



## INFP: A Flower in the Shade

By Sandra Nichols

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### INFP: A Flower in the Shade By Sandra Nichols

If the result of the Myers-Briggs Type Indicator® personality inventory is the INFP, typology experts define him as the Healer, the Mediator, the Romantic, and the Advocate. The INFP is one of the rarest types, representing about one or two percent of the population. He is an idealist who focuses on needs and he is compassionate to the point of selflessness. The INFP believes that goodness is the inherent and prevailing nature of mankind. He is here to heal the wounds of the human condition with his words, his hands, or his counsel.

The INFP, whose love of metaphor is unsurpassed by any type is, himself, a metaphor of the Romantic Hero. He is an ambitious advocate of human potential and a defender of truth and authenticity. He seeks meaning and life purpose with an incomparable drive. Love, beauty, innocence, and nature are the elements of truth he seeks to preserve and embody. His compassion draws him to his purpose; the problems that disturb him are his life's mission to heal. Although he is the great healer of separations, he is humble and reserved by nature. His challenge is to value his quiet worth enough to express his idealistic visions of truth in a world replete with deviations from it. The INFP who finds his healing purpose finds the way to his freedom and when he does, he makes the world a better place.

The highly principled healer, however, is like a very rare and delicate flower that grows in the shade. He often feels isolated and lonely. He wilts when he is criticized and cannot bear conflict of any sort. Sadly, he is drawn to the rain and to the dark. He is often unaware of his power and importance because his reserved nature and his unique constitution tend to be undermined in an obstreperous world. The Healer must dismiss any notions of his meekness if he hopes for others to do the same. When he understands the strengths, challenges, and contradictions of his type, he learns how to manifest his ideals by expressing his truths with abundant energy and enthusiasm. He must believe that the world will enter and delight in his garden of shade when he extends the invitation.

"INFP: A Flower in the Shade", is a celebration of the INFP's richness and intensity. It is about the consequences of his preferences and how he can avoid the emotional turmoil that accompanies living in the shade. It is an exploration of his individualism, his quest for truth, his compassion, and his keen conceptual awareness as well as his struggles and his contradictions. It is a discussion of the reasons for his loneliness and of ways for him to appreciate his unique gifts. Its purpose is to help INFP's who may be feeling lost and alone to know how

extraordinary they truly are. It is written to assist the Healers on their life journeys, to realize their power, their tremendous influence and their contribution to the world.

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