCELLENT APPROACH TO DISCOVERING MORE ABOUT YOUR STYLE.



ARE YOU AN INFJ?

IF YOU'RE CURIOUS, AN ONLINE SEARCH WILL SHOW YOU A TON OF WAYS THAT YOU CAN TAKE A VERSION OF THE MBTI FOR FREE.

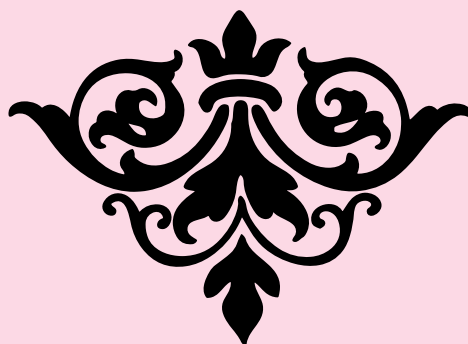


Free Personality Test | 16Personalities

<https://www.16personalities.com/free-personality-test>

Carl Jung's and Isabel Briggs Myers' personality type theory.

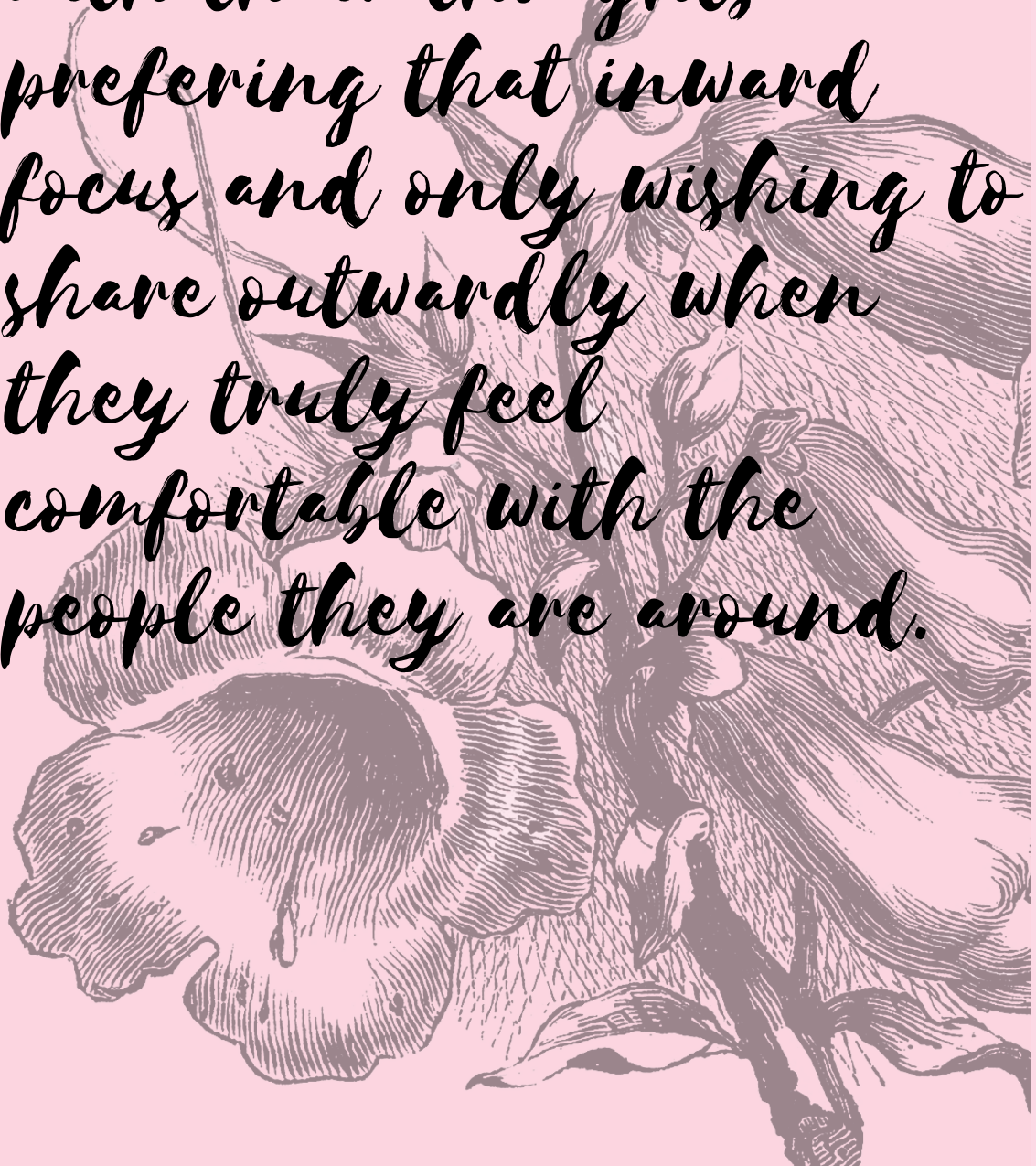
<http://www.humanmetrics.com/cgi-win/jtypes2.asp>



JUST REMEMBER:

YOU ARE MORE THAN A FOUR-LETTER
COMBO OF PERSONALITY.



INFT's are private because they are introverts, which tend to be more private with their thoughts preferring that inward focus and only wishing to share outwardly when they truly feel comfortable with the people they are around.




INFJs are often night owls because they enjoy the peace and quiet when everyone else is fast asleep. They have such active inner worlds that the INFJ often feel themselves diving into their thoughts when they are alone at night, keeping them up much later than most.



AT NIGHT I AM MOST CREATIVE

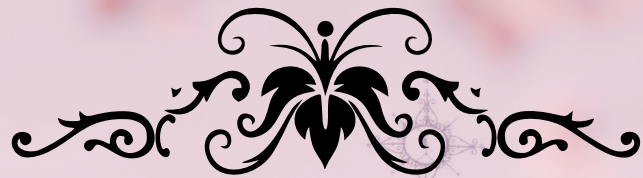


Where the wave of moonlight glosses
The dim gray sands with light,
Far off by furthest Rosses
We foot it all the night,
Weaving olden dances
Mingling hands and mingling glances
Till the moon has taken flight;
To and fro we leap
And chase the frothy bubbles,
While the world is full of troubles
And anxious in its sleep.



Come away, O human child!
To the waters and the wild
With a faery, hand in hand,
For the world's more full of weeping than
you can understand.

W. B. YEATS



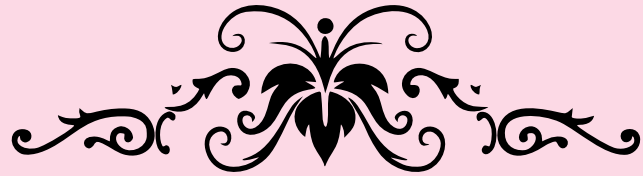
Good Hearts

The self-report tool was derived from theories proposed by Swiss psychiatrist Carl Jung, who claimed that humans experience the world via four primary psychological channels: sensation, intuition, feeling and thinking.

Jung's theories speculate that most people's personalities are predominantly defined by at least one of these functions.

INFJs are notorious for their warmth and love for helping others, even to the point of trying to "fix" them. They are highly visible in their generosity and concern for others. As a result, they are a bright light that often attracts the darkness of the narcissist.

INFJ'S are incapable of genuinely possessing narcissistic personality disorder traits because of their innate desire to be a good person to others and do the right thing which dominates their actions.



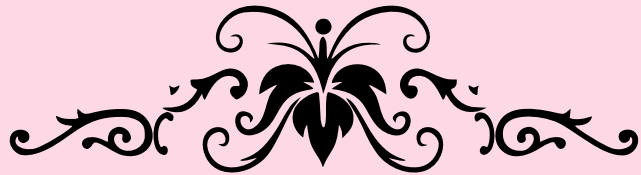
The best love MTBI type for INFJ?

ENFP

Although two well-developed individuals of any type can enjoy a healthy relationship, INFJ's natural partner is the ENTP or the ENFP. INFJ's dominant function of Introverted Intuition is best matched with a personality type that is dominated by Extraverted Intuition.

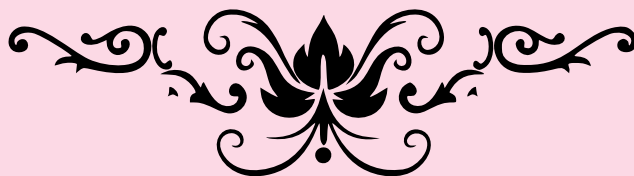
The Campaigner (ENFP) is someone with the Extraverted, Intuitive, Feeling, and Prospecting personality traits. These people tend to embrace big ideas and actions that reflect their sense of hope and goodwill toward others. Their vibrant energy can flow in many directions.

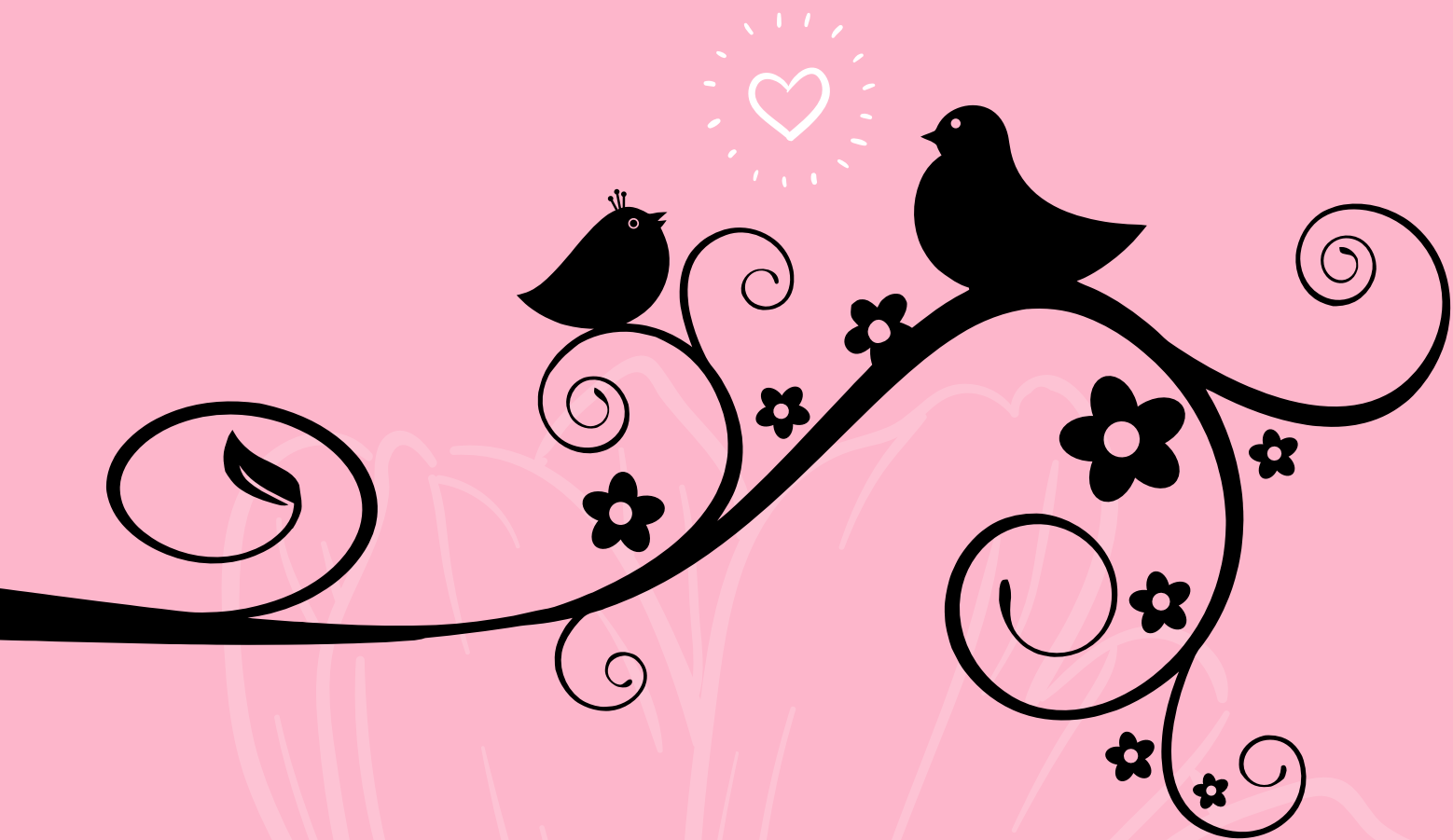
The Campaigner personality is a true free spirit. They tend to see life as a big, complex puzzle where everything is connected. Charming, independent, energetic and compassionate.



It doesn't interest me
what you do for a living. I
want to know what you
ache for – and if you dare
to dream of meeting your
heart's longing. It doesn't
interest me how old you
are. I want to know if you
will risk looking like a fool
– for love – for your
dreams – for the
adventure of being alive.

ORIAH MOUNTAIN DREAMER



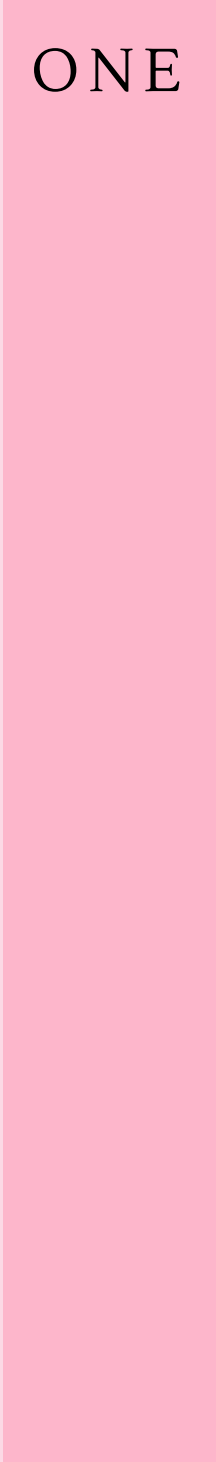


Do INFJs fall in love easily?

INFJS DEFINITELY FALL IN LOVE HARD WHEN THEY DO, BUT THIS DOES NOT HAPPEN QUICKLY. THEY OFTEN TAKE TIME BEFORE REALLY OPENING UP TO SOMEONE, AND SO FALLING IN LOVE CAN BE A SLOW PROCESS FOR THE INFJ. ... THEY FEEL EVERYTHING SO DEEPLY, AND SO FOR THEM FALLING IN LOVE IS A VERY SERIOUS AND INTENSE EXPERIENCE.

KEEPSAKES

ONE OF MY BEAUTIFUL DAYS...



AMBIVERTS

they feel deeply

INFJs are sometimes called the “extroverted introverts” or even ambiverts. They get this nickname because they can be passionate, enthusiastic, and talkative when in the presence of someone they feel comfortable with. Likewise, when they’re fighting for a cause they believe in — like asking people to sign a petition to end animal abuse — they may come across as extroverts.

However, INFJs are true introverts who prefer a small circle of friends to a large network of casual acquaintances. And introverts by definition need plenty of downtime to recharge their batteries.

...always remember



NOTE TO SELF

this space is to make brief notes
on things you want to remember in life
things that help you remember the beauty in yourself
and the beauty around you

Being Me

NOTE TO SELF

this space is to rejoice your uniqueness
list your beautiful quirks
embrace them

Journal

PIECES OF ME...

A series of 18 horizontal pink bars stacked vertically, serving as a writing area for the journal.

Creative Space

A LITTLE DOODLE

this space is for visual thoughts and feels
no perfection
no self doubt
just be

CONFLICT

they feel deeply

Due to Extroverted Feeling, INFJs have a strong need for harmony in their relationships. They're always striving to build rapport with others — and they value people who do the same in return. When conflict arises, especially in close relationships, the sensitive and emotional INFJ may become extremely distressed. They may have trouble sleeping or concentrating, perhaps even feeling the stress of the conflict physically in their bodies through headaches, muscle aches, an upset stomach, etc.

Creative Space

A LITTLE DOODLE

this space is for visual thoughts and feels
no perfection
no self doubt
just be

ADVICE

INFJs desire to connect deeply with others. Shallow, one-sided relationships won't do.

Likewise, because they're introverts, they have limited social energy. So INFJs look for friends or a romantic partner who are their "soul mates." These are people who truly click with the INFJ and can feed their very real need for authentic connection, intimacy, and meaningful conversation. However, INFJs often struggle to create the kind of relationships they desire. When they do find people with whom they truly connect, it feels like a miracle.

They're nicknamed "the counsellor personality" for a good reason. Although the INFJ creates a level of emotional intimacy in their relationships like few other types can, it also means INFJs tend to get ensnared in one-sided relationships.

Unfortunately for the INFJ, these relationships get exhausting and emotionally draining. It's important that INFJs learn to choose balanced relationships that make them feel good, too.

Creative Space

A LITTLE DOODLE

this space is for visual thoughts and feels
no perfection
no self doubt
just be

LOVE

they feel deeply

Advocates (INFJs) tend to take the process of finding a romantic partner seriously. People with this personality type look for depth and meaning in their relationships, preferring not to settle for a match that's founded on anything less than true love.

It can take time for Advocates to find a compatible partner. Some people might think Advocates are too choosy, and it's true that these personalities can have unrealistic expectations. Some Advocates might hold out for a "perfect" partner or relationship that ultimately doesn't exist.

Once Advocates do find a suitable relationship, they rarely take it for granted. Instead, they tend to look for ways to grow as individuals and strengthen their connection with their partner.

Advocates care about integrity, and they tend to bristle when people try to change them or talk them into something that they don't believe. As a result, Advocate personalities gravitate toward partners who appreciate them as they are. And there's a great deal to appreciate about Advocates: they're warm, caring, honest, and insightful, with an ability to see the truth that lies beneath surface appearances.

People with this personality type create a depth to their relationships that can hardly be described in conventional terms. Because of their sensitivity and insight, Advocates can make their partners feel heard and understood in beautiful ways. Advocates aren't afraid to express their love, and they feel it unconditionally.

Relationships with Advocates are not for the uncommitted or the shallow. People with this personality type crave an emotional and even spiritual connection with their partner. They cherish not just the act of being in a relationship but also what it means to become one with another person in mind, body, and soul.

Infj Ramblings

JOURNAL PAGES

A series of 18 horizontal, semi-transparent pink lines spanning the width of the page, providing a guide for writing. The background features a soft, floral pattern with pink and yellow tones.

JOURNAL PAGES

A journal page template featuring 18 horizontal lines for writing. The lines are evenly spaced and extend across most of the page width. The background is a soft, floral pattern with pink and yellow tones, including various flower and leaf motifs.



ARE YOU AN INFJ THAT FINDS YOURSELF QUESTIONING WHY YOU FEEL SO DIFFERENT?

INFJs are called contradictory for a reason

The typical run-down of INFJ personality traits include sensitivity, empathy, introversion, creativity, a strong values orientation and organization as some of your top strengths.

But what about the other traits you observe in yourself? Are they part of the INFJ personality type or are they just unique to you?

INFJs can be really impulsive
be completely oblivious
are observant and intuitive
crave and fear recognition
are social chameleons and adapt well



The INFJ mind is never quiet

100 TABS OPEN AT ONCE



The genius of the INFJ type is a function of the brain known as Introverted iNtuition. It's believed that this is the most recently evolved function of the human brain, so relatively speaking, it's new to the world.



FEELING AND INTUITION

According to the MBTI scale, these are the character traits that indicate you might be an INFJ type:

- Seeks harmony and cooperation
- Enjoys intellectual stimulation
- Always comes up with large-scale ideas
- Prefers to be alone
- Describes things in a poetic way
- Avoids being the centre of attention
- Values forgiveness
- Always sticks to deadlines
- Hates confrontation
- Prefers step-by-step instructions
- Likes to plans ahead
- Relishes in pleasing people
- Enjoys ideas for the sake of them
- Always looks at the bigger picture
- Overthinks almost everything
- Keeps things private

Source: www.independent.co.uk

JUST BE YOU



Good
vibes



FRIENDS

they feel deeply

Advocates (INFJs) have a deep desire for authenticity and sincerity in everything they do – from their daily activities to their relationships. As a result, people with this personality type rarely settle for friendships of convenience. Rather than rely on superficial interactions with the people they see every day at work or school, they generally prefer to have a close circle of confidants.

INFJ Door Slam

THIS ACTION SEEMS TO COMPLETELY CONTRADICT THE INFJ'S GENTLE, CARING NATURE. IT SURPRISES – AND CONFUSES – EVEN THOSE CLOSEST TO THEM.

THE INFJ DOOR SLAM OCCURS WHEN AN INFJ PERSONALITY CUTS SOMEONE OUT OF THEIR LIFE.

THE INFJ MAY DO AN "EMOTIONAL" DOOR SLAM. THEY MAY POLITELY TOLERATE THE OTHER PERSON'S PRESENCE BUT MINIMIZE THEIR INTERACTION WITH THEM. THEY REVOKE ACCESS TO THEIR PERSONAL THOUGHTS, FEELINGS, AND AUTHENTIC INNER WORLD – IN OTHER WORDS, THEY STOP BEING VULNERABLE AROUND THIS PERSON IN ORDER TO PROTECT THEMSELVES FROM FURTHER HURT. THE OTHER PERSON MAY NOT EVEN BE AWARE THAT THE INFJ HAS SLAMMED THE DOOR.

IN OTHER CASES, THE DOOR SLAM IS MORE DRAMATIC. THEY MAY CUT OFF ALL CONTACT WITH THE OTHER PERSON, UNFOLLOWING THEM ON SOCIAL MEDIA AND NO LONGER SPENDING ANY TIME WITH THEM. IT'S SAID THAT WHEN YOU DEEPLY WOUND AN INFJ, THEY DON'T HATE YOU, THEY NOTHING YOU.

IT MAY SEEM LIKE IT CAME OUT OF NOWHERE. HOWEVER, FOR MOST INFJS, THAT'S RARELY THE CASE. THINGS HAD BEEN BUILDING TO THE DOOR SLAM FOR A LONG TIME. USUALLY THERE IS ONE FIGHT OR EVENT THAT PUSHES THE INFJ OVER THE EDGE, CAUSING THEM TO FINALLY SHUT THE DOOR.

FRIENDS

they feel deeply

Advocates tend to light up around friends who share their passions, interests, and beliefs. Few things give these personalities more pleasure than connecting with others over discussions about meaningful ideas and philosophies. Once Advocates know they can trust someone completely, they find it incredibly fulfilling to share their innermost thoughts, ideas, and feelings with them.

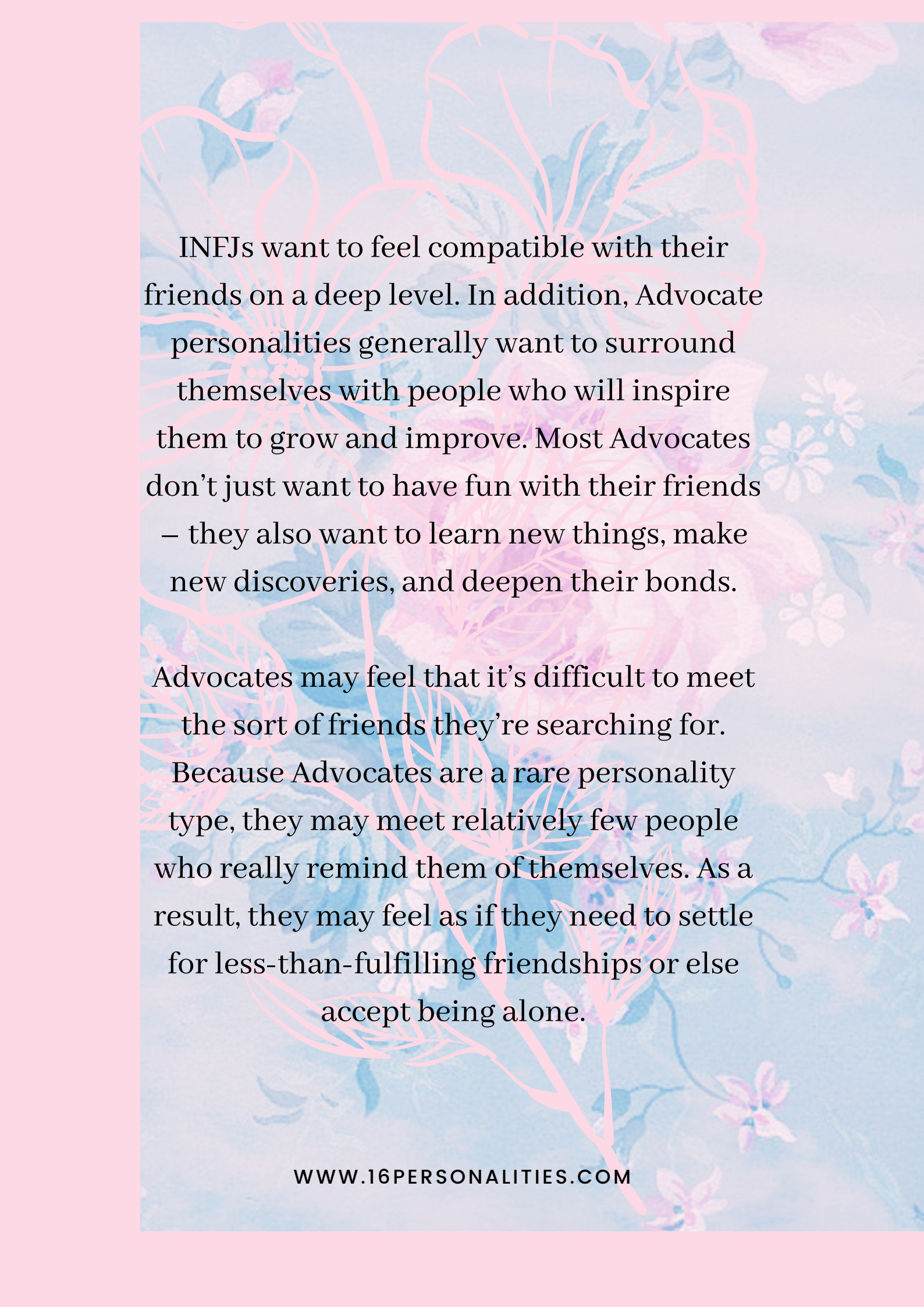
FRIENDSHIPS

As trust grows, Advocates tend to share more of their inner lives with their friends

Advocates have a quiet determination that can be quite charismatic, and their ability to express themselves clearly and passionately can make them truly shine. At times, these traits may lead to unwanted attention and popularity for Advocates, who tend to be private.

Advocates may sometimes find themselves surrounded by people who want to impress them. Paradoxically, this can make it more difficult for people with this personality type to find friends with whom they feel a connection. After all, the only way to be counted among Advocates' true friends is to be authentic, honest, and real.

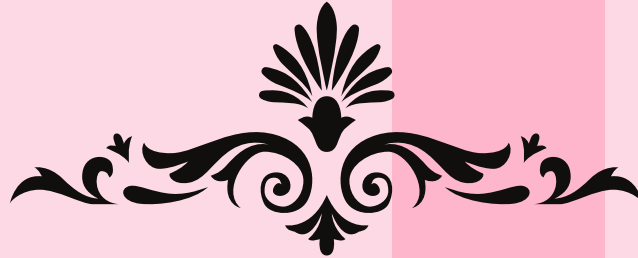
Once they do find genuine friends, people with the Advocate personality type make loyal and caring companions.



INFJs want to feel compatible with their friends on a deep level. In addition, Advocate personalities generally want to surround themselves with people who will inspire them to grow and improve. Most Advocates don't just want to have fun with their friends – they also want to learn new things, make new discoveries, and deepen their bonds.

Advocates may feel that it's difficult to meet the sort of friends they're searching for.

Because Advocates are a rare personality type, they may meet relatively few people who really remind them of themselves. As a result, they may feel as if they need to settle for less-than-fulfilling friendships or else accept being alone.



PARENTING

they feel deeply

Advocate personalities may also push their children to think independently, make their own choices, and develop their own beliefs.

Parents with this personality type encourage their children to fight for a cause they believe in and to be the best they can be.

Advocate parents generally strive to be devoted and loving toward their children at all times. As they imagine their children's futures, what Advocates really look forward to is being able to interact and connect as equals with the people they helped raise.

INFJ READING

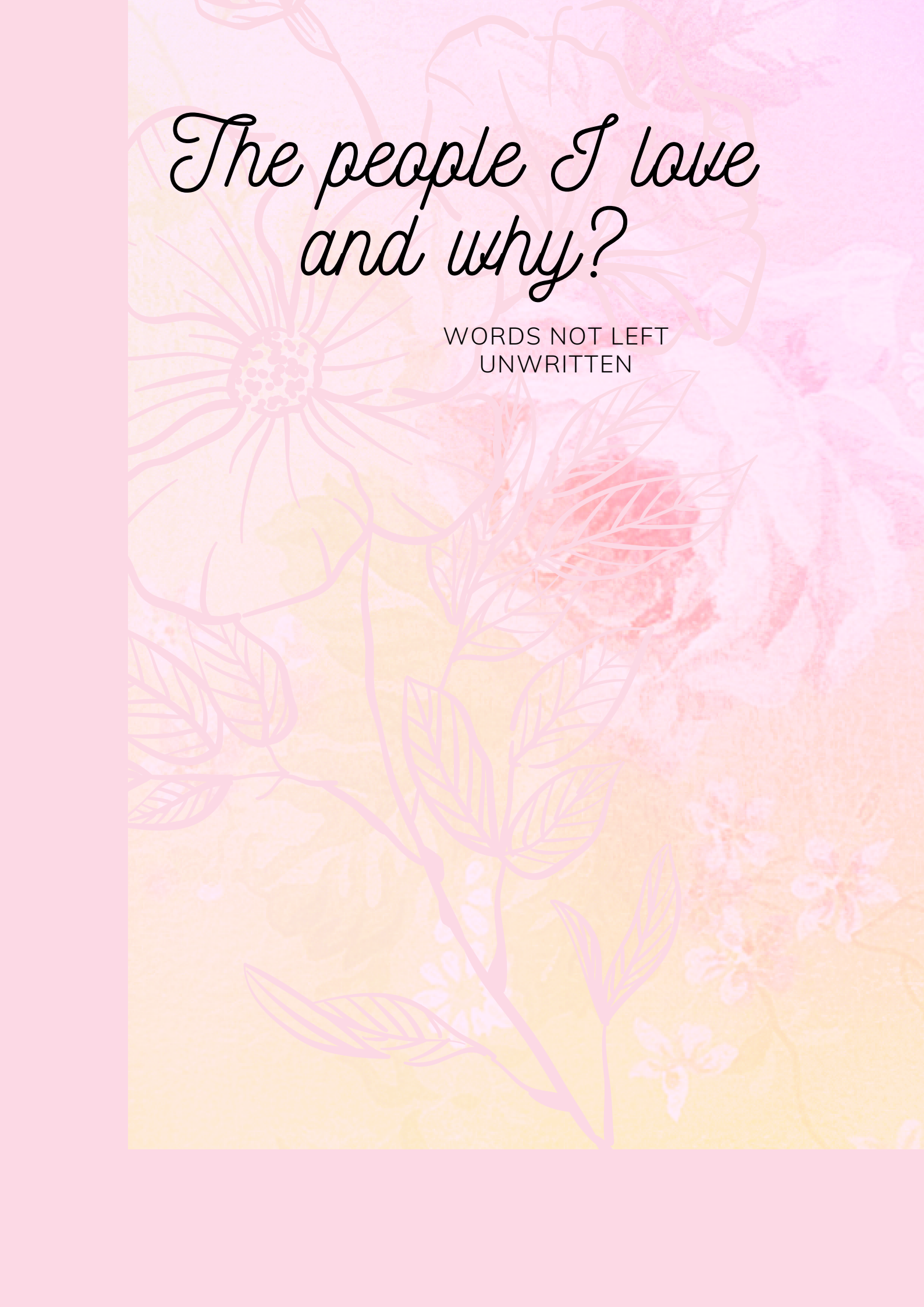
more than just words

Books provide a respite from a weary world, an escape into the imagination, and, in some cases, helpful advice for the ups and downs of life.

INFJs look for several things when they read a story: depth, fascinating characters, symbolism, and mystery.

They like a story that forces them to use their intuition and insight to get hints or guesses about what will play out. They like stories that ask tough questions about the meaning of life and the nature of psychology.

Reading for the INFJ is more than just an escape, it's a chance to understand humanity in a deeper way and solve mysteries about the meaning of life.



*The people I love
and why?*

WORDS NOT LEFT
UNWRITTEN

INFJ desire to help and connect can make roles as counselors, psychologists, teachers, social workers, yoga instructors, and spiritual leaders very rewarding for Advocates. INFJs are often drawn to careers in writing, authoring many popular books, blogs, stories, and screenplays. Music, photography, design, and art can all be viable options as well, allowing Advocates to focus on deeper themes of personal growth and purpose.

CAREER

“It’s better to fail while striving for something wonderful, challenging, adventurous, and uncertain, than to say, ‘I don’t want to try because I may not succeed completely.’”

JIMMY CARTER

Advocates (INFJs) tend to seek a career path that aligns with their values rather than one that offers status and material gain.

Fortunately, people with this personality type are able to find work that suits them in just about any field.

Many Advocates have trouble deciding which job is best for them because they’re able to imagine so many possibilities. These personalities may see 10 wildly different paths forward, each with its own set of rewards.

Picking just one means letting go of so many others. They can find ways to use their creativity in nearly any position. Advocates’ insight can enable them to spot unusual patterns and come up with out-of-the-box solutions, creating real change in others’ lives.

Goals of an Infj

WHAT CAREER PATHS
INSPIRE ME AND WHY?

MIND PALACE

heart and soul of an INFJ

The method of loci is also known as the memory journey, memory palace, or mind palace technique.

A mind palace is basically a structure you build in your imagination, where you consciously deposit memories and attempt to retrieve them later.



People I admire and why?

WHAT PEOPLE INSPIRE ME?
WHAT QUALITIES DO I
RESPECT IN THEM?

“In the end, it’s your actions, how you respond to circumstance, that reveals your character.”

CATE BLANCHETT

CAREER

they feel deeply

To be truly happy, INFJs need to find work that aligns with their values and allows them some independence. Advocates crave opportunities to learn and grow alongside the people they are helping. When this happens, Advocates may finally feel as if they are fulfilling their life’s mission, contributing to the well-being of humanity on a personal level.

84% of Introverts would feel cautious, worried, or even downright horrified if they suddenly realized they were becoming famous.

“TREAT PEOPLE AS IF THEY WERE
WHAT THEY OUGHT TO BE
AND HELP THEM TO BECOME
WHAT THEY ARE CAPABLE OF
BEING.”

JOHANN WOLFGANG VON GOETHE



THE FEELERS

logic - feeling - thinker - emotional

Due to their third function, Introverted Thinking (Ti), they paradoxically can be quite analytical and scientific. They may enjoy careers in technology, the sciences, and research. Because Extroverted Feeling is their second function and Introverted Thinking is their third, these two functions are fairly balanced in the INFJ. Indeed, INFJs don't outwardly appear as emotional as the ENFJ or ESFJ, whose Feeling function is dominant. It's said that the INFJ can be "too emotional for the Thinkers but too logical for the Feelers." But this common-sense comes in handy, making INFJs balanced and well-rounded.

LIVING NOT EXISTING



She began by being grateful
for the little things

LIKE RAINBOWS - STARLIGHT - SUNSETS -
FLOWERS - THE MOON AND SMILES

ENNEAGRAM

Delving Deeper

Typology systems like Myers-Briggs® can tell you how your mind is wired and what information you prioritize, the Enneagram can show you more about your traumas, coping mechanisms, and unconscious fears and desires.

Understanding your type (and the types of your loved ones) can help you to grasp the underlying reasons why you've made very crucial decisions in life.

While many other typologies focus on the best of someone's personality, the Enneagram really digs deep. It can show all of us things about ourselves that we're ashamed of – as well as things we secretly admire.

Find Your Enneagram Type (tryinteract.com)

INFJ TRUTH

journal your truth

For the INFJ personality type, there is no completing the journey to self-love without understanding and accepting your personal truths.

Your intuition gives you the gift of recognizing when other people aren't living in accordance with how they believe. And this recognition can cause you to feel intense pressure to always practice what you preach.

When you're in an environment that doesn't align with your beliefs, it can often feel easier to suppress your truth. You may have observed in the times that you've attempted to express your truth, that it made people uncomfortable, confused, or upset. Thus, you decided, it's just easier to keep your beliefs to yourself. If you allow the opinions of others to guide your decision-making, you will always be nourishing other people while leaving your internal needs starved.

INFJ JOURNALING

Simply follow your intuition and see what comes up for you.

Understanding your personal truth will lead you toward your life purpose.

Understanding your personal truths is the first step toward living a life that fulfills your mind, spirit, and heart.

Once you accept who you are, and what is true for you, you can live loudly and proudly in your truth, despite societal judgment or criticism.

You can start by simply listing out a few things that are true for you. Spend a few minutes allowing your intuition to guide you through this activity. During this time, meditate on your truths, and then write out at least ten of them.

These can be as simple as, *“Dogs make the best pets,”* or deeper truths such as, *“I’m spiritually connected to every person and therefore cannot do harm to anyone.”*

JOURNAL PAGE
YOUR TRUTH

Journal page with 18 horizontal lines for writing.



The Knowing

INFJ

THE ADVOCATE

INTROVERTED INTUITION HELPS INFJS SEE THE BIG PICTURE, NOTICE PATTERNS, AND MAKE PREDICTIONS FOR THE FUTURE BASED ON THE PATTERNS THEY'VE OBSERVED. THEY SEE WHAT COULD BE — NOT NECESSARILY WHAT WILL HAPPEN WITH ABSOLUTE CERTAINTY.





editor's note

This has been the very special start of a new journey. The Soulspeak of the INFJ. I've wanted to create a magazine since last year and finally, has materialised. I love that from a mental picture something can be created which can be held and treasured. I was inspired by many sources, the Bella Grace magazine, taking life coaching classes, my own INFJ stirrings, and the need to put something back into the world in a way that incorporated the journey of self-discovery.

This last year has been a flurry of ideas that I've tried to organise to produce various digital prints/downloads. My love of visuals and words, and photo manipulations have come together to form collective themes. The first completed being this piece on the INFJ. A free downloadable printable.

I hope to soon offer a collection of 'themed' magazines, published a few times a year. I'm also in the process of designing journal pages. Most will be available via Etsy and the SoulSpeak website. Others will be free, like this one.

This is an exciting time, and I'm so happy that you have joined me. Sending you lots of love and light.

This is all new to me and I'm learning every step of the way, so please bear with me as I try to improve the magic of delivering words and visuals your way.

Felicity Haversham

Felicity Haversham
Editor in Chief



THE END



THANK YOU FOR READING



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WEBSITES, BOOKS, & LINKS

- www.16personalities.com
- <https://introvertdear.com>
- www.psychologyjunkie.com
- <https://infjblog.com>
- The INFJ - Understanding the Mystic eBook
- The INFJ Handbook by Marissa Baker
- The INFJ Writer: Cracking the Creative Genius of the World's Rarest Type
- The INFJ Revolution by Lauren Sapala
- INFJ Personality Handbook by Michelle Hobbs

Acknowledgements

A SPECIAL THANK YOU

- www.16personalities.com
- <https://introvertdear.com>
- Unsplash

Free Magazine

FOR SHARING KNOWLEDGE
&
INFORMATION TO HELP OTHERS

ISSUE 02

INFJ

AUTUMN
2021

THE ADVOCATE

**ROSES ARE RED,
VIOLETS ARE BLUE.
I'M SO HAPPY
YOU'RE AN INFJ TOO.**

See you again in August 2021

XOXO

JUST BE

VISUALS / WORDS
THOUGHTS / QUOTES
SAFE / PLAYFUL
RAMBLINGS / INSPIRING
TABLE BOOK / JOURNAL

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