

Introverted Spiritual Emotional

Typical Quote: "Dream the impossible dream" – Joe Darion

Introverted Spiritual Emotional ("*introverted SEs*" for short) have the Spiritual mental function (*including creativity/ originality*) most conscious in their mind, and therefore they are most aware of it and in control of this function. Their Emotional mental function (*including harmonising/ sympathising*) is also likely to be very conscious by the time they are adult. The other two mental functions P (*Physical-including details/ practicality*) and I (*Intellectual-including critiquing/ analysing*) are most in their sub-conscious and therefore they may not naturally be so competent at managing these.

General Summary

Introverted SEs are distinguished by both their complexity of character and the unusual range and depth of their talents. Strongly humanitarian in outlook. SEs are deeply concerned about their relations with individuals as well as the state of humanity at large. They are, in fact, sometimes mistaken for extroverts because they appear so outgoing and are so genuinely interested in people -- a product of the Emotional function they most readily show to the world.

However, these SEs are true introverts, who can only be emotionally intimate and fulfilled with a chosen few from among their long-term friends, family, or obvious "soul mates." While instinctively courting the personal and organizational demands continually made by others, at intervals SEs will suddenly withdraw into themselves, sometimes shutting out even their intimates. This apparent paradox is a necessary escape valve for them, providing both time to rebuild their depleted resources and a filter to prevent the emotional overload to which they are as susceptible as inherent "givers." As a pattern of behaviour, it is perhaps the most confusing aspect of the enigmatic SE character to outsiders, and hence they are most often misunderstood -- particularly by those who have little experience with this rare type.

Introverted SEs have high empathic abilities and this empathy can provide them a basis for success in such diverse fields as counsellor or actor.

Key Attributes

Typical Strengths:

Conceptually insightful people who with an ability to foresee possibilities and outcomes. They can be visionaries with strong values around people and development. Can excel in people development fields and form close and lasting relationships.

Protector

(MBTI Equivalent: INFJ)
(Style: *Seer first, Helper second*)
3.3% of Australian Population*

Typical Development Areas:

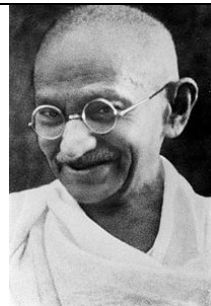
They may be too idealistic and perfectionistic. Missing important data, they may try too hard to please others and become too intense and burn out. Also they may take feedback too personally or internalise others pain.

“Possible Shadow Side” (Mental Function deepest in the Sub-Conscious Mind)

The Physical function of introverted SEs is deepest in their sub-conscious. So the Physical function is the weakest of the introverted SEs arsenal and the most vulnerable. Under stress they may fall prey to various forms of immediate gratification such as over-eating or watching TV excessively. They can also get out of control with their outer world -- writing endless lists, paying too much attention to insignificant details, or obsessively cleaning and organising their office and home.

Famous Introverted SEs

Common Frustration for Others: They may stare into space too much.



Mohandas Gandhi
The “great” Soul



Dame Jane Goodall
British primatologist



Sir Sidney Poitier
Bahamian-American actor



Queen Noor of Jordan
4th wife of King Hussein and queen dowager of Jordan

* See MBTI® Data Archive Project: *Psychological Type Research Unit* – Sample over 22000 Australians 2010