

10 Truths Every Parent of an INFJ Needs to Know

1. General truths about your INFJ:

- You have the rarest personality type on the planet. About 1% of the population.
- INFJs carry many contradictions, on one hand they don't always naturally fit in this world, yet the world needs them.
- It is what you can't see that is the most important thing to your INFJ (introverted intuition).
- Your INFJ processes the world in a vastly different way to everyone else.
- Your INFJ has gifts that need to be nurtured, protected and welcomed.
- What might work for/with other children, may not work for the INFJ child.

2. There is much more going on behind the scenes (within the INFJ) than could ever be explained:

- Due to being misunderstood, some INFJ children learn to keep quiet.
- Ask open questions. Ask them what they think about basically anything. Be curious. Let them talk.
- The INFJ's abstract processing can be confusing for some parents. Keep in mind that they are learning to speak their intuitive language. It takes time, so just let it happen.

3. Help them to make sense of their feelings:

- INFJs are often more attuned to others' feelings than their own. It is important to help them to recognise their own feelings from others. For example, asking them what they feel about someone else's feelings, can help them make sense of their own feelings.

4. Don't bother hiding your feelings from your INFJ. They probably know what you are feeling better than you do:

- INFJs are very connected to relational dynamics. Hidden issues in a family are bright neon signs for the INFJ.
- If your INFJ is picking up on something that is real, denying it can be disorientating for an INFJ. However acknowledging it helps the INFJ feel secure and connected to you.

5. Just because they understand deep things doesn't mean they are ready to be a counsellor or confidant:

- Many INFJs become surrogate parents/counsellors to others. While it comes naturally, they can sometimes understand things they are not necessarily ready to deal with.

6. Most INFJs are sensitive. Harmony, Harmony, Harmony!:

- Conflict is very distressing for the INFJ, but unresolved conflict is just as distressing.
- Seek to develop as much transparency and harmony as possible. Check in with your INFJ for a reading on their harmony barometer.

7. Don't be afraid to be wrong:

- Often INFJs are more clued in to what is going on in people than they are.
- Having a child highlight a parent's issue can be embarrassing, however doing so when necessary will mean the world to your INFJ child, and they will feel bonded to you.

8. Be gentle with them:

- INFJs can be very hard on themselves. When correction is required, usually a gentle approach will yield a better result both inside and out.
- Come alongside them as a collaborator.

9. Pay attention to their hunches:

- Sometimes INFJs say things that seem to come out of nowhere, and on face value can be easily dismissed by those around them. However, whether they are right or wrong about a hunch doesn't matter. Taking them seriously and showing that you are interested will help them develop their introverted intuition.

10. In saying all of the above - Don't put them on a pedestal:

- INFJ children are still children and can exhibit all the negative traits and behaviours that every other child can exhibit.

11. BONUS Truth - Truth is what holds them together:

- INFJs are often attuned to what is not lining up, and seek to bring truth to everything.
- Truth is what keeps them centred.
- Very rare that an INFJ would lie, unless conditioned to do so.
- INFJs love to tell the truth when it is safe.