

AI-04019 INFJ Deep Dive

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Deep dive on the person with INFJ, I want to know more / deeper of how this person operates, thinks and act. But first describe this person and list 22 examples.

What are the rest of MBTI? Do similar expose as you did on INFJ

The **INFJ** (Introverted, Intuitive, Feeling, Judging)â€”often called "The Advocate" or "The Counselor"â€”is the rarest of the Myers-Briggs personality types. To understand an INFJ, you have to look past their quiet exterior. They are a walk of contradictions: deeply idealistic yet highly practical; intensely private yet profoundly connected to human emotion; rational and analytical, yet driven by gut instincts they can't always explain.

They don't just experience the world; they decode it. They operate on a default setting of looking for the hidden meaning behind every interaction, headline, and global event.

22 Patterns of How an INFJ Thinks, Acts, and Operates

To see how this plays out in daily life, here are 22 concrete examples of the INFJ mind in action:

1. **The Subconscious Mosaic:** They absorb random data points, body language, and tone shifts over weeks, suddenly arriving at a highly accurate conclusion about a person or situation without being able to map out their exact steps of logic.
2. **Predicting Social Trajectories:** They often map out how a conversation or relationship will end before it even properly begins, playing out scenarios like

a chess match.

3. **The "Chameleon" Effect:** They instinctively mirror the energy, vocabulary, and emotional frequency of whoever they are talking to, making others feel deeply understood while keeping their own core identity hidden.
4. **The INFJ "Door Slam":** When pushed past their absolute limit of betrayal or emotional exhaustion, they don't fight or scream—they completely erase the person from their life, freezing them out with eerie finality.
5. **Chronic Internal Monologue:** Their brain rarely rests. They are constantly auditing their own thoughts, questioning their motivations, and running post-mortem analyses on past conversations.
6. **Spotting Inauthenticity Instantly:** They have a hyper-tuned radar for hidden agendas, fake smiles, and performative behavior. It acts as an immediate internal repellant.
7. **The Exhausting Empathy Sponge:** They don't just feel bad *for* someone; they absorb that person's stress, anxiety, or grief into their own body, often requiring days of isolation to clear out the emotional residue.
8. **Organized Extravagance, Minimalist Execution:** They love systems, lists, and grand frameworks, but they apply them strictly to focus only on what genuinely matters, cutting away the fluff.
9. **The Sounding Board:** Complete strangers will often sit next to them on a plane or at a coffee shop and randomly confess their deepest life secrets within ten minutes.
10. **Tension Paralysis:** Because they crave harmony in their immediate environment, a tense, passive-aggressive room can physically drain their physical energy and freeze their cognitive processing.
11. **Secretly Analytical:** While labeled a "Feeling" type, their internal logic system is ruthless. They will privately spend hours cross-referencing facts, data, and frameworks to see if their intuition holds water.
12. **The "All-or-Nothing" Perfectionist:** If they cannot do a project, hobby, or relationship with absolute depth and excellence, they frequently won't start it at all.

13. **Spoken vs. Written Gap:** They often stumble or sound vague when speaking spontaneously because their thoughts move too fast, but they become wildly precise, eloquent, and persuasive when writing.
14. **The Future-Orientation Trap:** They live almost entirely in tomorrow. They struggle immensely to stay anchored in the current moment, always looking ahead to the next milestone or macro shift.
15. **Selective Isolation:** They love humanity on a macro level but find individual humans exhausting. They require vast blocks of uninterrupted solitude to recharge their battery.
16. **High-Yield, Low-Volume Friendships:** They rarely maintain a large social circle. They prefer two or three deep, soul-level connections over fifty casual acquaintances.
17. **Paradoxical Extroversion:** They can easily pass as extroverts when presenting, hosting, or helping someone in need, leading people to completely misjudge how much alone time they require later.
18. **The Search for the "Grand Scheme":** They cannot tolerate tedious, repetitive tasks unless they can clearly see how those tasks connect to a massive, meaningful end-goal.
19. **Sensory Overload Vulnerability:** Bright lights, crowded rooms, repetitive noises, or a messy workspace can cause sudden, intense cognitive fatigue or irritability.
20. **Unspoken Expectations:** They give immensely to others and instinctively know what people need, but they secretly harbor a hope that others will read *their* minds in return—leading to quiet disappointment when it doesn't happen.
21. **The Counselor Role:** They are fiercely protective of the underdogs, the misunderstood, or those struggling with mental hurdles, often stepping in as a quiet strategist to help them fix their lives.
22. **The Constant Self-Correction:** They view themselves as a lifelong engineering project, constantly auditing their blind spots, psychological errors, and behavioral habits to optimize how they function.

The Internal Engine: The INFJ Cognitive Stack

To truly understand why they act this way, you have to look at their cognitive architecture. They navigate reality using four primary mental tools, arranged in a specific hierarchy:

1. Dominant: Introverted Intuition (Ni) – "The Pattern Mapper"

This is the core of who they are. While other types look at a scene and see what is *there*, Ni instantly looks at what the scene *means* or what it *will become*. It works quietly in the background, synthesising complex data, historical patterns, and human behavior into singular, sudden insights. It's why they focus so heavily on long-term strategy and macro trends.

2. Auxiliary: Extroverted Feeling (Fe) – "The Cultural Architect"

This is how they interface with the world. Fe is hyper-aware of the emotional climate of the room, group dynamics, and collective morale. It drives the INFJ to create harmony, build smooth social systems, and look out for the well-being of the collective. Combined with Ni, it gives them an uncanny ability to read people's true intentions.

3. Tertiary: Introverted Thinking (Ti) – "The Internal Auditor"

When the INFJ retreats into their own mind, Ti acts as the reality check. It takes the big insights from Ni and the social data from Fe, and subjects them to rigorous logic. It seeks accuracy, builds internal mental models, and strips away logical fallacies. If an INFJ's Ti is well-developed, they can be as analytical and systems-oriented as any tech engineer.

4. Inferior: Extroverted Sensing (Se) – "The Physical Anchor"

This is their weakest function. It handles the immediate, physical world's sensory details, spontaneous action, and physical surroundings. Because it is at the bottom of the stack, INFJs easily get overwhelmed by sensory chaos (loud noises, cluttered spaces) and can completely lose touch with their physical bodies when deeply hyper-focused on a theoretical problem.

Which specific area of how the INFJ operates—such as their decision-making process, how they handle stress, or their communication style—would you like to

explore deeper?

What are the rest of MBTI? Do similar expose as you did on INFJ

To give you a deep dive across the entire Myers-Briggs landscape without triggering a massive, unreadable wall of text, let's organize the remaining 15 personality types by their **four core temperament groups** (The Analysts, The Diplomats, The Sentinels, and The Explorers).

For each type, we will break down their hidden wiring, their mental engine (cognitive stack), and give you a punchy list of distinct examples of how they actually operate in the real world.

1. The Analysts (Intuitive & Thinking â€" NT)

Driven by logic, systems, efficiency, and macro-strategy.

INTJ: The Mastermind / Architect

The INTJ is a ruthless pragmatist and strategic world-builder. While similar to the INFJ in their long-range vision, they swap out interpersonal harmony for cold, objective logic. They view everythingâ€"businesses, code, relationships, and daily routinesâ€"as a system that can be optimized, streamlined, and engineered for maximum efficiency.

- **Mental Engine:** Ni (Vision) \rightarrow Te (Execution) \rightarrow Fi (Values) \rightarrow Se (Sensory)

How they operate in the real world:

1. **The Structural Auditor:** They don't care about "the way it's always been done." If a rule is illogical or inefficient, they will bypass it or rebuild it.
2. **Pre-Mortem Obsession:** They play out every project to its logical conclusion 20 steps ahead, anticipating bottlenecks and failures before a single brick is laid.
3. **Low Tolerance for Fluff:** They prefer direct, unvarnished truth and despise corporate buzzwords, small talk, or performative emotional venting.

4. **Ruthless Time Allocation:** They treat their daily schedule like a finite resource, aggressively protective of their focus hours.
5. **Private Sentimentalism:** Though they seem like icy computers on the outside, they possess a fiercely protected inner core of deeply held personal values and loyalties.

INTP: The Logician / Thinker

The INTP is the ultimate abstract problem solver. They don't build systems to control the world (like the INTJ); they build mental models to *understand* it. They love pure theory, precision in language, and hunting down logical inconsistencies. To an INTP, a beautiful, flawless idea is an end in itself.

- **Mental Engine:** Ti (Logic) \rightarrow Ne (Possibilities) \rightarrow Si (Memory) \rightarrow Fe (Harmony)

How they operate in the real world:

1. **Precision Language Police:** They will politely interrupt a conversation just to correct a minor semantic slip or imprecise definition, because messy wording equals messy thinking.
2. **Analysis Paralysis:** Because they see five different angles to every problem, they struggle immensely to commit to a final decision, always wanting "more data."
3. **The Rabbit Hole Consumer:** They will spend 6 hours at 2:00 AM hyper-focusing on a hyper-niche technical topic (like the history of a programming language or an obscure physics theory) just for the joy of knowing how it works.
4. **Detached Objectivity:** In a crisis where everyone else is panicking emotionally, the INTP detaches completely to look at the situation as a fascinating math problem to solve.
5. **The Desk Chaos Paradox:** Their physical environments are often a disaster of unfinished projects and loose notes, yet they know exactly where every data point is in their mental filing cabinet.

ENTJ: The Commander / Director

ENTJs are natural-born project managers and institutional builders. They take abstract ideas and immediately turn them into actionable, milestone-driven execution plans. They are hyper-focused on scale, competence, and results, moving through obstacles with a fierce, commanding momentum.

- **Mental Engine:** Te (Execution) \rightarrow Ni (Vision) \rightarrow Se (Sensory) \rightarrow Fi (Values)

How they operate in the real world:

1. **The Efficiency Bulldozer:** If a meeting or a team member is slowing down momentum, they will directly and firmly take control of the room to get it back on track.
2. **Macro Task-Delegation:** They instinctively map out who is best suited for what role based entirely on competence, with zero regard for corporate politics or personal feelings.
3. **Constructive Conflict:** They view a heated debate as a healthy, standard way to test the strength of an idea; they don't take it personally and expect you not to either.
4. **Constant Scaling:** Whether it is their business, their personal investment portfolio, or their fitness goals, they are always looking for ways to scale up and optimize.
5. **Sudden Emotional Blindspots:** Because they suppress their feeling function to get things done, they can be caught completely off guard by their own sudden emotional burnout or a team member's hidden resentment.

ENTP: The Debater / Visionary

ENTPs are the ultimate devils' advocates. They are quick-witted, mentally flexible, and energized by intellectual sparring. They aren't trying to win an argument to dominate you (like an ENTJ); they are arguing to explore the boundaries of an idea, smash old assumptions, and innovate on the fly.

- **Mental Engine:** Ne (Possibilities) \rightarrow Ti (Logic) \rightarrow Fe (Harmony) \rightarrow Si (Memory)

How they operate in the real world:

1. **Idea Generation Machines:** They can generate 50 creative solutions to a bottleneck in five minutes, but they will actively lose all interest once it comes time to sit down and do the tedious implementation work.
2. **The Contrarian Catalyst:** They will deliberately take the opposing side of an argumentâ€”even if they don't actually believe itâ€”just to shake up a stagnant room and see how people defend their logic.
3. **Improv Mastery:** They thrive in chaos. If a presentation fails or a plan falls apart, they can pivot instantly and deliver a brilliant performance purely off the cuff.
4. **Charmingly Disruptive:** They use humor, wit, and charisma to push the boundaries of social norms and corporate rules without getting fired.
5. **Fear of Missing Out (FOMO) on Ideas:** They struggle to stick to one career path or project because choosing one means killing off ten other fascinating possibilities.

2. The Diplomats (Intuitive & Feeling â€” NF)

Driven by empathy, human potential, identity, and deep idealism.

INFP: The Mediator / Idealist

INFPs are the quiet guardians of human authenticity. They live by a fiercely protected, deeply nuanced internal moral compass. They are highly imaginative, deeply sensitive to hypocrisy, and driven to express their unique individual truth through art, writing, or quiet advocacy.

- **Mental Engine:** **Fi** (Values) \rightarrow **Ne** (Possibilities) \rightarrow **Si** (Memory) \rightarrow **Te** (Execution)

How they operate in the real world:

1. **Uncompromising Authenticity:** They would rather fail spectacularly at being themselves than succeed by putting on a fake, corporate persona.
2. **The Silent Moral Boundary:** They are usually gentle and accommodating, but if someone crosses one of their core internal values, a wall of absolute

defiance drops instantly.

3. **Rich Rich Inner Worlds:** Their internal daydreams, story arcs, and emotional landscapes are often far more vivid and comforting than the cold realities of the external world.
4. **The Romanticizer of Daily Life:** They find deep meaning, nostalgia, and beauty in small thingsâ€”an old book, a specific song, or a stormy afternoon.
5. **Execution Aversion:** They love exploring the emotional depth of an idea, but they can experience heavy resistance when forced to deal with dry logistics, spreadsheets, or cold metrics.

ENFP: The Campaigner / Champion

ENFPs are vibrant, energetic catalysts of human potential. They see the world as a massive web of open possibilities and emotional connections. They are intensely curious about people, excellent at reading between the lines, and possess an infectious enthusiasm that can rally people around a vision.

- **Mental Engine:** Ne (Possibilities) \rightarrow Fi (Values) \rightarrow Te (Execution) \rightarrow Si (Memory)

How they operate in the real world:

1. **The Ultimate Connector:** They can spot the hidden genius in someone who feels invisible and effortlessly draw them out into the light.
2. **Chronic Pattern Spotting:** They look at a series of random human behaviors or events and instantly see a beautiful, interconnected macro narrative.
3. **The Introverted Extrovert:** Despite their bubbly, social exterior, they have a massive need to regularly retreat into deep isolation to process their emotions and values.
4. **Resentment of Labels:** They despise boxes, rigid structures, and being told "who they are." They want the freedom to constantly reinvent themselves.
5. **Start Strong, Finish Rare:** They are easily intoxicated by the honeymoon phase of a new project, relationship, or hobby, but struggle to maintain momentum when the daily grind settles in.

ENFJ: The Protagonist / Giver

ENFJs are charismatic, intentional community builders and leaders. While INFJs quietly counsel from the background, ENFJs step up to the podium. They possess a hyper-tuned social radar that allows them to instantly read group dynamics, defuse conflicts, and guide people toward a shared, positive goal.

- **Mental Engine:** Fe (Harmony) \rightarrow Ni (Vision) \rightarrow Se (Sensory) \rightarrow Ti (Logic)

How they operate in the real world:

1. **The Group Harmonizer:** They cannot relax if there is unexpressed tension or exclusion in a room; they will actively orchestrate conversations to make everyone feel valued.
2. **The Developmental Mentor:** They often see someone's potential far clearer than that person sees it themselves, pushing them intentionally to grow.
3. **Infectious Motivation:** They communicate using narrative, emotion, and shared values, making them incredibly persuasive public speakers and leaders.
4. **The Helper's Burnout:** They regularly overextend themselves, carrying everyone else's problems on their back until they physically collapse from emotional exhaustion.
5. **Validation Dependence:** Because their world revolves around collective harmony, they can secretly struggle with a deep need for external appreciation and validation.

3. The Sentinels (Sensing & Judging â€" SJ)

Driven by duty, order, historical precedent, and structural stability.

ISTJ: The Inspector / Logistician

ISTJs are the bedrock of societyâ€"reliable, meticulous, and bound by duty. They operate using a massive internal archive of concrete facts, data, and past experiences. They believe in doing a job right the first time, respecting established protocols, and honoring commitments down to the letter.

- **Mental Engine:** Si (Memory) \rightarrow Te (Execution) \rightarrow Fi (Values) \rightarrow Ne (Possibilities)

How they operate in the real world:

1. **The Methodical Executor:** They don't skip steps. Whether assembling furniture or managing a corporate audit, they follow the manual exactly.
2. **Reliability Manifested:** If an ISTJ tells you they will drop you off at the airport at 5:15 AM, they will be parked outside your door at 5:10 AM. Every time.
3. **Data-Driven Realism:** They ground conversations in concrete, verifiable facts. They are highly skeptical of unproven theories or sweeping, abstract claims.
4. **Quiet Dedication:** They show love and loyalty through practical acts of service—fixing a broken shelf, managing the taxes, or ensuring the home is secure.
5. **Change Resistance:** They can experience intense stress when sudden, chaotic changes disrupt their established routines or proven processes.

ISFJ: The Defender / Nurturer

ISFJs are deeply compassionate, analytical, and fiercely loyal protectors of tradition and individuals. They combine the meticulous memory and duty of the Sentinel with a warm, personal focus on the practical needs of the people around them. They are the quiet unsung heroes who keep spaces running smoothly.

- **Mental Engine:** Si (Memory) \rightarrow Fe (Harmony) \rightarrow Ti (Logic) \rightarrow Ne (Possibilities)

How they operate in the real world:

1. **The Living Archive of People:** They remember the small stuff—your favorite coffee order, your birthday, your dietary restrictions, or a story you told them three years ago.
2. **Behind-the-Scenes Backbone:** They will quietly organize the entire office party, stock the pantry, or handle the messy logistics without asking for a shred of the spotlight.
3. **The 5S Workspace:** They crave clean, orderly, structured spaces where everything has a functional home and a clear purpose.

4. **The Over-Committed Martyr:** They struggle immensely to say "no" to requests for help, often suffering in silence while their own plate overflows.
5. **Deep Institutional Loyalty:** They thrive in established organizations (schools, hospitals, structured firms) where clear hierarchies and historical legacies exist.

ESTJ: The Executive / Guardian

ESTJs are the ultimate traditional project managers. They are direct, organized, and highly driven to bring order to chaotic environments. They believe in hard work, clear rules, meritocracy, and concrete results. They don't just follow the standard operating procedure; they enforce it.

- **Mental Engine:** Te (Execution) \rightarrow Si (Memory) \rightarrow Ne (Possibilities) \rightarrow Fi (Values)

How they operate in the real world:

1. **The Tactical Clean-Up:** When a project is messy or a group is drifting without a rudder, they step in, establish clear lines of authority, and distribute tasks.
2. **Blunt Meritocracy:** They judge people entirely by their competence and their output. They reward hard work and have zero patience for excuses or laziness.
3. **Civic and Institutional Pillar:** They love serving on community boards, organizing local events, and maintaining long-standing family and civic traditions.
4. **What You See Is What You Get:** They don't do hidden agendas or passive-aggressive games. If they have an issue with your work, they will tell you straight to your face.
5. **The Rigidity Trap:** They can struggle to cooperate with highly unconventional or eccentric people who don't respect traditional corporate ladders or established workflows.

ESFJ: The Consul / Caregiver

ESFJs are the ultimate social hosts and community managers. They are hyper-aware of social hierarchies, manners, and collective well-being. They thrive on

bringing people together, creating warm traditions, and making sure everyone in their network is practically cared for.

- **Mental Engine:** Fe (Harmony) \rightarrow Si (Memory) \rightarrow Ne (Possibilities) \rightarrow Ti (Logic)

How they operate in the real world:

1. **The Social Glue:** They know everyone in the neighborhood or office, who is related to whom, and who needs what assistance.
2. **Tradition Preservation:** They are the ones ensuring family holiday dinners, annual camping trips, or corporate milestone celebrations happen exactly like they do every year.
3. **Practical Hospitality:** Their spaces are always meticulously prepared for guestsâ€”stocked fridges, clear signage, and a warm, immediate welcome.
4. **Sensitivity to Social Friction:** Gossip, open hostility, or subtle snubs within their social circle cause them deep, genuine distress.
5. **External Moral Baseline:** They derive their sense of right and wrong heavily from the shared values of their community, culture, or institution.

4. The Explorers (Sensing & Perceiving â€” SP)

Driven by immediate sensory experience, action, autonomy, and tactical mastery.

ISTP: The Virtuoso / Mechanic

ISTPs are tactical, pragmatic engineers and hands-on problem solvers. They look at the physical or digital world and want to know exactly how it ticks. They are quiet, highly independent, and possess an uncanny ability to analyze a broken system, strip it down, and fix it on the fly.

- **Mental Engine:** Ti (Logic) \rightarrow Se (Sensory) \rightarrow Ni (Vision) \rightarrow Fe (Harmony)

How they operate in the real world:

1. **The Technical Forensic:** When a machine, a piece of code, or an engine fails, they don't panic. They quietly study its physical behavior, locate the exact mechanical fault, and execute a fix.
2. **Extreme Economy of Effort:** They don't believe in unnecessary movement or corporate theater. They want to do the job with the exact minimum amount of energy required for perfect functionality.
3. **The Crisis Operator:** They are at their absolute best in real-time emergenciesâ€”a sudden system crash, a mechanical failure, or a physical hazard. Their heart rate drops, and their focus sharpens.
4. **Fierce Need for Autonomy:** They despise micromanagement. Give them the tool and the goal, then leave the room and let them work in peace.
5. **Low Verbal Output:** They communicate through action and spatial skill rather than long theoretical debates. If they like you, they will fix your car or build you a shelf.

ISFP: The Adventurer / Artist

ISFPs are quiet, gentle sensory explorers. They experience the world through a vivid palette of aesthetics, emotions, and hands-on actions. They don't care about controlling others or building massive corporate empires; they want the freedom to live tangibly in the present moment and express their intense inner world.

- **Mental Engine:** **Fi** (Values) \rightarrow **Se** (Sensory) \rightarrow **Ni** (Vision) \rightarrow **Te** (Execution)

How they operate in the real world:

1. **Visually and Tactilely Attuned:** They are highly sensitive to their physical surroundingsâ€”lighting, textures, design aesthetics, and the rhythm of nature.
2. **Quiet Kinetic Expression:** They often express their deepest emotions through physical mediumsâ€”woodworking, cooking, fine arts, sports, or digital designâ€”rather than spoken words.
3. **Total Present-Moment Immersion:** When doing something they love, they slip into a perfect flow state where future worries and past regrets completely vanish.

4. **The Live-and-Let-Live Creed:** They have a massive tolerance for human differences, believing everyone should have the absolute freedom to live their own authentic life.
5. **Structure Avoidance:** Rigid 5-year plans or hyper-regulated daily schedules make them feel trapped and drained of all creativity.

ESTP: The Entrepreneur / Dynamo

ESTPs are the ultimate kinetic action-takers. They live completely in the immediate present, reading their physical environment with lightning speed. They are charismatic, highly observant, and brilliantly adept at navigating high-stakes, fast-moving situations where split-second decisions are everything.

- **Mental Engine:** Se (Sensory) \rightarrow Ti (Logic) \rightarrow Fe (Harmony) \rightarrow Ni (Vision)

How they operate in the real world:

1. **The Real-Time Reader:** They notice every micro-expression, wardrobe change, and shift in physical layout the second they walk into a room, using it to their advantage.
2. **Leap Before You Look:** They solve problems by doing, not sitting in a committee meeting. They will launch a prototype, break it, and fix it while others are still reading the manual.
3. **Calculated Risk-Takers:** They love high-stimulus environmentsâ€”fast cars, extreme sports, volatile markets, or high-pressure negotiationsâ€”handling them with zero visible sweat.
4. **Blunt, Experiential Realism:** They tell it exactly how it is in the material world. They have no time for vague, philosophical hand-wringing.
5. **Crisis Entertainment:** They get easily bored by smooth sailing and routine; they secretly love a sudden fire to put out because it forces them into high-gear performance.

ESFP: The Entertainer / Performer

ESFPs are vibrant, charismatic, and deeply human-centric accelerators of energy. They treat life as a shared sensory experience. They are highly observant of

people's feelings and physical reactions, using humor, story, and shared adventure to elevate the mood of any space they occupy.

- **Mental Engine:** **Se** (Sensory) \rightarrow **Fi** (Values) \rightarrow **Te** (Execution) \rightarrow **Ni** (Vision)

How they operate in the real world:

1. **The Ultimate Room Elevator:** If an office or a party feels dead, they will effortlessly inject humor, music, or kinetic energy to break the ice and get people talking.
2. **Generous and Practical Empathy:** If someone is down, they don't give them a philosophical lecture; they take them out to a great dinner, buy them a coffee, or help them physically clean their room.
3. **Mastery of Style:** They often express themselves heavily through their immediate physical canvas—fashion, interior design, body language, or high-fidelity sound systems.
4. **Aversion to Long-Term Theoretical Stakes:** Discussions about abstract future macro-trends or complex philosophical constructs underuse their strengths, causing them to disengage quickly.
5. **Radical Spontaneity:** They are always down for a last-minute road trip, an unplanned detour, or a sudden change in plans if it promises a great real-world experience.

Which specific group—the strategic **Analysts**, human-focused **Diplomats**, orderly **Sentinels**, or hands-on **Explorers**—or individual type matches someone you're trying to decode? We can map out a targeted cross-comparison between them and an INFJ.